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CONDENSED COMPENDIUM  
OF MATERIA MEDICA

IV



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LIBRARY OF CHINESE CLASSICS

Chinese-English

# 本草纲目选

## CONDENSED COMPENDIUM OF MATERIA MEDICA

IV



(明) 李时珍 著

李经纬 编校

罗希文 英译

*Written by Li Shizhen (Ming Dynasty)*

外文出版社  
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<p>紫 葳</p> <p>凌霄花</p> 	<p>栝楼天花粉</p> 	<p>黄 环</p> <p>狼跋子</p> 	<p>何首乌</p> 
<p>营 实</p> <p>野蔷薇</p> 	<p>王 瓜</p> 	<p>天 门 冬</p> 	<p>萆 薢</p> 
<p>月 季 花</p> 	<p>葛 根</p> 	<p>百 部</p> <p>大叶 小叶</p> 	<p>菝 蓂</p> 

# 目 录

天雄	1716
乌头	1726
白附子	1742
虎掌、天南星	1746
半夏	1758
蚤休	1778
鬼白	1786
射干	1800
曼陀罗花	1814
羊躑躅	1818
芫花	1824
菟丝子	1838
五味子	1848
覆盆子	1860
使君子	1872
木鳖子	1878
番木鳖	1884
马兜铃	1888
牵牛子	1896



## CONTENTS

TIANXIONG	1717
WUTOU	1727
BAIFUZI	1743
HUZHANG, TIANNANXING	1747
BANXIA	1759
ZAOXIU	1779
GUIJIU	1787
SHEGAN	1801
MANTUOLUOHUA	1815
YANGZHIZHU	1819
YUANHUA	1825
TUSIZI	1839
WUWEIZI	1849
FUPENZI	1861
SHIJUNZI	1873
MUBIEZI	1879
FANMUBIE	1885
MADOULING	1889
QIANNIUZI	1897



紫葳	1914
栝楼	1922
王瓜	1934
葛	1944
天门冬	1958
百部	1974
何首乌	1980
葶藶	1996
菝葜	2006
土茯苓	2012
白敛	2024
山豆根	2030
白药子	2034
威灵仙	2038
茜草	2050
防己	2060
通草	2070
钓藤	2082
络石	2086
忍冬	2096
天仙藤	2104



ZIWEI	1915
GUALOU	1923
WANGGUA	1935
GE	1945
TIANMENDONG	1959
BAIBU	1975
HESHOUWU	1981
BIXIE	1997
BAQI	2007
TUFULING	2013
BAILIAN	2025
SHANDOUGEN	2031
BAIYAOZI	2035
WEILINGXIAN	2039
QIANCAO	2051
FANGJI	2061
TONGCAO	2071
DIAOTENG	2083
LUOSHI	2087
RENDONG	2097
TIANXIANTENG	2105





泽泻	2106
羊蹄	2124
菖蒲	2132
香蒲、蒲黄	2150
菰	2162
海藻	2170
昆布	2178
石斛	2184
骨碎补	2192
石韦	2200
景天	2206
卷柏	2212
马勃	2218
胡麻	2222
大麻	2246
荞麦	2262
薏苡	2268
罌子粟	2280
阿芙蓉	2290
大豆	2294



ZEXIE	2107
YANGTI	2125
CHANGPU	2133
XIANGPU, PUHUANG	2151
GU	2163
HAIZAO	2171
KUNBU	2179
SHIHU	2185
GUSUIBU	2193
SHIWEI	2201
JINGTIAN	2207
JUANBAI	2213
MABO	2219
HUMA	2223
DAMA	2247
QIAOMAI	2263
YIYI	2269
YINGZISU	2281
EFURONG	2291
DADOU	2295



## 天雄（本经下品）

### 【释名】

白幕本经。

〔时珍曰〕天雄乃种附子而生出或变出，其形长而不生子，故曰天雄。其长而尖者，谓之天锥，象形也。

### 【集解】

〔别录曰〕天雄生少室山谷。二月采根，阴干。〔弘景曰〕今采用八月中旬。天雄似附子细而长，乃至三四寸许。此与乌头、附子三种，本出建平，故谓之三建。今宜都很山者最好，谓为西建。钱塘间者谓为东建，气力小弱，不相似，故曰西冰犹胜东白也。其用灰杀之，时有冰强者，不





## TIANXIONG

Common monkshood

*Aconitum carmichaeli* Debx

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

### [Explanation of Names]

BAIMU

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

Li Shizhen: Tianxiong is a variation of Fuzi. The drug is long and has no smaller branches of the root (lateral root). Among Fuzi, the one that is long and with a pointed tip is Tianxiong. It is also called Tianzhui, a name depicting its shape. Tianzhui = “heavenly awl.”

### [Previous Explanations]

Tianxiong grows in the valleys of Shaoshi Mountain. Collect the root in the second month and dry in the shade.

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

Tao Hongjing: Now, the drug is collected in the middle of the eight month. Tianxiong looks like Fuzi, but it is longer and thinner. It is about three to four *cun* long. Tianxiong, together with Wutou and Fuzi, are called Sanjian\* as they are from the same herb and it is produced in Jianping. Now, the drug produced in Genshan of Yidu is the best and is also called Xijian. That produced in Qiantang is called Dongjian, which is weak and not as efficacious. So, generally speaking, the drug produced in the west is better than that from the east. When the drug is wrapped with ash to kill off its toxin, if there is a secretion like ice, it is not a good species.

\*Sanjian: “three drugs from Jianping.”



佳。〔恭曰〕天雄、附子、乌头，并以蜀道绵州、龙州出者佳。余处纵有，力弱不相似。陶以三物俱出建平故名之者，非也。乌头苗名董，音靳。尔雅云，芟，董草是也。今讹董为建，遂以建平释之矣。〔承曰〕天雄诸说悉备。但始种而不生附子、侧子，经年独长大者是也。蜀人种之，尤忌生此，以为不利，如养蚕而成白僵之意。〔时珍曰〕天雄有二种：一种是蜀人种附子而生出长者，或种附子而尽变成长者，即如种芋形状不一之类；一种是他处草乌头之类，自生成者，故别录注乌喙云，长三寸已上者为天雄是也。入药须用蜀产曾经酿制者。或云须重一两半有象眼者乃佳。余见附子下。

### 【修治】

〔斆曰〕宜炮皴去皮尖底用，或阴制如附子法亦得。〔大明曰〕凡丸散炮去皮用，饮药即和皮生使甚佳。〔时珍曰〕熟用一法：每十两以酒浸七日。掘土坑，用炭半秤煨赤，去火，以醋二升沃之，候干，乘热入天雄在内，小盆合



Su Gong: Mianzhou and Longzhou in Sichuan produce the best quality Tianxiong, Fuzi and Wutou. Drugs produced in other places all are secondary in quality. Tao Hongjing thought that the three drugs were all produced in Jianping and so they were named Sanjian. But he is not correct. This is because the seedling of Wutou is called Qin.

The book *Er Ya*: Ji is the herb called Qin. As Qin is similar in Chinese character to Jianping, so it is wrongly taken as Jian.

Chen Cheng: Tianxiong has been described in detail by scholars in their works. When the drug is planted, if there is no Fuzi or Cezi and the root is long and big, it is Tianxiong. Farmers in Sichuan do not like to have such drugs as Tianxiong, as they think it is not something favorable, just like silkworm raisers do not like Baijiangcan/bombyx batryticatus/batryticated silkworm.

Li Shizhen: There are two species of Tianxiong. One is produced when farmers plant Fuzi and the root becomes longer and without a fine lateral root. This is just like planting Yutou/rhizoma colocasiae/esculentae/tuber of dasheen — you cannot expect the tubers all to be the same shape. Another species is found in other places. It is a kind of Caowutou. It is not a cultivated herb. That is why, when Wuhui is annotated, the book *Mingyi Bielu* said that a root longer than three *cun* is called Tianxiong. Whenever the drug is to be used, use that from Sichuan after it is prepared. Some say that Tianxiong weighing more than 1.5 *liang* and with designs like elephant eyes is the best drug. Also see explanations under Fuzi.

### [Preparation]

Lei Xiao: Soak the drug in water until the bark creases. Peel the drug. Or, process the drug in the Yin method as Shufuzi.

Da Ming: When the drug is going to be used to make pills or powder, bake it in the fire and then peel it. If it is going to be used in brewing a decoction, just use the crude drug with peel.

Li Shizhen: The method of processing: Soak 10 *liang* of the drug in wine for 10 days. Dig a pit in the ground. Calcine the pit with half a scale of charcoal. Take away the fire and pour in two *sheng* of vinegar. Wait until



一夜，取出，去脐用之。

### 【气味】

辛，温，有大毒。

〔别录曰〕甘，大温。〔权曰〕大热。宜干姜制之。〔之才曰〕远志为之使。恶腐婢。忌豉汁。

### 【主治】

大风，寒湿痹，历节痛，拘挛缓急，破积聚邪气，金疮，强筋骨，轻身健行本经。疗头面风去来疼痛，心腹结积，关节重，不能行步，除骨间痛，长阴气，强志，令人武勇力作不倦。又堕胎别录。〔禹锡曰〕按淮南子云：天雄雄鸡志气益。注云：取天雄一枚，纳雄鸡肠中，捣生食之，令



it dries up and put in the drug while the pit is still hot. Cover the pit with a small basin. Leave it there overnight. Take out the drug and remove the navel.

### [Quality and Taste]

It is pungent, warm and very toxic.

It is sweet and very warm.

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

Zhen Quan: It is very hot. Ganjiang/rhizoma zingiberis/dried ginger should be used together with this drug to control it.

Xu Zhicai: Yuanzhi/radix polygalae/root of thinleaf milkwort can be used as its guiding drug. It is mutually inhibiting to Fubei/caulis et folium premna microphyllae/stem and leaf of Japanese premna. Juice of Douchi/semem sojae preparatum/fermented soybean is prohibited.

### [Indications]

It is good for dispersing invasion of severe pathogenic Wind\* and arthralgia due to invading pathogenic Cold and Humidity, arthritis with contraction and spasms. It disperses accumulation and assemblage and vicious pathogenic factors. It treats an incised wound, strengthens tendons and bones and makes the patient walk mightily with more freedom.

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

It is good for treating wandering pathogenic Wind on the face and head that brings pain. It also disperses epigastric and abdominal accumulation of qi. It relieves heaviness in moving joints or difficulty in walking. It reduces pain in the joints. It helps the growth of Yin Vital Essence and strengthens one's willpower. It makes one brave and tenacious, more resistant to fatigue. It promotes an abortion.

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

Zhang Yuxi: The book *Huainanzi* — Tianxiong and cock strengthen one's willpower. The annotation to the book explains: Insert one piece of

\*Or, it may indicate "leprosy."





人勇。治风痰冷痺，软脚毒风，能止气喘促急，杀禽虫毒甄叔。治一切风，一切气，助阳道，暖水脏，补腰膝，益精明目，通九窍，利皮肤，调血脉，四肢不遂，下胸膈水，破痰癖癥结，排脓止痛，续骨消瘀血，背脊伛偻，霍乱转筋，发汗，止阴汗。炮含，治喉痹大明。

### 【发明】

〔宗奭曰〕补虚寒须用附子。风家多用天雄，亦取其大者，以其尖角多，热性不肯就下，故取其敷散也。〔元素曰〕非天雄不能补上焦之阳虚。〔震亨曰〕天雄、乌头，气壮形伟，可为下部之佐。〔时珍曰〕乌附天雄，皆是补下焦命门阳虚之药，补下所以益上也。若是上焦阳虚，即属心脾

Tianxiong into the intestines of a cock. Pound it and take it without preparation. This will enhance one's bravery.

Zhen Quan: It is good for treating wind-phlegm and arthralgia due to attack of pathogenic Cold, and debilitated feet due to attack of toxin and wind. It stops asthma with dyspnoea and kills toxin of fowls and insects.

Da Ming: It is good for treating all kinds of Wind syndrome and qi syndrome. It enhances male sexuality and warms the Kidney, acts as a tonic for the deficient condition of the waist and knee, reinforces the Jing and brightens the eye. It dredges through the nine orifices and improves the skin condition. It regulates blood circulation and is good for treating paralysis of the extremities. It disperses fluid-retention in the chest and diaphragm. It dissolves hard mass in the shape of a hanging noose and mass and lumps. It dispels pus and relieves pain, knits broken bone and removes blood stasis. It is also good for treating rickets with humpback, and cholera with spasm. It induces perspiration and stops Yin perspiration. Bake the drug and then let the patient hold a piece of it in the mouth to treat throat inflammation.

#### [Explication]

Kou Zongshi: To tonify a condition due to invasion of pathogenic Cold and deficiency, Fuzi should be adopted. To treat a case with invasion of pathogenic Wind, Tianxiong should be used. Use the big drug. As it is full of tips, it will not descend right away and will disperse the pathogens in all directions.

Zhang Yuansu: Tianxiong is the only drug that acts as a tonic for the Yang deficiency of the Shangjiao.

Zhu Zhenheng: Tianxiong and Wutou are drugs with strong quality and good shape. Both of them can be used as assistants to drugs that function on the Xiajiao.

Li Shizhen: Wutou, Fuzi and Tianxiong are all drugs that act as tonic for the Yang deficiency at the Xiajiao and Mingmen. When the Xiajiao is toned, the Shangjiao is also toned. If there is Yang deficiency at the Shangjiao, it is due to the diseased condition of the Heart and the Spleen systems. Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch should be adopted. Tianxiong is not the



之分，当用参芪，不当用天雄也。且乌附天雄之尖，皆是向下生者，其气下行。其脐乃向上生苗之处。寇宗奭言其不肯就下，张元素言其补上焦用虚，皆是误认尖为上尔。惟朱震亨以为下部之佐者得之，而未发出此义。雷斅炮炙论序云，咳逆数数，酒服熟雄，谓以天雄炮研酒服一钱也。

### 【附方】

新三。（略）



right drug. Wutou, Shengfuzi and Tianxiong all have the tips of their roots towards the center of the earth, so have a downward moving tendency. The navel is a place where the seedling grows upward. Kou Zongshi said that the tips of the drug prevent it functioning downward so quickly. And Zhang Yuansu said that the drug tones Yang deficiency of the Shangjiao. Both of them are wrong, as they thought the tips of the root signified an upward tendency. Zhu Zhenheng is correct to say that the drug can be used to assist drugs functioning on the Xiajiao. But he did not go further into the question. In the preface of Lei Xiao's *Lei Gong Paozhi Lun*, it is recorded that, to treat incessant coughing with dyspnoea, take Tianxiong with wine. The preparation: Bake the drug and grind it into powder. Take one *qian* with wine.

**[Prescriptions]**

Three prescriptions collected recently.



## 乌头（本经下品）

### 【释名】

乌喙本经。即两头尖。草乌头纲目。土附子日华。奚毒本经。耿子吴普。毒公吴普。又名帝秋。金鸦纲目。苗名葇音艮。芘音及。董音近。独白草拾遗。鸳鸯菊纲目。汁煎名射罔





## WUTOU\*

Root of kusnezoff monkshood

*Aconitum kusnezoffi* Reichb.

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

### [Rectification]

Dubaicao recorded in *Bencao Shiyi* is now removed to join this clause.

### [Explanation of Names]

WUHUI

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

LIANGTOUJIAN

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

CAOWUTOU

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

TUFUZI

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

XIDU

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

GENGZI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

DUGONG

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

DIQIU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

JINYA

\*This drug is commonly known as Caowutou.



〔普曰〕乌头，形如乌之头也。有两歧相合如乌之喙者，名曰乌喙。喙即乌之口也。〔恭曰〕乌喙，即乌头异名也。此有三歧者，然两歧者少。若乌头两歧名乌喙，则天雄、附子之两歧者，复何以名之？〔时珍曰〕此即乌头之野生于他处者，俗谓之草乌头，亦曰竹节乌头，出江北者曰淮乌头，日华子所谓土附子者是也。乌喙即偶生两歧者，今俗呼为两头尖，因形而名，其实乃一物也。附子、天雄之偶生两歧者，亦谓之乌喙，功亦同于天雄，非此乌头也。苏恭不知此义，故反疑之。草乌头取汁，晒为毒药，射禽兽，故有射罔之称。后魏书言辽东塞外秋收乌头为毒药射禽兽，陈藏器所引续汉五行志，言西国生独白草，煎为药，敷箭射人即死



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

GEN, JI, JIN (The seedling).

DUBAICAO

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

YUANYANGJU

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

SHEWANG (juice of the drug).

Wu Pu: The name Wutou is given after the fact that the drug looks like the head of a crow. Wu = crow, Tou = head. If the root is forked with two branches, looking like the beak of a crow, it is called Wuhui (crow's beak).

Su Gong: Wuhui is another name of Wutou.\* There are roots with three forks. A root with two forks is rare. If a root with two forks of Wutou is called Wuhui, what about the two forked root of Tianxiong and Fuzi? What should they be called?

Li Shizhen: This is simply Wutou growing in the wild in other places. It is colloquially called Caowutou, or Zhujiewutou. That produced in the Jiangbei area is called Huaiwutou, or Tufuzi, as mentioned in *Da Ming Rihua Bencao*. Wuhui is that with two forks. It is colloquially called Liang-toujian. The above names are given in accordance with their shapes. Actually, all of them are the same thing. Fuzi and Tianxiong with two forks are also called Wuhui. Its therapeutic function is similar to Tianxiong, rather than Wutou. Su Gong did not know this, so he had doubts about Wuhui. Squeeze Caowutou to get juice. Dry the juice in the sun and apply it to an arrowhead. This is poisonous and it is used to shoot fowls and animals. The book *Houwei Shu (The Book of the Later Wei)* recorded: People in Liaodong outside the Great Wall collect Caowutou in the late autumn and make poisonous substance to be applied to the arrowhead for animal hunting. Chen Cangqi quoted *Xu Han Wuxing Zhi* as saying that in the country in the West, there is a kind of herb called Dubaicao, which can be processed into a poisonous substance. When this is attached to the arrowhead,

\*This may refer to either Wutou or Caowutou.





者，皆此乌头，非川乌头也。菊谱云鸳鸯菊，即乌喙苗也。

### 【集解】

〔别录曰〕乌头、乌喙生朗陵山谷。正月、二月采，阴干。长三寸以上者为天雄。〔普曰〕正月始生，叶厚，茎方中空，叶四四相当，与蒿相似。〔弘景曰〕今采用四月，亦以八月采。捣笮茎汁，日煎为射罔。猎人以傅箭，射禽兽十步即倒，中人亦死，宜速解之。朗陵属汝南郡。〔大明曰〕土附子生去皮捣，滤汁澄清，旋添晒干取膏，名为射罔，以作毒箭。〔时珍曰〕处处有之，根苗花实并与川乌头相同；但此系野生，又无酿造之法，其根外黑内白，皱而枯燥为异尔，然毒则甚焉。段成式酉阳杂俎言：雀芋状如雀头，置干地反湿，湿地反干，飞鸟触之堕，走兽遇之僵。似亦草乌之类，而毒更甚也。又言：建宁郡乌勾山有牧靡草，鸟鹊误食乌喙中毒，必急食此草以解之。牧靡不知何药也？



it becomes fatal if it is shot into a person. And this Dubaicao is Caowutou, not Wutou. In the book *Ju Pu (Collection of Chrysanthemum)*, Yuanyangju is recorded. And this is the seedling of Wuhui.

### [Previous Explanations]

Caowutou and Wuhui grow in the mountain valleys in Langling. Collect the drug in the first and second months and dry in the shade. The drug that is three *cun* and longer is Tianxiong.

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

Wu Pu: The herb begins to grow in the first month. Its leaf is thick. Its stalk is square outside and hollow inside. Four leaves grow in one group. It is similar to wormwood.

Tao Hongjing: Now, the drug is collected in the fourth month, or in the eighth month. Pound the stalk of the drug to get juice. Stew it and it becomes Shewang. Hunters apply it to the arrowhead. Once the animal is shot, it will fall down within ten steps. If a man is shot, he will die, too. Detoxification should be given right away. Langling is a place in Runan Prefecture.

Da Ming: Pee; Tufuzi and pound it to get juice. Filter the juice and dry it in the sun. This is Shewang, used as poison on an arrowhead.

Li Shizhen: The herb can be found everywhere. Its root, seedling, flower and fruit are all the same as those of Chuanwu. But Caowutou grows in the wild and there is no method of processing. Its root is black outside and white inside. It is creased, withered and dry. And this is no the same as Chuanwu. But it is something very toxic.

The book *Youyang Zaju* of Duan Chengshi: Queyu, a herb that looks like the head of a sparrow, will wet the ground when it is put on dry land and will dry the ground if it is put on damp land. It is something similar to Caowutou, but is even more toxic. When a flying bird touches it, the bird will fall down. And when a wild animal touches it, it will become stiff and numb. It is also said that in Wugou mountain in Jianning prefecture, there is a kind of herb called Mumicao. When a crow or magpie eats Wuhui by accident and is poisoned, they would try to find Mumicao and eat it for detoxification. But it is not clear what is that Mumicao.



### 【修治】

〔时珍曰〕草乌头或生用，或炮用，或以乌大豆同煮熟，去其毒用。

### 乌头

〔气味〕辛，温，有大毒。〔别录曰〕甘，大热，大毒。〔普曰〕神农、雷公、桐君、黄帝：甘，有毒。〔权曰〕苦、辛，大热，有大毒。〔大明曰〕味茎、辛，热，有毒。〔之才曰〕莽草、远志为之使。反半夏、栝楼、贝母、白敛、白及。恶藜芦。〔时珍曰〕伏丹砂、砒石。忌豉汁。畏饴糖、黑豆、冷水，能解其毒。

〔主治〕中风恶风，洗洗出汗，除寒湿痹，咳逆上气，



### [Preparation]

Li Shizhen: Caowutou can be used as a crude drug, or can be processed with fire, or stewed together with seed of black soybean to reduce its toxin.

### WUTOU (CAOWUTOU)

Root of kusnezoff monkshood

Radix aconiti kusnezoffii

### [Quality and Taste]

It is pungent, warm and very toxic.

It is sweet, very hot and very toxic.

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

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

Zhen Quan: It is bitter, pungent, very hot and very toxic.

Da Ming: It is salty, pungent, hot and toxic.

Xu Zhicai: Mangcao/foolium illicii lanceolati/leaf of lance leaf anise tree and Yuanzhi/radix polygalae/root of thinleaf milkwort can be used as its guiding drugs. It is contradictory to:

Banxia/rhizoma pinelliae/pinellia tuber,

Gualou/fructus trichosanthis/snake gourd fruit,

Beimu/bulbus fritillaria thunbergii/cirrhosa/bulb of thunberg/tendrilleat fritillary,

Bailian/radix ampelopsis/root of Japanese ampelopsis,

Baiji/rhizoma bleuntilae/tuber of common bleuntila.

It is mutually inhibiting to Lilu.

Li Shizhen: It oppresses Dansha/cinnabaris/cinnabar and Pishi/arsenicum/arsenic. Juice of Douchi/semen sojae preparatum/fermented soybean is prohibited. It is incompatible to Yitang/saccharum granorum/malt extract, Heidou/semen sojae nigra/seed of black soybean and cold water. These things can detoxify its toxin.

### [Indications]

It is good for treating febrile disease caused by Wind with aversion



破积聚寒热。其汁煎之名射罔，杀禽兽本经。消胸上痰冷，食不下，心腹冷疾，脐间痛，肩胛痛，不可俯仰，目中痛，不可久视。又堕胎别录。主恶风憎寒，冷痰包心，肠腹疔痛，痲癖气块，齿痛，益阳事，强志甄权。治头风喉痹，痲肿疔毒时珍。

乌喙，一名两头尖。

〔气味〕辛，微温，有大毒。〔普曰〕神农、雷公、桐君、黄帝：有毒。〔权曰〕苦、辛，大热。畏恶同乌头。

〔主治〕风湿，丈夫肾湿阴囊痒，寒热历节，掣引腰痛，



to wind and spontaneous perspiration. It treats arthralgia due to invading pathogenic Cold and Humidity, and coughing with dyspnoea. It dissolves accumulation and assemblage with fever and chills. Stew the juice of the drug to make Shewang, which is poisonous and is used (on arrowheads) to hunt animals.

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

It disperses stagnation of cold phlegm resting in chest and dissolves indigestion. It treats cold congealing in the epigastrium and abdomen, pain around the umbilicus, pain on the scapula that hampers normal bending and stretching of the body, or pain in the eye that makes it difficult to keep the eye open for a long time. It promotes abortion.

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

Zhen Quan: It disperses invasion of pathogenic Wind with aversion to cold, dissolves the wrapping of cold phlegm of the Heart, abdominal and intestinal colic, hard mass in the shape of a hanging noose and lump due to accumulation of qi. It relieves toothache. It enhances male sexuality. It strengthens willpower.

Li Shizhen: It is good for treating severe intermittent headache and throat inflammation, carbuncle and swelling, furuncle and pyogenic infection.

### **WUHUI, also called LIANGTOUJIAN**

Root of kusnezoff monkshood

Radix aconiti kusnezoffii

#### **[Quality and Taste]**

It is pungent, slightly warm and very toxic.

Wu Pu: It is toxic, according to Shen Nong, Lei Gong, Tong Jun and Yellow Emperor.

Zhen Quan: It is bitter, pungent and very hot. Its incompatibility and inhibition are the same as Caowutou.

#### **[Indications]**

It is good for dispersing the invading pathogenic Wind and Humidity.



不能行步，痈肿脓结。又堕胎别录。男子肾气衰弱，阴汗，瘰疬岁月不消甄权。主大风顽痹时珍。

### 射罔

〔气味〕苦，有大毒。〔之才曰〕温。〔大明曰〕人中射罔毒，以甘草，蓝汁、小豆叶、浮萍、冷水、芥苳，皆可一味御之。

〔主治〕尸疰癥坚，及头中风痹痛别录。瘰疮疮根，结核瘰疬毒肿及蛇咬。先取涂肉四畔，渐渐近疮，习习逐病至



It relieves itching of the scrotum due to attack of pathogenic Humidity into the Kidney. It treats arthritis with chills and fever with referred pain to the waist that hampers normal walking. It also treats carbuncle and swelling and formation of pus. It promotes an abortion.

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

Zhen Quan: It can be used as a tonic for the Kidney in deficient and debilitated condition with sweating on the scrotum. It treats scrofula that has lasted for years.

Li Shizhen: It is good for treating apoplexy with pertinacious arthralgia.

### **SHEWANG**

Medicinal extract of common monkshood  
Extractum aconiti

#### **[Quality and Taste]**

It is bitter and very toxic.

Xu Zhicai: It is warm.

Da Ming: To neutralize the toxin of Shewang, give one of the following drugs:

Gancao,

Lanzhi/succus polygoni tinctorii/juice of indigo plant,

Chixiaodouye/foolium phaseoli/rice bean leaf,

Fuping/herba spirodelae/herb of common ducksmeat\duckweed,

Cold water,

Jini/radix adenophorae trachelioidis/root of apricot leaf lady bell.

#### **[Indications]**

It is good for treating Shizhu (consumptive and infectious disease), and dissolves hard mass in the abdomen. It relieves headache due to attack of pathogenic Wind.

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

Chen Cangqi: It is good for treating fistula lasting for a long time with ulceration, subcutaneous node, scrofula, pyogenic infection and snakebite.





骨。疮有热脓及黄水，涂之；若无脓水，有生血，及新伤破，即不可涂，立杀人藏器。

### 【发明】

〔时珍曰〕草乌头、射罔，乃至毒之药。非若川乌头、附子，人所栽种，加以酿制，杀其毒性之比。自非风顽急疾，不可轻投。甄权药性论言其益阳事，治男子肾气衰弱者，未可遽然也。此类止能搜风胜湿，开顽痰，治顽疮，以毒攻毒而已，岂有川乌头、附子补右肾命门之功哉？吾蕲郝知府自负知医，因病风痹，服草乌头、木鳖子药过多，甫入腹而麻痹，遂至不救，可不慎乎？〔机曰〕乌喙形如鸟嘴，其气锋锐。宜其通经络，利关节，寻蹊达径，而直抵病所。煎为射罔，能杀禽兽。非气之锋锐捷利，能如是乎？〔杨清叟曰〕凡风寒湿痹，骨内冷痛，及损伤入骨，年久发痛，或



First, apply the drug on the edge of the affected part and gradually apply it to the sore. It will reach the locus and finally penetrate to the bone. It can also be applied to a sore with secretion of yellow fluid and pus with hot feeling. If the sore does not have fluid and pus, but with blood and there is a recent incised wound, the drug should not be given, lest it will kill the patient.

**[Explication]**

Li Shizhen: Caowutou and Shewang are very toxic drugs. Unlike Chuanwu and Fuzi, which are cultivated and well processed, they are very strong in function. They are only applicable to diseases with an attack of pertinacious Wind and urgent cases. Zhen Quan in his *Yaoxing Lun* said that the drug enhances male sexuality and can be used as a tonic for the Kidney in a deficient and debilitated condition. But this cannot be put into practice. This is because Caowutou and Shewang can only be used to disperse the invading pathogenic Wind and Humidity, to dissolve pertinacious accumulation of phlegm, or to treat obstinate sores. It is a tactic of “attacking the toxin by toxic drugs.” They do not have the function of acting as a tonic for the right Kidney or the Mingmen, like Chuanwu and Fuzi do. Mr. Hao, governor of my hometown Qizhou thought he knew medicine well and treated himself with an overdose of Caowutou and Mubiezi (Loulanzi) while he was suffering from tinea due to an attack of pathogenic Wind. Once the drug was taken, the man suddenly became numb and finally died. So, people have to be cautious in the application of such toxic drugs.

Wang Ji: Wuhui is in the shape of a crow’s beak. It is a drug with fast moving function. It can be used to dredge through the Channels and Collaterals, to facilitate movement of the joints, to lead drugs directly to function on the locus. When juice of the drug is stewed, it becomes Shewang, which can be used in animal hunting activities. If it is not something that functions so strongly and promptly, how can it be used as such?

Yang Qingsou: The following prescription is good for treating arthralgia due to attack of pathogenic Wind, Cold and Humidity with pain and cold feeling in the bone, or physical damage to the bone that has lasted a long time and with repeated attacks. It is good for treating all kinds of

一切阴疽肿毒。并宜草乌头、南星等分，少加肉桂为末，姜汁热酒调涂。未破者能内消，久溃者能去黑烂。二药性味辛烈，能破恶块，逐寒热，遇冷即消，遇热即溃。

【附方】

旧四，新四十八。（略）



phlegmon of Yin nature and pyogenic infections:

Caowutou,

Tiannanxing,

Rougui/cortex cinnamomi/cassia bark.

Grind equal amounts of the first two drugs together with a little of the third into powder. Blend the powder with juice of fresh ginger and hot wine. Apply to the affected part. If the infection is not ulcerous, it will dissolve it from within. If it is already ulcerous, it will eat up the black ulceration. The first two drugs are pungent and very strong in their function, therefore they are good to dissolve hard mass, disperse chills and fever. When the lesion is of a cold nature, it will dissolve it and if it is of a hot nature, it will accelerate the ulceration.

**[Prescriptions]**

Four prescriptions collected previously, and  
48 prescriptions collected recently.





## 白附子 (别录下品)

### 【释名】

见后发明下。

### 【集解】

〔别录曰〕白附子生蜀郡。三月采。〔弘景曰〕此物久绝，无复真者。〔恭曰〕本出高丽，今出凉州以西，蜀郡不复有。生砂磧下湿地，独茎似鼠尾草，细叶周匝，生于穗间，根形似天雄。〔珣曰〕徐表南州异物记云：生东海、新罗国及辽东。苗与附子相似。〔时珍曰〕根正如草乌头之小者，长寸许，干者皱文有节。

### 【气味】

辛、甘，大温，有小毒。



## BAIFUZI

Giant typhonium

Typhonium giganteum Engl.,

Aconitum coreanum (Level.) Raip.

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

### [Explanation of Names]

See that under the Explication.

### [Previous Explanations]

Baifuzi is produced in Shujun (Sichuan). Collect it in the third month.

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

Tao Hongjing: The herb became extinct long ago. No authentic drug can be found now.

Su Gong: The drug has been produced in Gaoli (Korea). Now, it is produced west of Liangzhou. There is no more production in Shujun (Sichuan). It grows on damp sandy land. It has only one stem, similar to Shuweicao. Numerous fine leaves grow among the spikes. Its root is similar to Tianxiong/radix aconiti/root of common monkshood.

Li Xun: The book *Nanzhou Yiwu Ji* of Xu Biao: The drug grows in the Donghai (east sea), Xinluoguo (Korea) and Liaodong. Its seedling is similar to Wutoumiao/foUium aconiti/Sichuan-aconite leaf.

Li Shizhen: Its root is similar to a small Caowutou/radix aconiti kusnezoffii/root of kusnezoff monkshood. It is about one *cun* long with nodes and creases.

### [Quality and Taste]

It is pungent, sweet, very warm and slightly toxic.

Han Baosheng: It is sweet, pungent and warm.



〔保昇曰〕甘、辛、温。〔大明曰〕无毒。〔珣曰〕小毒。入药炮用。〔杲曰〕纯阳。引药势上行。

### 【主治】

心痛血痹，面上百病，行药势别录。中风失音，一切冷风气，面皴癩疵大明。诸风冷气，足弱无力，疥癣风疮，阴下湿痒，头面痕，入面脂用李珣。补肝风虚好古。风痰震亨。

### 【发明】

〔时珍曰〕白附子乃阳明经药，因与附子相似，故得此名，实非附子类也。按楚国先贤传云：孔休伤颊有癩。王莽赐玉屑白附子香，与之消癩。

### 【附方】

新十二。（略）



Da Ming: It is nontoxic.

Li Xun: It is slightly toxic. It should be roasted before it is used as drug.

Li Gao: It is a drug of pure Yang, leading other drugs to ascend.

### [Indications]

It is good for treating heart pain and arthralgia due to stagnation of blood. It treats various ailments on the face. It guides others.

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

Da Ming: It is good for treating apoplexy with aphonia. It disperses attacks of pathogenic Cold and Wind. It clears cicatrix, freckles and acne on the face.

Li Xun: It disperses invading pathogenic Wind and Cold of various types. It treats debilitated feet. It is also good for treating scabies, tinea and sores due to attack of pathogenic Wind, and humid and itching private parts. It eliminates cicatrix on the face. It can be used in preparation of face lotion.

Wang Haogu: It tonifies the Liver when it is invaded by pathogenic Wind under a deficient condition.

Zhu Zhenheng: It disperses Wind-phlegm.

### [Explication]

Li Shizhen: Baifuzi is a drug that functions on the Channel of the Greater Yang (Yangming). As it looks like Fuzi/radix aconiti lateralis/daughter root of common monkshood, hence its name, Baifuzi, “white Fuzi.” But, actually, it is not a drug of the same category of Fuzi.

The book *Chuguo Xianxian Zhuan*: Mr. Kong Xiu once hurt his cheeks leaving cicatrices. Wang Mang, the emperor of the Xin Dynasty (9-24) gave him Yuxie Baifuzi Xiang (scent made of jade and Baifuzi) to treat the cicatrices.

### [Prescriptions]

12 prescriptions collected recently.





## 虎掌（本经下品）天南星（宋开宝）

### 【释名】

虎膏纲目。鬼蒟蒻日华。

〔恭曰〕其根四畔有圆牙，看如虎掌，故有此名。〔颂曰〕天南星即本草虎掌也，小者名由跋。古方多用虎掌，不言天南星。南星近出唐人中风痰毒方中用之，乃后人采用，别立此名尔。〔时珍曰〕虎掌因叶形似之，非根也。南星因根圆白，形如老人星状，故名南星，即虎掌也。苏颂说甚明白。宋开宝不当重出南星条，今并入。



## HUZHANG, TIANNANXING

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

TIANNANXING

Jack-in-the-pulpit tuber

*Arisaema erubescens* (Wall.) Schott.,

*Arisaema heterophyllum* Bl.,

*Arisaema amurense* Maxim.

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

### [Explanation of Names]

HUGAO

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

GUIJURUO

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

Su Gong: Around the root there are round tooth-like sprouts. It looks like the claw foot of a tiger. Huzhang = tiger claw.

Su Song: Tiannanxing is named Huzhang in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). The small one is called Youba. In ancient prescriptions, the name of Huzhang was frequently mentioned. Tiannanxing was not mentioned at all. The first use of the name appeared in the prescription treating apoplexy due to phlegm toxin in the Tang Dynasty (618-907). Then, later scholars began to use the term.

Li Shizhen: The name Huzhang is given in accordance with the shape of the leaves. It is not due to the shape of the root. As Tiannanxing has a round and white root similar to Laorenxing (*Canopus*), so it is called Nanxing (Tiannanxing). But it is really Huzhang. What Su Song explained is quite clear. It is not correct for authors of the book *Kaibao Bencao* to record this drug independently as Nanxing. So now, Nanxing in *Kaibao Bencao* is moved to join this clause.



### 【集解】

〔别录曰〕虎掌生汉中山谷及冤句。二月、八月采，阴干。〔弘景曰〕近道亦有。形似半夏，但大而四边有子如虎掌。今用多破作三四片。方药不甚用也。〔恭曰〕此是由跋宿根。其苗一茎，茎头一叶，枝丫挟茎。根大者如拳，小者如鸡卵，都似扁柿。四畔有圆牙，看如虎掌。由跋是新根，大如半夏二三倍，四畔无子牙。陶说似半夏，乃由跋也。〔保昇曰〕茎头有八九叶，花生茎间。〔藏器曰〕天南星生安东山谷，叶如荷，独茎，用根。〔颂曰〕虎掌今河北州郡有之。初生根如豆大，渐长大似半夏而扁，年久者根圆及寸，大者如鸡卵。周匝生圆牙三四枚或五六枚。三四月生苗，高尺余。独茎上有叶如爪，五六出分布，尖而圆。一窠生七八茎，时出一茎作穗，直上如鼠尾。中生一叶如匙，裹茎作房，旁开一口，上下尖。中有花，微青褐色。结实如麻子



### [Previous Explanations]

Huzhang grows in the mountain valleys in Hanzhong and Yuanju. Collect the drug in the second and eighth months and dry in the shade.

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

Tao Hongjing: Now, the drug is also found in nearby places. It looks like Banxia/pinellia, but it is bigger and with small sprouts similar to a tiger's claw foot. Now, when the drug is used, it is cut into pieces of three to four *jin*. It is not a drug that is very commonly used in medicine.

Su Gong: This is the perennial root of Youba. There is only one stem, and on top of the stem there is one leaf. Forks grow from the stem. The root can be as big as a human fist and the small one is as big as an egg. It is all in the shape of a flat persimmon. There are round sprouts around the root. The whole thing looks like a tiger's claw foot. Youba is the new root, which is two to three times bigger than Banxia and there is no sprouts around it. Tao Hongjing says that the drug looks like Banxia. It is actually Youba.

Han Baosheng: There are eight to nine leaves on top of the stem. Flowers grow from the stem.

Chen Cangqi: Tiannanxing grows in the mountain valleys in Andong. Its leaf is similar to Heye/*folium nelumbinis*/lotus leaf. It has only one stem. The root is used as drug.

Su Song: Huzhang is now produced in prefectures in Hebei. At first, the root is as small as a soybean. Gradually it grows as big as Banxia, in a flat shape. The root after two to three years or more can be as thick as one *cun* and the big ones can be as big as an egg. Around the root there are three to four or even five to six sprouts. The seedling grows in the third and fourth months and can grow up to one foot. Five to six leaves in the shape of a claw grow on the only stem. The leaf is round and with a tip. In one tussock, there can be seven to eight stems. Sometimes, one spike may grow out of one of the stems. It grows upward in the shape of a rat's tail. A leaf in the shape of a spoon grows in the middle. It covers the stem and holds the flowers inside. On one side, there is an opening with tips on the upper and lower ends. In the middle are flowers of light blue-green and brown color. The fruit is as big as Damazi/*fructus cannabis*/hemp fruit. When it is



大，熟即白色，自落布地，一子生一窠。九月苗残取根。今冀州人菜圃中种之，呼为天南星。又曰：天南星，处处平泽有之。二月生苗，似荷梗，其茎高一尺以来。叶如蒟蒻，两枝相抱。五月开花似蛇头，黄色。七月结子作穗似石榴子，红色。二月、八月采根，似芋而圆扁，与蒟蒻相类，人多误采，了不可辨。但蒟蒻茎斑花紫，南星根小，柔腻肌细，炮之易裂，为可辨尔。南星即本经虎掌也。大者四边皆有牙子，采时削去之。江州一种草，叶大如掌，面青背紫，四畔有牙如虎掌，生三四叶为一本，冬青，不结花实，治心疼寒热积气，亦与虎掌同名，故附见之。〔时珍曰〕大者为虎掌、南星，小者为由跋，乃一种也。今俗又言大者为鬼白，小者为南星，殊为谬误。

### 【修治】

〔颂曰〕九月采虎掌根，去皮脐，入器中汤浸五七日，



ripe, it turns white. Seeds will fall off to the ground and one seed will develop into a tussock of a new plant. In the ninth month, when the leaves are withered, collect the root. Now, the herb is planted in the gardens by farmers in Jizhou. Local people call the herb Tiannanxing. According to another record, the herb grows on the plain everywhere. The seedling begins to grow in the second month. It looks like Hegeng/petiolus nelumbinis/lotus petiole. Its stem is as tall as 1 *chi* or longer. Its leaf is similar to Juruo/rhizoma amorphophalli/rhizome of rivier giantarum. Two leaves grow close to each other. In the fifth month, a yellow flower in the shape of a snake's head blooms. In the seventh month, red fruit forms in the shape of Shiliu/fructus granati/pomegranate fruit. Collect the root in the second and eight months. It looks like Yutou/rhizoma colocasiae esculentae/tuber of dasheen. But it is flat and round, which is similar to Juruo. Mistakes are made when people may pick up Juruo as Tiannanxing. But the two drugs are not the same: The stem of Juruo has colored dots and the flower is purple. The root of Tiannanxing is smaller, softer and fine in quality. When it is roasted, it is easy to crack. Knowing the differences, they can be divided. Tiannanxing is just the Huzhang recorded in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). The big root has sprouts around it. They should be cut off in the collection. In Jiangzhou, there is a kind of herb with a leaf as big as a human palm, with a green face and purple back. On the four sides grow sprouts in the shape of a tiger's claw. Three to four leaves flock together to form one plant. It is still green in winter and it has no flower or fruit. It is good for treating heart pain with chill, fever and accumulation of qi. This drug is also called Huzhang. So, it is appended here for reference.

Li Shizhen: The big herb is called Huzhang and Nanxing, and the small one is called Youba. It is actually the same herb. Some say that the big herb is called Guijiu and the small one is Nanxing. This is, of course, not correct at all.

### [Preparation]

Su Song: Collect the root of Huzhang in the ninth month. Take off the bark and navel. Soak the drug in water for five to seven days. Change to fresh water three to four times every day. Wash away the saliva. Dry the drug in the sun. Or, roast the drug in fire until it cracks.



日换三四遍，洗去涎，暴干用。或再火炮裂用。〔时珍曰〕凡天南星须用一两以上者佳。治风痰，有生用者，须以温汤洗净，仍以白矾汤，或入皂角汁，浸三日夜，日日换水，暴干用。若熟用者，须于黄土地掘一小坑，深五六寸，以炭火烧赤，以好酒沃之。安南星于内，瓦盆覆定，灰泥固济，一夜取出用。急用，即以湿纸包，于塘灰火中炮裂也。一法：治风热痰，以酒浸一宿，桑柴火蒸之，常洒酒入甑内，令气猛。一伏时取出，竹刀切开，味不麻舌为熟。未熟再蒸，至不麻乃止。脾虚多痰，则以生姜渣和黄泥包南星煨熟，去泥焙用。造南星曲法；以姜汁、矾汤，和南星末作小饼子，安篮内，楮叶包盖，待上黄衣，乃取晒收之。造胆星法：以南星生研末，腊月取黄牯牛胆汁和剂，纳入胆中，系悬风处干之。年久者弥佳。



Li Shizhen: Tiannanxing that weighs over one *liang* is the best. When the drug is going to be used to treat Wind-phlegm, the crude drug may be used. But, it still needs to be processed as follows: First, wash the drug with warm water. Then, soak it in a solution of Baifan/alumen/alum for three days and nights. Or, add in juice of Zaojia/fructus gleditsiae/fruit of Chinese honey locust. Change to fresh water every day. Then, dry the drug in the sun. If the drug has to be processed, do it in the following way: Dig a pit five to six *cun* deep in the ground. Burn the pit red hot with charcoal. Pour in wine of good quality. Put the drug in the pit and cover with a basin. Seal the edge of the basin with clay. Keep it there overnight. If the drug needs to be used right away, wrap the drug with wet paper and roast it in fire until it cracks. Another method of processing: First soak the drug in wine overnight and then steam it with fire burned by Sangzhi/ramulus mori/mulberry twig. In the process, spray wine over the drug frequently to keep it in good condition. Keep on steaming in this way for a full day. Cut the drug open with bamboo cutlery. Lick it. If it does not tingle on the tongue, it means the drug is well done. If the drug tingles, continue to steam it. Such a drug will be good for treating a syndrome due to attack of pathogenic Wind and Heat and accumulation of phlegm. If the drug is going to be used to treat excessive phlegm due to deficient condition of the Spleen, the drug should be processed the following way: Wrap the drug with dregs of fresh ginger and yellow loess and roast it in the fire. After it is well done, take off the wrapping and bake the drug again.

The following method is good to make Nanxingqu/rhizoma arisaematis fermentatae/leaven of jack-in-the-pulpit tuber: Blend powder of Tiannanxing with juice of fresh ginger and solution of Baifan/alumen/alum to make small cakes. Put the cakes in a basket and cover them with Chuye/folium broussonetiae/paper mulberry leaf. Later, a yellow coating will appear on the surface of the drug. Dry it in the sun. And this is the drug.

Method of making Dannanxing/rhizoma arisaemae preparatum/processed rhizome of jack-in-the-pulpit with bile: Blend powder of Tiannanxing with bile of a yellow bull collected in winter. Insert the drug in the gall bladder. Fasten the bladder and hang it over a windy place. The longer it is kept there, the better its quality.





### 【气味】

苦，温，有大毒。

〔别录曰〕微寒。〔普曰〕虎掌神农、雷公：苦，有毒。岐伯、桐君：辛，有毒。〔大明日〕辛烈，平。〔杲曰〕苦、辛，有毒。阴中之阳，可升可降，乃肺经之本药。〔震亨曰〕欲其下行，以黄檗引之。〔之才曰〕蜀漆为之使。恶莽草。〔大明日〕畏附子、干姜、生姜。〔时珍曰〕得防风则不麻，得牛胆则不燥，得火炮则不毒。生能伏雄黄、丹砂、焰消。

### 【主治】

心痛，寒热结气，积聚伏梁，伤筋痿拘缓，利水道本经。除阴下湿，风眩别录。主疝瘕肠痛，伤寒时疾，强阴甄叔。天南星：主中风麻痹，除痰下气，利胸膈，攻坚积，消



### [Quality and Taste]

It is bitter, warm and very toxic.

It is slightly cold.

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

Wu Pu: It is bitter and toxic, according to Shen Nong and Lei Gong. It is pungent and toxic, according to Qi Bo and Tong Jun.

Da Ming: It is pungent, strong and plain.

Li Gao: It is bitter, pungent and toxic. It is a drug of Yang in the Yin that can ascend and descend. It is a principal drug functioning on the Lung Channel.

Zhu Zhenheng: If it is wished to lead the drug flowing downward, use it together with Huangbai/cortex phellodendri/bark of Chinese cork tree.

Xu Zhicai: Shuqi/caulis et folium dichroae febrifugae/stem and leaf of anti-febrile dichroa can be used as its guiding drug. It is mutually inhibiting to Mangcao/folium illicii lanceolati/leaf of lance leaf anise tree.

Da Ming: It is incompatible to Fuzi, and dried and fresh ginger.

Li Shizhen: Assisted by Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia, the drug is no longer tingling. Used together with ox bile, it is no longer dry. When it is processed with fire, it is nontoxic. When the crude drug is used, it oppresses red orpiment, cinnabar and niter.

### [Indications]

It is good for relieving heart pain, dissolve stagnation of pathogenic Cold and Heat, accumulation and assemblage, abdominal mass. It treats damaged tendons with contraction and paralysis. It facilitates the water duct.

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

It eliminates dampness in the genitalia and vertigo due to invasion of pathogenic Wind.

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

Zhen Quan: It is good for treating hernia and abdominal mass with pain in the intestine. It treats febrile disease caused by Cold and epidemic diseases. It enhances male sexuality.

Tiannanxing is good for treating apoplexy with numbness and arthralgia. It eliminates phlegm and brings down adverse ascending of gas. It fa-



痈肿，散血堕胎开宝。金疮折伤瘀血，捣傅之藏器。蛇虫咬，疥癣恶疮大明。去上焦痰及眩运元素。主破伤风，口噤身强李杲。补肝风虚，治痰功同半夏好古。治惊痫，口眼喎斜，喉痹，口舌疮糜，结核，解颅时珍。

### 【发明】

〔时珍曰〕虎掌、天南星，乃手足太阴脾肺之药。味辛而麻，故能治风散血；气温而燥，故能胜湿除涎；性紧而毒，故能攻积拔肿而治口喎舌糜。杨士瀛直指方云：诸风口噤，宜用南星，更以人参、石菖蒲佐之。

### 【附方】

旧八，新三十二。（略）



cilitates the functions of the chest and diaphragm and dissolves hard mass and stagnation. It eliminates carbuncle and phlegmon, and dissolves blood stasis and promotes abortion.

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

Chen Cangqi: It is good for treating an incised wound and fracture with blood stasis. Pound the drug and apply it to the affected part.

Da Ming: It treats snakebites. It can be applied to treat scabies, tinea and malignant sores.

Zhang Yuansu: It eliminates accumulation of phlegm resting with the Shangjiao. It relieves vertigo.

Li Gao: It is good for treating tetanus with lockjaw and bodily rigidity.

Wang Haogu: It tonifies the deficient Liver attacked by pathogenic Wind. When it is used to treat diseases caused by excessive phlegm, it has the same therapeutic function as Banxia.

Li Shizhen: It is good for treating convulsions and epilepsy with deviation of the mouth and eye, throat inflammation, aphtha on the tongue and in the oral cavity. It dissolves subcutaneous nodes and treats infantile metopism.

### [Explication]

Li Shizhen: Huzhang/Tiannanxing functions on the Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin. It is pungent in taste and tingling. It is good for dispersing invasion of pathogenic Wind and dissolving blood stasis. It is warm and drying in quality, so it can be used to overcome pathogenic Humidity and dry profuse saliva. It is intense in quality and toxic, so it can attack accumulation and eliminates swelling. It is therefore good for treating deviation of the mouth and inflammation of the tongue.

The book *Zhizhi Fang* of Yang Shiyong: Tiannanxing is good for treating apoplexy with lockjaw. The drug should be assisted by ginseng root and Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag.

### [Prescriptions]

Eight prescriptions collected previously, and  
32 prescriptions collected recently.

## 半夏（本经下品）

### 【释名】

守田别录。水玉本经。地文本经。和姑吴普。

〔时珍曰〕礼记月令：五月半夏生。盖当夏之半也，故名。守田会意，水玉因形。

### 【集解】

〔别录曰〕半夏生槐里川谷。五月、八月采根，暴干。  
〔普曰〕生微丘或生野中，二月始生叶，三三相偶。白花圆上。〔弘景曰〕槐里属扶风。今第一出青州，吴中亦有，以





## BANXIA

Pinellia

Pinellia ternate (Thunb.) Breit.

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

### [Explanation of Names]

SHOUTIAN

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

SHUIYU

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

DIWEN

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

HEGU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Li Shizhen: In the chapter of Yueling in the book *Li Ji* (*Book of Rites*), it is recorded: Banxia grows in the fifth month. It is the mid-summer time, hence the name. Ban = halfway, mid; Xia = summer. The name Shoutian is given in accordance with its meaning. Shou = guard, protect; Tian = field. The name Shuiyu is given to depict its shape. Shui = water; Yu = jade.

### [Previous Explanations]

Banxia grows in the mountain valleys in Huaili. Collect the root in the fifth and eighth months and dry it in the sun.

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

Wu Pu: The herb grows on low hilly land and in the wild. The leaf begins to grow in the second month, with two or three flocking together. A white flower grows on top of stem.

Tao Hongjing: Huaili is a place in Fufeng prefecture. Now, a drug of



肉白者为佳，不厌陈久。〔恭曰〕所在皆有。生平泽中者，名羊眼半夏，圆白为胜。然江南者大乃径寸，南人特重之。顷来互用，功状殊异。其苗似是由跋，误以为半夏也。〔颂曰〕在处有之，以齐州者为佳。二月生苗一茎，茎端三叶，浅绿色，颇似竹叶，而生江南者似芍药叶。根下相重，上大下小、皮黄肉白。五月、八月采根，以灰裹二日，汤洗暴干。蜀图经云：五月采则虚小，八月采乃实大。其平泽生者甚小，名羊眼半夏。由跋绝类半夏，而苗不同。〔斆曰〕白傍蔑子真似半夏，只是咬着微酸，不入药用。

#### 【修治】

〔弘景曰〕凡用，以汤洗十许过，令滑尽。不尔，有毒戟人咽喉。方中有半夏必须用生姜者，以制其毒故也。〔斆曰〕修事半夏四两，用白芥子末二两，醎醋六两，搅浊，将半夏投中，洗三遍用之。若洗涎不尽，令人气逆，肝气怒



first quality is produced in Qingzhou. It is also produced in the Wu area. A drug with a white heart is the best. It does not matter if it has been stored for a long time.

Su Gong: The herb is found everywhere. It grows on the plains and marshland. It is also called Yangyanbanxia (Banxia in the shape of a sheep's eye). A drug of round shape and white quality is the best. In the south, a tube as big as one *cun* in diameter can be found, which is cherished by people there. The drug is taken as Banxia, but it has different shape and therapeutic effect. Its seedling looks like Youba and it is mistaken as Banxia.

Su Song: The herb is found everywhere. That produced in Qizhou is the best. In the second month, a seedling begins to grow. On top of the stem are three light green leaves similar to Zhuye/foolium bambusae/bamboo leaf. That growing in the area south of the Yangtze river has leaf similar to that of Shaoyao/peony. Tubers grow under the root, with big ones on top and small ones in the lower position. It is yellow outside and white inside. Collect the tuber in the fifth and eighth months. Wrap the drug with stove ash and leave it there for two days. Wash the drug clean and dry it in the sun.

Shu Bencao: When the drug is collected in the fifth month, it is still small and not solid. That collected in the eighth month is big and solid. That growing on the plains and marshland is very small and is named Yangyanbanxia. Youba looks very much like Banxia, but the seedlings of both drugs are not completely the same.

Lei Xiao: Baibangjizi looks very much like Banxia, but when it is bitten, it is slightly sour. It is not used as a drug.

### [Preparation]

Tao Hongjing: First, wash the drug more than ten times until the water is no longer slippery. If not washed in such a way, the drug will sting one's throat. In a prescription, if Banxia is used, fresh ginger is normally also used to detoxify its toxin.

Lei Xiao: Blend two *liang* of powder of Baijiezi/semen Sinapis albae/white mustard seed in six *liang* of dense vinegar. Stir it evenly. Add in four *liang* of Banxia. Then, wash the drug three times until there is no more saliva. If it is not washed clean, the drug will make the person feel an adverse





满。〔时珍曰〕今治半夏，惟洗去皮垢，以汤泡浸七日，逐日换汤，晾干切片，姜汁拌焙入药。或研为末，以姜汁入汤浸澄三日，沥去涎水，晒干用，谓之半夏粉。或研末以姜汁和作饼子，日干用，谓之半夏饼。或研末以姜汁、白矾汤和作饼，楮叶包置篮中，待生黄衣，日干用，谓之半夏曲。白飞霞医通云：痰分之病，半夏为主，造而为曲尤佳。治湿痰以姜汁，白矾汤和之，治风痰以姜汁及皂荚煮汁和之，治火痰以姜汁、竹沥或荆沥和之，治寒痰以姜汁、矾汤入白芥子末和之，此皆造曲妙法也。

### 根

〔气味〕辛，平，有毒。〔别录曰〕生微寒，熟温。生



rushing of gas with excessive Liver qi and anger.

Li Shizhen: Now, Banxia is processed in the following way: First, wash away the peel and dirt and soak it in hot water for seven days. Change the water every day. Dry the drug in the shade and cut it into slices. Blend it with juice of fresh ginger and bake it dry. Another way of processing: First, grind the drug into powder. Blend it with juice of fresh ginger and then soak it in water for three days. Filter the water with saliva and dry the drug. This is called powder of Banxia. Still another way of processing: Grind the drug into powder first. Blend the powder with juice of fresh ginger, Baifan/alumen/alum and water to make cakes. Cover the cakes with Chuye/foolium broussonetiae/paper mulberry leaf and keep the drug in a basket until a yellow coating appears. Dry it in the sun. Then, we have Baixiaqu/rhizoma pinelliae fermentatae/leaven of pinellia's tuber. Bai Feixia in his book *Yi Tong* said: To treat a disease caused by excessive phlegm, Banxia is a principal drug to be adopted. When the drug is processed into Baixiaqu, it is even better. When the drug is processed with either of the following drugs, it will be good for the specific disease as listed below:

— To treat Humidity-phlegm, blend the drug with juice of fresh ginger and Baifan/alumen/alum;

— To treat Wind-phlegm, blend the drug with juice of fresh ginger and decoction of Zaojia/fructus gleditsiae/fruit of Chinese honey locust;

— To treat Fire-phlegm, blend the drug with juice of fresh ginger and Zhuli/succus bambusae/juice in a bamboo stem, or with Jingli/succus schizonepetae/juice in fineleaf schizonepeta;

— To treat Cold-phlegm, blend the drug with juice of fresh ginger, Baifan and powder of Baijiezi/semen Sinapis albae/white mustard seed.

The above are long proven methods of processing.

## BANXIA GEN

Pinellia tuber

Rhizoma pinelliae

### [Quality and Taste]

It is pungent, plain and toxic.



令人吐，熟令人下。汤洗尽滑用。〔元素曰〕味辛、苦，性温，气味俱薄，沉而降，阴中阳也。〔好古曰〕辛厚苦轻，阳中阴也。入足阳明、太阴、少阳三经。〔之才曰〕射干为之使。恶皂荚。畏雄黄、生姜、干姜、秦皮、龟甲。反乌头。〔权曰〕柴胡为之使。忌羊血、海藻、饴糖。〔元素曰〕热痰佐以黄芩，风痰佐以南星，寒痰佐以干姜，痰痞佐



It is slightly cold when the crude drug is used. It will become warm in quality after processing. The crude drug will induce vomiting and the prepared drug will bring about a loose stool. Wash the drug until there is no more saliva.

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

Zhang Yuansu: it is pungent, bitter and warm. It is a drug of both thin taste and quality, a drug that is sinking and descending, a drug of Yang in the Yin.

Wang Haogu: It is pungent (a thick taste) and bitter (a light taste), a drug of Yin in the Yang. It functions on the following three Channels:

Stomach Channel of Foot Greater Yang,

Spleen Channel of Foot Initial Yin,

Gall Bladder Channel of Foot Lesser Yang.

Xu Zhicai: Shegan/rhizoma *belamcandae*/rhizome of blackberry lily can be used as its guiding drug. It is mutually inhibiting to Zaojia/fructus *gleditsiae*/fruit of Chinese honey locust. It is incompatible with the following drugs:

Xionghuang/realgar/red orpiment,

Fresh ginger,

Ganjiang/rhizoma *zingiberis*/dried ginger,

Qinpi/cortex *fraxini*/ash bark,

Guijia/plastrum *testudinis*/tortoise plastron.

It contradicts Wutou/radix *aconiti*/Sichuan aconite root.

Zhen Quan: Chaihu/radix *bupleuri*/root of Chinese thorowax can be used as its guiding drug. The following drugs are prohibited:

Sheep's blood,

Haizao/sargassum/seaweed,

Yitang/saccharum *granorum*/malt extract.

Zhang Yuansu: Use the drug together with either of the following to achieve varied therapeutic functions:

— To treat Heat-phlegm, use it together with Huangqin/radix *scutellariae*/root of Baikal skullcap;

— To treat Wind-phlegm, use it together with Tiannanxing;

— To treat Cold-phlegm, use it together with Ganjiang/rhizoma *zin-*



以陈皮、白术。多用则泻脾胃。诸血证及口渴者禁用，为其燥津液也。孕妇忌之，用生姜则无害。

〔主治〕伤寒寒热，心下坚，胸胀咳逆，头眩，咽喉肿痛，肠鸣，下气止汗本经。消心腹胸膈痰热满结，咳嗽上气，心下急痛坚痞，时气呕逆，消痈肿，疗痿黄，悦泽面目，堕胎别录。消痰，下肺气，开胃健脾，止呕吐，去胸中痰满。生者：摩痈肿，除瘤瘿气甄叔。治吐食反胃，霍乱转筋，肠腹冷，痰疟大明。治寒痰，及形寒饮冷伤肺而咳，消胸中痞，膈上痰，除胸寒，和胃气，燥脾湿，治痰厥头痛，



giberis/dried ginger;

— To treat phlegm complicated with stagnation of qi, use the drug together with Chenpi/pericarpium citri reticulatae/tangerine peel and Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes.

When the drug is heavily dosed, it has the function of purging the Spleen and Stomach. Patients suffering from blood disorders and hematemesis and with thirst should not take the drug, as the drug dries up the Jinye (body fluid). A pregnant woman should not use the drug. If she has to have the drug, use it together with fresh ginger. In this way, there is no harm done.

### [Indications]

It is good for treating febrile disease caused by Cold with chill and fever, epigastric hardness, coughing and dyspnoea with chest distention, vertigo, and sore throat. It treats intestinal booming sound. It brings down qi and stops perspiration.

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

It disperses accumulation of Heat and phlegm with a full sensation resting in the epigastrium, abdomen, chest and diaphragm. It treats coughing with dyspnoea, pain and hard stagnation of qi in the epigastrium, and vomiting and nausea due to attack of epidemic disease. It dissolves carbuncle and swelling. It treats a disease with sallow complexion and withered skin. It improves and brightens the complexion. It promotes abortion.

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

Zhen Quan: It dissolves phlegm accumulation, brings down adverse ascending gas in the Lung, whets the appetite and strengthens the Spleen, stops vomiting and nausea, and disperses accumulation of phlegm and a full sensation in the chest. The crude drug can be used to rub the affected part with carbuncle and swelling. It eliminates tumor and goiter.

Da Ming: It is good for treating vomiting of food just taken and regurgitation. It also treats cholera with spasms, warm coldness in the intestine and abdomen and dissolves phlegm accumulation in malaria.

Zhang Yuansu: It is good for treating Cold-phlegm and coughing due to damage to the Lung caused by exposure to cold weather, or drinking



消肿散结元素。治眉棱骨痛震亨。补肝风虚好古。除腹胀，目不得瞑，白浊梦遗带下时珍。

〔发明〕〔权曰〕半夏使也。虚而有痰气，宜加用之。〔颂曰〕胃冷呕哕，方药之最要。〔成无己曰〕辛者散也，润也。半夏之辛，以散逆气结气，除烦呕，发音声，行水气，而润肾燥。〔好古曰〕经云，肾主五液，化为五湿。自入为唾，入肝为泣，入心为汗，入脾为痰，入肺为涕。有痰曰嗽，无痰曰咳。痰者，因咳而动脾之湿也。半夏能泄痰之标，不能泄痰之本。泄本者，泄肾也。咳无形，痰有



cold water. It dissolves stagnation of qi resting in the chest, phlegm accumulation above the diaphragm. It disperses cold stagnation in the chest, harmonizes the Stomach qi, and dries the Humidity in the Spleen. It treats phlegm syncope with headache. It dissolves swelling and disperses accumulation.

Zhu Zhenheng: It relieves pain in the supraorbital bone.

Wang Haogu: It tones the Liver, which is encroached by pathogenic Wind while it is in a deficient condition.

Li Shizhen: It eliminates abdominal distention. It treats insomnia with open eyes. It also treats whitish and turbid urine, nocturnal emission of a man and leucorrhea of a woman.

### [Explication]

Zhen Quan: Banxia can be used as a guiding drug. When there is a deficient condition with accumulation of phlegm, it should be given.

Su Song: In treating nausea and retching due to prevalence of pathogenic Cold in the Stomach, Banxia should be considered as the first drug.

Cheng Wuji: A drug of pungent taste is dispersing and moistening. Banxia, a pungent drug, is good to disperse the adverse rushing gas and accumulation of gas. It relieves nausea and restlessness, enlarges the voice and facilitates water circulation. It moistens the dryness in the Kidney.

Wang Haogu: Medical classic records: The Kidney is a dominating organ to the five fluids, which will evolve into five humid factors in the following ways:

- It evolves into saliva from the Kidney itself;
- It evolves into tear when it enters the Liver;
- It evolves into sweat when it enters the Heart;
- It evolves into phlegm when it enters the Spleen;
- It evolves into snivel when it enters the Lung.

When coughing occurs, it arouses the Humidity factor resting in the Spleen, which evolves into phlegm. Banxia is a drug that can treat the secondary aspect of phlegm, but it cannot solve the fundamental aspect. If the fundamental aspect is to be tackled, the Kidney should be purged. Coughing is a shapeless thing and phlegm is a concrete substance. The





形；无形则润，有形则燥，所以为流湿润燥也。俗以半夏为肺药，非也。止呕吐为足阳明，除痰为足太阴。柴胡为之使，故今柴胡汤中用之，虽为止呕，亦助柴胡、黄芩主往来寒热，是又为足少阳、阳明也。〔宗奭曰〕今人惟知半夏去痰，不言益脾，盖能分水故也。脾恶湿，湿则濡困，困则不能治水。经云：湿胜则泻。一男子夜数如厕，或教以生姜一两，半夏、大枣各三十枚，水一升，瓷瓶中慢火烧为熟水，时呷之，便已也。〔赵继宗曰〕丹溪言二陈汤治一身之痰，世医执之，凡有痰者皆用。夫二陈内有半夏，其性燥烈，若风痰、寒痰、湿痰、食痰则相宜；至于劳痰、失血诸痰，用



treatment is to moisten the shapeless pathological condition (the coughing) and to dry the concrete substance (the phlegm). This is called a treatment of “activating the flowing of Humidity and moistening the dryness.” It is generally understood that Banxia is a drug that functions on the Lung. This is not correct. When Banxia is used as a drug to stop nausea, it shows that it is functioning on the Stomach Channel of Foot Greater Yang. When it is used to eliminate the phlegm accumulation, it is functioning on the Spleen Channel of Foot Initial Yin. Chaihu/radix bupleuri/root of Chinese thoro-wax can be used as its guiding drug. That is why both drugs are used in the famous Xiao Chaihu Tang. Although Banxia is used in this prescription to stop nausea, it also assists Chaihu and Huangqin to stop intermittent chills and fevers. In this way, we understand that Banxia also functions on the Gall Bladder Channel of Foot Lesser Yang and Stomach Channel of Foot Greater Yang.

Kou Zongshi: Now, people all know that Banxia is a drug that dispels phlegm, but few know that it is also benefiting the Spleen. This is because Banxia is a drug that smoothes the water circulation. The Spleen is a Viscus that hates Humidity. When the Spleen is encroached by pathogenic Humidity, it loses its control of water circulation. As the medical classic goes, “When pathogenic Humidity prevails, diarrhea will occur.” Here is recorded a case: A man had to urinate several times in one night. Someone told him to have the following:

One *liang* of fresh ginger,  
30 Banxia,  
30 Chinese date.

Stew with one *sheng* of water in a porcelain bottle over a slow fire. Sip the decoction little by little. This worked.

Zhao Jizong: Zhu Danxi once said that Erchen Tang was good for treating phlegm retention occurring at any location within the body. Later doctors all followed him and used the prescription to treat phlegm syndrome. But it should be noticed that there is Banxia in Erchen Tang. This prescription is good for treating Wind-phlegm, Cold-phlegm, Humidity-phlegm and phlegm intermingled with indigestion. But it is not good for treating phlegm in consumptive disease and phlegm retention complicated



之反能燥血液而加病，不可不知。〔机曰〕俗以半夏性燥有毒，多以贝母代之。贝母乃太阴肺经之药，半夏乃太阴脾经、阳明胃经之药，何可代也？夫咳嗽吐痰，虚劳吐血，或痰中见血，诸郁，咽痛喉痹，肺痈肺痿，痈疽，妇人乳难，此皆贝母为向导，半夏乃禁用之药。若涎者脾之液，美味膏粱炙博，皆能生脾胃湿热，故涎化为痰，久则痰火上攻，令人昏愤口噤，偏废僵仆，蹇涩不语，生死旦夕，自非半夏、南星，曷可治乎？若以贝母代之，则翘首待毙矣。〔时珍曰〕脾无留湿不生痰，故脾为生痰之源，肺为贮痰之器。半夏能主痰饮及腹胀者，为其体滑而味辛性温也。涎滑能润，



with hemorrhage. If it is used, it will dry the blood and only worsen the syndrome. Doctors should be cautious.

Wang Ji: As Banxia is generally considered toxic and dry in quality, the normal practice is to replace it with Beimu/bulbus fritillaria thunbergii/cirrhusa/bulb of thungerg/tendrilleat fritillary. But the two drugs act on different Channels: The latter functions on the Lung Channel of Hand Initial Yin and the former functions on the Spleen Channel of Foot Initial Yin and Stomach Channel of Foot Greater Yang. How can they be used interchangeably? Beimu should be used in treating the following diseases:

- Coughing with spit of sputum,
- Hematemesis in consumptive disease,
- Blood-tinged sputum,
- Melancholy,
- Sore throat,
- Pulmonary abscess and flaccidity,
- Carbuncle and phlegmon,
- Lactation problems.

To treat the above cases, Banxia should be banned. But in treating the following diseases, Banxia works very effectively:

— Saliva is the fluid of the Spleen. When the person has too many delicacies and too much fat and roasted meat, Humidity and Heat will evolve in the Spleen and Stomach. This will evolve into saliva, which again will evolve into phlegm. After a period of such accumulation, Fire-phlegm will rush upward, causing mental confusion with lockjaw, hemiplegia and rigidity, or falling down, with slurred speech.

To treat such emergencies, Banxia and Tiannanxing should not be adopted. If it is substituted by Beimu, it won't work at all and the only thing the patient can do is wait for his last moment.

Li Shizhen: Whenever there is remaining pathogenic Humidity in the Spleen, there exists the source of phlegm. So, it can be understood that the Spleen is the source of phlegm production and the Lung is a container holding the phlegm. Banxia is good for dissolving phlegm-retention and relieve abdominal distention. This is due to its pungent taste and warm quality and the tendency to lubricate. Being pungent and warm, it is both dispersing

辛温能散亦能润，故行湿而通大便，利窍而泄小便。所谓辛走气，能化液，辛以润之是矣。洁古张氏云：半夏、南星治其痰，而咳嗽自愈。丹溪朱氏云：二陈汤能使大便润而小便长。聊摄成氏云：半夏辛而散，行水气而润肾燥。又和剂局方，用半硫丸治老人虚秘，皆取其滑润也。世俗皆以南星、半夏为性燥，误矣。湿去则土燥，痰涎不生，非二物之性燥也。古方治咽痛喉痹，吐血下血，多用二物，非禁剂也。二物亦能散血，故破伤打扑皆主之。惟阴虚劳损，则非湿热之邪，而用利窍行湿之药，是乃重竭其津液，医之罪也，岂药之咎哉？甲乙经用治夜不眠，是果性燥者乎？岐伯云：卫气行于阳，阳气满，不得入于阴，阴气虚，故目不得瞑。治





and moistening. So, the drug is good for motivating the Humidity and facilitate bowel movements. As it is slippery, it facilitates urination as well. This is because a pungent drug can promote the circulation of qi and can also dissolve fluid-retention. So it is generally understood that a pungent drug is moistening.

Zhang Jieju: Banxia and Tiannanxing can eliminate phlegm retention. Once it is dissolved, coughing will subside consequently.

Zhu Zhenheng: Erchen Tang is good for moistening the dry feces and smooth urination.

Cheng Wuji: Being pungent and dispersive, Banxia is good for promoting water circulation and moisten dryness in the Kidney. In *Taiping Huimin Heji Jufang*, there is recorded a prescription of Banliu Wan, which is good for treating constipation of the aged. Such a prescription uses drugs like Banxia to moisten and to lubricate the pathological condition. It is generally understood that Banxia and Tiannanxing are drugs of dry quality. But this is not correct. The pharmacological explanation of its function is that once Humidity is done away with, the Earth will become dry and there will be no basis for the production of phlegm. So, the above two drugs are not drugs of dry quality. In ancient prescriptions, both Banxia and Tiannanxing were used in prescriptions treating sore throat, hematemesis and hematochezia. They are not prohibited in such cases (which should prohibit the use of dry drugs). Both drugs are also good for dispersing blood stasis. So they can be used in treating physical damage and incised wound. But they cannot be applied to consumptive disease with Yin deficiency. As the syndrome is not caused by invasion of pathogenic Humidity and Heat, drugs to facilitate the function of the orifice and to dissolve Humidity can only further exhaust the Jinye (body fluid), which only aggravates the situation. So this is a malpractice by the doctor, and the drugs should not be blamed. In *Jiayi Jing (The Jiayi Classic of Acupuncture)*, Banxia is used to treat insomnia. This proves that Banxia is not taken as a drug of dry quality.

Qi Bo: Weiqi permeates in the Yang. When the Yang Vital Energy is excessive and full, it cannot communciate with the Yin. When Yin is in a deficient condition, insomnia occurs. Treatment: Administer one dose of Banxia Tang (Decoction of Banxia) to combine the Yin and Yang. Once

法：饮以半夏汤一剂，阴阳既通，其卧立至。方用流水千里者八升，扬之万遍，取清五升，煮之，炊以苇薪，大沸，入秫米一升，半夏五合，煮一升半，饮汁一杯，日三，以知为度。病新发者，覆杯则卧，汗出则已。久者，三饮而已。

〔附方〕旧十四，新五十四。（略）



they are balanced, the person can fall asleep immediately. Get eight *sheng* of river water that has run a thousand miles. Splash it with a spoon ten thousand times. Stew five *sheng* of the water (only the clear water) for a while. Burn the fire with reed stem. Then, add in one sheng of glutinous millet and five *ge* of Banxia and stew it until 1.5 *sheng* is left. Drink one cup of the decoction per dose, three times per day. Continue until it works. If the syndrome is only newly contracted, once the cup of decoction is finished, the patient will be able to sleep. If it is a chronic case, it takes no more than three doses.

**[Prescriptions]**

Fourteen prescriptions collected previously, and  
54 prescriptions collected recently.







## 蚤休 (本经下品)

### 【释名】

蚤休本经。螫休日华。紫河车图经。重台唐本。重楼金线图经。三层草纲目。七叶一枝花蒙筌。草甘遂唐本。白甘遂

〔时珍曰〕虫蛇之毒，得此治之即休，故有蚤休、螫休



## ZAOXIU

Many-leaf paris

Chinese paris

Yunnan paris.

Paris polyphylla Smith.

Paris chinensis Franch.

Paris yunnanensis.

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

### [Explanation of Names]

CHIXIU

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

ZHEXIU

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

ZIHECHE

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

CHONGTAI

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

CHONGLOUJINXIAN

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

SANCENGCAO

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

QIYEYIZHIHUA

— *Bencao Mengquan*.

CAOGANSUI

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

BAIGANSUI

Li Shizhen: This herb is good for treating insects and snake bites, so



诸名。重台、三层，因其叶状也。金线重楼，因其花状也。甘遂，因其根状也。紫河车，因其功用也。

### 【集解】

〔别录曰〕蚤休生山阳川谷及冤句。〔恭曰〕今谓重楼者是也。一名重台，南人名草甘遂。一茎六七叶，似王孙、鬼白、蓖麻辈，叶有二三层。根如肥大菖蒲，细肌脆白。〔保昇曰〕叶似鬼白、牡蒙，年久者二三重。根如紫参，皮黄肉白。五月采根，日干。〔大明曰〕根如尺二蜈蚣，又如肥紫菖蒲。〔颂曰〕即紫河车也。今河中、河阳、华、凤、文州及江淮间亦有之。叶似王孙、鬼白等，作二三层。六月开黄紫花，蕊赤黄色，上有金丝垂下。秋结红子。根似肥姜，皮赤肉白。四月、五月采之。〔宗奭曰〕蚤休无旁枝，止一茎挺生，高尺余，颠有四五叶。叶有歧，似苦杖。中心



it is called Zaoxiu (early subsidence) and Zhexiu (subsidence of sting). Chongtai (multiple fold) and Santai (three fold) both depicting the shape of the leaves. Jinxianchonglou (multiple fold with golden thread) is a description of its flower. Caogansui is a name given to depict its similarity of its root to Gansui/radix kansui/Gansui root. Ziheche is a name telling its therapeutic function.

### [Previous Explanations]

Zaoxiu grows in the mountain valleys of Shanyang and in Yuanju.

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

Su Gong: Now, the drug is called Chonglou, or Chongtai. People in the south call it Caogansui. There are six to seven leaves on one stem, which looks like Wangsun/*folium paris tetraphyllae*/leaf of tetraphyllous paris, Guijiu/*folium dysosmae versipellis*/leaf of common dysosma or Bima/*folium ricini*/castor leaf. There are two to three folds in the leaf. Its root is as big and plump as Shichangpu/*rhizoma acori graminei*/rhizome of grassleaf sweet flag. It has fine texture of white and crispy quality.

Han Baosheng: Its leaf is similar to Guijiu or Mumeng. A leaf growing for a long time has two or three folds. Its root is similar to Zishen with yellow bark and white heart. Collect the root in the fifth month and dry in the sun.

Da Ming: Its roots look like a Wugong/*scolopendra*/centipede, one *chi* and two *cun* long. It also resembles a plump and purple Shichangpu/*rhizoma acori graminei*/rhizome of grassleaf sweetflag.

Su Song: This is just Ziheche. Now, the drug is produced in Hezhong, Heyang, Huazhou, Fengzhou, Wenzhou and in areas between the Yangtze and Huai rivers. Its leaf is similar to Wangsun and Guijiu with two or three folds. A yellow and purple flower blooms in the sixth month. Its pistil is red yellow, with a golden thread falling downward. In autumn, a red seed is formed. Its roots look like a fat ginger root. It is red outside and white inside. Collect it in the fourth and fifth months.

Kou Zongshi: There is only one stem in this herb. It is about one *chi* tall. On top of the stem are four to five leaves with forks, resembling Huzhang/*folium polygoni cuspidate*/leaf of giant knotweed. In the center there



又起茎，亦如是生叶。惟根入药用。〔时珍曰〕重楼金线处处有之，生于深山阴湿之地。一茎独上，茎当叶心。叶绿色似芍药，凡二三层，每一层七叶。茎头夏月开花，一花七瓣，有金丝蕊，长三四寸。王屋山产者至五七层。根如鬼白、苍术状，外紫中白，有粳、糯二种。外丹家采制三黄、砂、汞。入药洗切焙用。俗谚云：七叶一枝花，深山是我家。痈疽如遇者，一似手拈拿。是也。

#### 根【气味】

苦，微寒，有毒。

〔大明曰〕冷，无毒。伏雄黄、丹砂、蓬砂及盐。

#### 【主治】

惊痫，摇头弄舌，热气在腹中，癩疾，痈疮阴蚀，下三



is another stem and on its top there are several leaves in the same way as in the lower position. Only the root can be used as a drug.

Li Shizhen: The herb is found everywhere. It generally grows in damp and shady places in a deep mountain. There is only one stem growing upward and leaves flock on top of the stem. The leaf is green, in the shape of Shaoyao/*folium paeoniae*/peony leaf. There are two to three layers of leaves and on each layer there are seven leaves. A flower blooms in summer on top of the stem. There are seven petals in each flower with a golden thread pistil of three to four *cun*. The herb growing in Wangwu mountain may have five to seven layers of leaves. Its root is similar to Guijiu or Cangzhu/*rhizoma atractylodis*/*atractylodes* rhizome. It is purple outside and white inside. There are two kinds of the herb: One is called Geng and the other Nuo. Taoist alchemists collect the drug to control red orpiment, orpiment, sulfur and mercury. When the drug is to be used, it should first be washed and then baked. As a folk saying goes: Qiyeyizhijia (one flower with seven leaves) finds his home in the deep mountain. It is easy for the herb to deal with carbuncle and phlegmon. And this is a description of the therapeutic function of the drug.

## ZAOXIU GEN

Rhizome of paris

*Rhizoma paridis*

### [Quality and Taste]

It is bitter, slightly cold and toxic.

Da Ming: It is cold and nontoxic. It oppresses red orpiment, cinnabar, borax and salt.

### [Indications]

It is good for treating convulsions and epilepsy with shaking of the head and playing with the tongue. It eliminates invading pathogenic Heat in the abdomen. It treats depressive psychosis. It is also good for treating sores and carbuncle and erosion of the vulva. It purges the Three Worms (ascariasis, teniasis and oxyuriasis) and detoxifies the toxin of snakebite.



虫，去蛇毒本经。生食一升，利水唐本。治胎风手足搐，能吐泄瘰疬大明。去疟疾寒热时珍。

**【发明】**

〔恭曰〕摩醋，傅痈肿蛇毒，甚有效。〔时珍曰〕紫河车，足厥阴经药也。凡本经惊痫、疟疾、瘰疬、痈肿者宜之。而道家有服食法，不知果有益否也？

**【附方】**

新五。（略）

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

Take one sheng of the crude drug. This will facilitate the circulation of Water.

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

Da Ming: It is good for treating contraction of extremities of the neonatal. It eliminates scrofula by causing vomiting and diarrhea.

Li Shizhen: It eliminates chill and fever in cholera.

### [Explication]

Su Gong: Grind the drug together with vinegar and apply it to treat carbuncle, phlegmon and snakebite. It is very effective.

Li Shizhen: Ziheche is a drug functioning on the Liver Channel of Foot Greater Yin. Diseases such as convulsions and epilepsy, malaria, scrofula, carbuncle, and swelling originating from this Channel can be treated by the drug. Taoist alchemists have their special ways of taking the drug. It is not known whether such preparations are good for health or not.

### [Prescriptions]

Five prescriptions collected recently.





## 鬼臼（本经下品）

### 【释名】

九臼本经。天臼别录。鬼药纲目。解毒别录。爵犀本经。马目毒公本经。害母草图经。羞天花纲目。术律草纲目。琼田草纲目。独脚莲土宿本草。独荷草土宿。山荷叶纲





## GUIJIU

Common dysosma

*Dysosma versipellis* (Hance) M. Cheng

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

### [Rectification]

QIONGTIANCAO in *Tujing Bencao* (*Illustrated Materia Medica*) is removed to join this clause.

### [Explanation of Names]

JIUJIU

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

TIANJIU

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

GUIYAO

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

JIEDU

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

JUEXI

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

MAMUDUGONG

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

HAIMUCAO

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

XIUTIANHUA

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

SHULÜCAO

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



目。旱荷纲目。八角盘纲目。唐婆镜

〔弘景曰〕鬼白根如射干，白而味甘，九白相连，有毛者良，故名。〔时珍曰〕此物有毒，而白如马眼，故名马目毒公。杀蛊解毒，故有犀名。其叶如镜、如盘、如荷，而新苗生则旧苗死，故有镜、盘、荷、莲、害母诸名。苏东坡诗集云：琼田草俗号唐婆镜，即本草鬼白也。岁生一白，如黄精根而坚瘦，可以辟谷。宋祁剑南方物赞云：羞天花，蜀地处处有之。依茎缀花，蔽叶自隐，俗名羞天，予改为羞寒花，即本草鬼白也。赞云：冒寒而茂，茎修叶广。附茎作花，叶蔽其上。以其自蔽，若有羞状。别有羞天草与此不同，即海芋也。



QIONGTIANCAO

— *Tujing Bencao (Illustrated Materia Medica)*.

DUJIAOLIAN

— *Tusu Bencao*.

DUHECAO

— *Tusu Bencao*.

SHANHEYE

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

HANHE

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

BAJIAOPAN

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

TANGPOJING

Tao Hongjing: The root of this herb is similar to Shegan/rhizoma bclamcandae/rhizome of blackberry lily. It is white and tastes sweet. Nine of them connect with each other. That covered with hair is the best.

Li Shizhen: This herb is toxic. The cicatrices on the bark look like the eye of horse, so it is called Mamudugong. As it stops Gudu and detoxifies toxins, so it is called Juexi. As it looks like a mirror, a plate, lotus leaf, so it is also called Duhecao, Shanheye, Hanhe, Bajiaopan and Tangpojing. When the new seedling grows, the old ones die. So, it is called Haimucao.\* In his work *Shi Ji (Collection of Poems)*, Su Dongpo said: Qiongtiancao is colloquially called Tangpojing. This is the Guijiu recorded in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. One mortar-like cicatrix grows on the root each year. It looks like Huangjing, but it is more solid and thinner. By eating it, one will not feel hungry. Song Qi in his work *Jiannan Fangwu Zan* said: Xiutianhua is found everywhere in Sichuan. The flower grows from the stem and hides itself under the leaves. So, it is called Xiutian (shy to the sky). I gave another name to the herb: Xiuhanhua. It is merely the Guijiu in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

\*By reading the original Chinese characters, the reader will be able to understand the connections of such names.



### 【集解】

〔别录曰〕鬼臼生九真山谷及冤句。二月、八月采根。  
〔弘景曰〕鬼臼生山谷中。八月采，阴干。似射干、术辈，又似钩吻。有两种：出钱塘、近道者，味甘，上有丛毛，最胜；出会稽、吴兴者，大而味苦，无丛毛，力劣。今马目毒公状如黄精根，其白处似马眼而柔润。今方家多用鬼臼而少用毒公，不知此那复乖越如此？〔恭曰〕鬼臼生深山岩石之阴。叶如蓖麻、重楼辈。生一茎，茎端一叶，亦有两歧者。年长一茎，茎枯则为一白。假令生来二十年，则有二十白，岂惟九白耶？根肉皮须并似射干，今俗用多是射干。而江南别送一物，非真者。今荆州当阳县、硤州远安县、襄州荆山



A verse goes: This is a herb that flourishes in cold weather. It has long stem and broad leaf. The flower grows from the stem, covered by leaves. As the flower hides behind the leaves, so it has the name of Xiutian. There is another kind of herb called Xiutiancao, which is different from this. It is really Haiyu/rhizoma alocasiae odoraе/alocasia rhizome.

### [Previous Explanations]

The herb grows in the mountain valleys in Jiuzhen and in Yuanju. Collect the root in the second and eighth months.

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

Tao Hongjing: Guijiu grows in mountain valleys. Collect it in the eight month and dry in the shade. The root looks like Shegan/rhizoma belamcandae/rhizome of blackberry lily, or Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes and Gouwen/radix gelsemimi elegantis/root of graceful Jessamine. There are two species. One is produced in Qiantang and nearby places. It is sweet and covered with tussocks of hair. It is of best quality. The other species is produced in Guiji and Wuxing. It is bigger, but it is bitter. There is no hair and it has much less therapeutic effect. Now, we find the root of Mamudugong looks like Huangjing. Its cicatrix looks like a horse's eye. It is soft and moistening. Nowadays, doctors prefer to use Guijiu rather than Mamudugong. It is not clear why there should be such preference.\*

Su Gong: Guijiu grows in shady places among the rocks in deep mountains. Its leaf is similar to Bima/folium ricini/castor leaf and Zaoxiu/folium paridis/leaf of paris. There is only one stem and on top of it there is one leaf. There is another species whose stem has two forks. When the herb is matured, it has one mortar-like cicatrix. If, after 20 years, there are 20 such cicatrices, how can it be called Jiujiu (nine mortar-like cicatrices)? Its root bark, heart and fibrous roots are all similar to Shegan/rhizoma belamcandae/rhizome of blackberry lily. Now most of the drug available in the market is actually Shegan. Even that offered in tribute from the area south

\*Since Mamudugong is one species of Guijiu, they can be used as the same drug.



县山中并贡之，亦极难得。〔颂曰〕今江宁府、滁、舒、商、齐、杭、襄、峡州、荆门军亦有之，并如苏恭所说。花生茎间，赤色，三月开后结实。又一说：鬼白生深山阴地，叶六出或五出，如雁掌。茎端一叶如伞，旦时东向，及暮则西倾，盖随日出没也。花红紫如荔枝，正在叶下，常为叶所蔽，未常见日。一年生一茎，既枯则为一白，及八九年则八九白矣。然一年一白生而一白腐，盖陈新相易也，故俗名害母草。如芋魁、乌头辈亦然，新苗生则旧苗死，前年之魁腐矣。而本草注谓全似射干，今射干体状虽相似，然白形浅薄，与鬼白大异。鬼白如八九个南星侧此相叠，而色理正如射干。用者当使人求苗采之，市中不复有也。〔时珍曰〕鬼白根如天南星相叠之状，故市人通谓小者为南星，大者为鬼白，殊为谬误。按黄山谷集云：唐婆镜叶底开花，俗名羞天花，即鬼白也。岁生一白，满十二岁，则可为药。今方家乃以鬼灯檠为鬼白，误矣。又郑樵通志云：鬼白叶如小荷，形如鸟掌，年长一茎，茎枯则根为一白，亦名八角盘，以其叶



of the Yangtze is not the genuine drug. Now, in Dangyang County of Jingzhou, Yuan'an County of Jiazhou and Jingshan County of Xiangzhou, the genuine drug is produced and sent in tribute to the capital. It is something precious and not easy to get.

Su Song: Now, the drug is produced in the following places: Jiangningfu, Chuzhou, Shuzhou, Shangzhou, Qizhou, Hangzhou, Xiangzhou, Jiazhou and Jingmenjun. What Su Gong describes is correct. A red flower grows from the stem, blooming in the third month, after which the fruit is borne. According to another record, Guijiu grows in shady places in deep mountains. The leaf has six or five tips, similar to the claw of a wild goose. One leaf grows on top of stem like an umbrella. In the morning, the leaf leans to the east, but turns to the west in the afternoon, following the sun. its flower is red and purple, similar to Lizhi/flos litchi/lychee flower. It grows right under the leaf, and is always covered by it. It is not exposed to the sun very often. In one year, only one stem grows, and after it withers, there is one mortar-like cicatrix. Up to the eighth and ninth year, it will have eight to nine cicatrices. But when a new cicatrix appears, the previous one may decay. So, it is also called Haimucao (herb that hampers the mother). This is also true of Yutou and Wutou — when a new seedling grows, the previous ones will wither and Yutou of the previous year will rot. In the annotation of the drug in *Shen Nong Bencao Jing*, it says that the drug looks very much like Shegan. But there are still differences: Shegan does look like Guijiu. But the cicatrix in the former is much lighter than the latter. A big difference can be found. Guijiu looks like eight to nine Tiannanxing flocking together. But its color and texture are similar to Shegan. If one really wants to have the genuine drug, the seedling should also be collected (so as to make sure it is the genuine drug). But this is difficult to do in the market.

Li Shizhen: Guijiu looks like the flocking Tiannanxing. So that is why there is an understanding in the market that the small ones are Tiannanxing and the big ones are Guijiu. This is not correct.

The book of *Huang Shangu Ji (Collections of Huang Shangu)*: Tangpojing (another name of Guijiu) has its flower hidden under the leaf, so it is colloquially called Xiutianhua (shy to the sky). It is merely Guijiu. One mortar-like cicatrix grows each year. After 12 years, the root will be





似之也。据此二说，则似是今人所谓独脚莲者也。又名山荷叶、独荷草、旱荷叶、八角镜。南方处处深山阴密处有之，北方惟龙门山、王屋山有之。一茎独上，茎生叶心而中空。一茎七叶，圆如初生小荷叶，面青背紫，揉其叶作瓜李香。开花在叶下，亦有无花者。其根全似苍术、紫河车。丹炉家采根制三黄、砂、汞。或云其叶八角者更灵。或云其根与紫河车一样，但以白色者为河车，赤色者为鬼臼，恐亦不然。而庚辛玉册谓蚤休阳草，旱荷阴草，亦有分别。陶弘景以马目毒公与鬼臼为二物，殊不知正是一物而有二种也。又唐独孤滔丹房镜源云：术律草有二种，根皆似南星，赤茎直上，茎端生叶。一种叶凡七瓣，一种叶作数层。叶似蓖麻，面青背紫而有细毛。叶下附茎开一花，状如铃铎倒垂，青白色，黄蕊中空，结黄子。风吹不动，无风自摇。可制砂汞。按此即鬼臼之二种也。其说形状甚明。



good for medical use. Some doctors take Guidengqing as Guijiu, but this is wrong. Zheng Qiao in his work *Tong Zhi* said: The leaf of Guijiu looks like a small lotus leaf in the shape of a bird's claw. With each passing year, one mortar-like cicatrix appears after the herb withers. It is also called Bajiaopan. This is a name given after its leaf. Bajiaopan: a plate with eight angles. According to the above two records, we can understand that the herb is just the Dujiailian we have today. It is also called Shanheye, Duhecao, Hanye (Ye) and Bajiaojing. It is found in shady places in deep mountains in the south. In the north of the country, it is only found in Longmen and Wangwu mountains. There is only one stem growing upward. The leaf grows from the top of the stem. It is hollow inside. There are seven leaves on one stem. The leaf is round, looking like the new lotus leaf. It is blue-green on the surface and purple at the back. When the leaf is rubbed, it emits a kind of fragrance similar to melon or plum fruit. A flower blooms under the leaf. There is also a species without a flower. Its root looks like Cangzhu/rhizoma atractylodis/atractylodes rhizome and Zaoxiu. Taoist alchemists collect the root and use it to control red orpiment, orpiment, sulfur, cinnabar and mercury. Some say that drug with a leaf of eight angles is even better. Also, some say that the root of Guijiu is the same as Zaoxiu. But the difference is that the white one is Zaoxiu and the red one is Guijiu. But this might not be correct. In the book *Gengxin Yuce*, it is recorded that Zaoxiu is a herb of Yang nature and Hanhe (Guijiu) a herb of Yin nature. It is clear that the two drugs are not the same. Tao Hongjing thought that Mamudugong and Guijiu are two different things. Actually, they are two species of the same herb. Dugu Tao in his work *Danfang Jianyuan* said: There are two species of Shulücao (Guijiu). The roots of both species look like Tiannanxing. One red stem grows upward and leaf grows on top of the stem. One kind of leaf has seven tips and the other kind has several layers of them. Its leaf is similar to Bima/folium ricini/castor leaf. It is blue-green on the surface and purple on the back, covered with thin hair. From the stem under the leaf, a flower blooms, which looks like a hanging bell of blue-green and white color. The pistil is yellow and hollow inside. It bears a yellow seed. When wind blows, it does swing. But when there is no wind, it swings. It can be used in the processing of cinnabar and mercury. The



### 根【气味】

辛，温，有毒。

〔别录曰〕微温。〔弘景曰〕甘，温，有毒。〔权曰〕苦。〔之才曰〕畏垣衣。

### 【主治】

杀蛊毒鬼疰精物，辟恶气不祥，逐邪，解百毒本经。杀大毒，疗咳嗽喉结，风邪烦惑，失魄妄见，去目中肤翳。不入汤别录。主尸疰殓殍，劳疾传尸瘦疾甄权。下死胎，治邪疰痛疽，蛇毒射工毒时珍。

### 【发明】

〔颂曰〕古方治五尸鬼疰、百毒恶气多用之。又曰。今



above description is clear about the two species of Guijiu.

## GUIJIUGEN

Rhizome of common dysosma

Rhizoma dysosmae

### [Quality and Taste]

It is pungent, warm and toxic.

It is slightly warm.

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

Tao Hongjing: It is sweet, warm and toxic.

Zhen Quan: It is bitter.

Xu Zhicai: It is mutually inhibiting to Yuanyi.

### [Indications]

It kills Gudu, Guizhu and vicious agents. It prevents the invasion of infections and unfavorable things. It disperses invading pathogenic factors and detoxifies a hundred toxins.

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

It kills severe toxins. It is good for treating coughing and suffocation of an inflamed throat. It relieves restlessness and pacifies a troubled mind, and disperses the invading pathogenic Wind. It tranquilizes a frightened mind with illusion. It eliminates nebula and opacity in the eye. It should not be used in a decoction.

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

Zhen Quan: It treats Shizhu (consumptive and infectious disease) and Laozhai (consumptive and infectious disease), Chuanshilao (consumptive and infectious disease) and consumptive diseases.

Li Shizhen: It purges a dead fetus. It is also good for treating malaria due to attack of pathogenic factors, carbuncle and phlegmon. It neutralizes the toxin of snakes and Shegong (worms in water).

### [Explication]

Su Song: In ancient prescriptions, the drug had been often used to treat

福州人三月采琼田草根叶，焙干捣末，蜜丸服，治风疾。

【附方】

新三。（略）



Shizhu, Guizhu and invasion of vicious agents and toxins of hundred kinds. Some say that people in Fuzhou collect the root and leaf of Qiongtiancao (Guijiu) now. The drug is baked and pounded into powder to make pills with honey. It is a drug good for treating diseases due to invasion of pathogenic Wind.

**[Prescriptions]**

Three prescriptions collected recently.



## 射干（本经下品）

### 【释名】

乌扇本经。乌翼别录。乌吹别录。乌蒲本经。凤翼拾遗。鬼扇土宿。扁竹纲目。仙人掌土宿。紫金牛土宿。野萱花纲目。草姜别录。黄远吴普。





## SHEGAN

Blackberry lily

*Belamcanda chinensis* (L.) DC.

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

### [Explanation of Names]

WUSHAN

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

WUSHA

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

WUCHUI

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

WUPU

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

FENGYI

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

GUISHAN

— *Tusu Bencao*.

BIANZHU

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

XIANRENZHANG

— *Tusu Bencao*.

ZIJINNIU

— *Tusu Bencao*.

YEXUANHUA

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

CAOJIANG

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





〔弘景曰〕射干方书多音夜。〔颂曰〕射干之形，茎梗疏长，正如射长人竿之状，得名由此尔。而陶氏以夜音为疑，盖古字音多通呼，若汉官仆射，主射事，而亦音夜，非有别义也。〔时珍曰〕其叶丛生，横铺一面，如乌翅及扇之状，故有乌扇、乌翼、凤翼、鬼扇、仙人掌诸名。俗呼扁竹，谓其叶扁生而根如竹也。根叶又如蛮姜，故曰草姜。翼音所甲切，扇也。

### 【集解】

〔别录曰〕射干生南阳山谷田野。三月三日采根，阴干。〔弘景曰〕此是乌翼根，黄色，庭台多种之。人言其叶是鸢尾，而复有鸢头，此若相似尔，恐非乌翼也。又别有射干，相似而花白茎长，似射人之执竿者。故阮公诗云：射干临层城。此不入药用。〔恭曰〕鸢尾叶都似射干，而花紫碧



## HUANGYUAN

— *Wu Pu Bencao (Wu Pu's Herbal)*.

Tao Hongjing: The name Shegan appearing in books of prescriptions is often read as Yegan.

Su Song: The stem of this herb is long and has few leaves. It looks like a long javelin, hence the name Shegan (shooting pole). But Tao Hongjing doubted the other pronunciation of the character She. This is quite normal in ancient literature that the character SHE was sometimes read Ye. For example, in the Han Dynasty (206 BC-AD 220), there was an official title Puye and the character Ye is written in the same way of SHE. It does not bear any other meanings.

Li Shizhen: The leaves grow in tussock and spread like the wings of a bird or like a fan. So, the herb has the other names such as Wushan (black fan), Wusha (a big black fan made of feather), Fengyi (wing of phoenix), Guishan (ghost fan) and Xianrenzhang (palm of an immortal). It is colloquially called Bianzhu (flat bamboo). This is because the leaf of the herb is flat and its root is similar to Zhugen/radix bambusae/bamboo root. As the root and leaf of the drug are also similar to those of Manjiang (Gaoliangjiang/rhizoma alpiniae officinarum/rhizome of lesser galangal), it is also called Caojiang.

### [Previous Explanations]

Shegan grows in the mountain valleys and plains in Nanyang. Collect the root on the third day of the third month and dry in the shade.

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

Tao Hongjing: This is the root of Wusha. It is yellow. It is planted in the gardens. Some people say its leaf is Yuanwei/foolium iridis tectori/leaf of roof iris and its root is similar to Yuantou/radix iridis tectori/root of roof iris. If such similarities occur, then the drug is not Wusha. There is another herb called Shegan, which is similar to Wusha. It has white flower and long stem. It looks like a javelin. The book *Ruan Gong Shi (Collections of Poems of Ruan Gong)* said: there is a kind of Shegan, which is close to the city wall. It is not used as a drug.

Su Gong: The leaf of Yuanwei/roof iris is similar to Shegan. Its flower



色，不抽高茎，根似高良姜而肉白，名鳶头。〔保昇曰〕射干高二三尺，花黄实黑。根多须，皮黄黑，肉黄赤。所在皆有，二月、八月采根，去皮日干。〔藏器曰〕射干、鳶尾二物相似，人多不分。射干即人间所种为花卉名凤翼者，叶如鸟翅，秋生红花，赤点。鳶尾亦人间所种，苗低下于射干，状如鳶尾，夏生紫碧花者是也。〔大明曰〕射干根润，形似高良姜大小，赤黄色淡硬，五六月采。〔颂曰〕今在处有之。人家种之，春生苗，高一二尺。叶大类蛮姜，而狭长横张，疏如翅羽状，故名鸟翼。叶中抽茎，似萱草茎而强硬。六月开花，黄红色，瓣上有细文。秋结实作房，中子黑色。一说：射干多生山崖之间，其茎虽细小，亦类木。故荀子云，西方有木，名曰射干，茎长四寸，生于高山之上，是也。陶弘景所说花白者，自是射干之类。〔震亨曰〕根为射干，叶为鸟翼，紫花者是，红花者非。〔机曰〕按诸注则射



is purple and green. There is no tall stem. Its root is similar to Gaoliangjiang/*rhizoma alpiniae officinarum*/rhizome of lesser galangal with white heart, which is called Yuantou.

Han Baosheng: The herb is two to three *chi* tall with a yellow flower and black fruit. Many fibrous roots are attached to the main root. Its root bark is yellow-black and it is yellow-red inside. The herb can be found everywhere. Collect the root in the second and eighth months. Peel off the bark and dry it in the sun.

Chen Cangqi: Shegan and Yuanwei are very similar to each other and it is difficult for people to differentiate them. Shegan is a kind of flower cultivated by people and it is normally known as Fengyi (wing of phoenix). Its leaf looks like the wing of a bird. A red flower with dark dots blooms in autumn. Yuanwei is also a kind of flower planted by people. Its seedling is much shorter than that of Shegan. Its leaf is in the shape of a bird's tail. A purple-green flower blooms in summer. And this is Yuanwei.

Da Ming: Shegan is soft and moist. It is similar in shape and in size to Gaoliangjiang. It is red-yellow and hard in quality. Collect the drug between the fifth and eighth months.

Su Song: Now, the drug is found everywhere and it is cultivated by farmers. The seedling begins to grow in spring and develop into a herb of one to two *chi* tall. Its leaf is similar to Gaoliangjiang, being narrow and long and looking like the feathers in a bird's wing. So, it is also called Wusha. Among the leaves a stem grows, which is hard and stiff, similar to that of Xuancao/*herba hemerocallis*/daylily. A red and yellow flower blooms in the sixth month. There are fine designs on the petals. The fruit forms an ovary in autumn and the black seed is in it. According to another record, Shegan grows on mountain cliffs. Although its stem is fine and small, it is something woody. In the book *Xun Zi*, it is recorded: In the west, there is a kind of wood, which is named Shegan, with a four-inch stem, which grows on high mountains. The drug with a white flower as described by Tao Hongjing is one species of Shegan.

Zhu Zhenheng: The root of the herb is called Shegan and the leaf is called Wusha. The herb with a purple flower is the right one, and that with a red flower is not.



干非一种，有花白者，花黄者，花紫者，花红者。丹溪独取紫花者，必曾试有验也。〔时珍曰〕射干即今扁竹也。今人所种，多是紫花者，呼为紫蝴蝶。其花三四月开，六出，大如萱花。结房大如拇指，颇似泡桐子，一房四隔，一隔十余子。子大如胡椒而色紫，极硬，咬之不破。七月始枯。陶弘景谓射干、鳶尾是一种。苏恭、陈藏器谓紫碧花者是鳶尾，红花者是射干。韩保升谓黄花者是射干。苏颂谓花红黄者是射干，白花者亦其类。朱震亨谓紫花者是射干，红花者非。各执一说，何以凭依？谨按张揖广雅云：鳶尾，射干也。易通卦验云：冬至射干生。土宿真君本草云：射干即扁竹，叶扁生，如侧手掌形，茎亦如之，青绿色。一种紫花，一种黄花，一种碧花。多生江南、湖广、川、浙平陆间。八月取汁，煮雄黄，伏雌黄，制丹砂，能拒火。据此则鳶尾、射干



Wang Ji: According to the annotations given by previous scholars, Shegan has many species, with either a white, yellow, purple and red flower. But Zhu Danxi only felt that the herb with a purple flower was the authentic drug. He must have experienced the differences among the various species and finally found that drug with a purple flower is the best.

Li Shizhen: Shegan is now called Bianzhu. Most of the drugs cultivated today have purple flowers. It is also called Zihudie (purple butterfly). The flower blooms in the third and fourth months. It has six petals and is as big as Xuanhua/flos hemerocallis/daylily flower. Its fruit ovary is as big as a thumb, which is similar to that of tungoil tree. One ovary has four cells and in each cell there are more than ten seeds. Its seed is as big as black pepper. It is purple and very hard, which cannot be chewed open. In the seventh month, the herb begins to wither. Tao Hongjing said that Shegan and Yuanwei were the same thing. Su Gong and Chen Cangqi thought that the herb with purple-green flower was Yuanwei and that with a red flower was Shegan. Han Baosheng said that the herb with a yellow flower was Shegan. Su Song said that the herb with a red-yellow flower was Shegan and that with a white flower was another species. And Zhu Zhenheng thought that the herb with a purple flower was Shegan and that with a red flower was not. The above scholars all have their reasoning, each different from the other. How can we find a reliable truth? According to Zhang Ji's *Guang Ya*, Yuanwei is Shegan.

The book *Yitong Guayan*: On the day of the Winter Solstice (December 21), Shegan begins to grow.

The book *Tusu Zhenjun Bencao*: Shegan is simply Bianzhu. Its leaf is flat, similar to a palm. The stem is also flat, of blue-green color. One species has a purple flower, another has a yellow flower and still another has a green flower. The herb is found in areas south of the Yangtze River, also in Huguang, Sichuan and Zhenjiang. It grows on the plains. Collect the juice of the drug in the eighth month. It can be used to stew together with red orpiment, to oppress orpiment, to control cinnabar and can shorten the time of processing of alchemical drugs. According to the above analysis, it seems that Yuanwei and Shegan are the same kind, but with different colors of flowers. This is just like the case Mudan/paeonia suffruticosa/tree peony,



本是一类，但花色不同。正如牡丹、芍药、菊花之类，其色各异，皆是同属也。大抵入药功不相远。〔藏器曰〕射干之名有三：佛经射干貂獬，此是恶兽，似青黄狗，食人，能缘木；阮公云，射干临层城者，是树，殊有高大者；本草射干是草，即今人所种者也。

### 根【修治】

〔斆曰〕凡采根，先以米泔水浸一宿，漉出，然后以箬竹叶煮之，从午至亥，日干用。

### 【气味】

苦，平，有毒。

〔别录曰〕微温。久服令人虚。〔保昇曰〕微寒。〔权曰〕有小毒。〔元素曰〕苦，阳中阴也。〔时珍曰〕寒。多服泻人。

### 【主治】

咳逆上气，喉痹咽痛，不得消息，散结气，腹中邪逆，食



Shaoyao/radix paeoniae/peony root and Juhua/flos chrysanthemi/chrysanthemum, which have different flowers but belong to the same category. Generally speaking, their therapeutic effects are more or less the same.

Chen Cangqi: The term Shegan may indicate three different things: One: in Buddhist sutras, it records a kind of vicious wild animal called Shegan Diaojiu, looking like a blue-yellow dog, which eats human beings and can turn woods green. According to Ruan Gong, Shegan close to the city wall, is a kind of tree and some of them can be very tall. Shegan recorded in *Shen Nong Bencao Jing* is a herb cultivated by farmers.

### SHEGAN GEN

Rhizome of blackberry lily

Rhizoma belamcandae

#### [Preparation]

Lei Xiao: First soak the root just collected in Migan (water in which rice has been washed) overnight. Take out the drug. Then, stew the drug together with Zhuye/fohium bambusae/bamboo leaf from Wushi (11-13 hours) to Haishi (21-23 hours). Dry it in the sun.

#### [Quality and Taste]

It is bitter, plain and toxic.

It is slightly warm. Long-term use makes one debilitated.

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

Han Baosheng: It is slightly cold.

Zhen Quan: It is slightly toxic.

Zhang Yuansu: It is bitter, a drug of Yin in the Yang.

Li Shizhen: It is cold. Overdosing may cause a loose stool.

#### [Indications]

It is good for treating coughing with dyspnoea and adverse ascending of gas, throat inflammation with pain and suffocation. It disperses accumulation of qi and stagnation of pathogenic factors resting in abdomen. It eliminates high fever due to indigestion.





饮大热本经。疗老血在心脾间，咳唾，言语气臭，散胸中热气别录。苦酒摩涂毒肿弘景。治疰气，消瘀血，通女人月闭甄权。消痰，破癥结，胸膈满腹胀，气喘痲癖，开胃下食，镇肝明目大明。治肺气喉痹为佳宗奭。去胃中痲疮元素。利积痰疝毒，消结核震亨。降实火，利大肠，治疰母时珍。

### 【发明】

〔震亨曰〕射干属金，有木与火，行太阴、厥阴之积痰，使结核自消甚捷。又治便毒，此足厥阴湿气，因疲劳而发。取射干三寸，与生姜同煎，食前服，利三两行，甚效。

〔时珍曰〕射干能降火，故古方治喉痹咽痛为要药。孙真人



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

It disperses blood stasis resting among the Heart and Spleen. It relieves coughing with spitting, eliminates halitosis, and disperses accumulation of pathogenic Heat in the throat.

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

Tao Hongjing: Grind the drug together with vinegar and apply it to treat pyogenic infection.

Zhen Quan: It is good for treating Guizhu, remove blood stasis and treat amenorrhea of a woman.

Da Ming: It eliminates phlegm, removes hard mass, relieves fullness in chest and diaphragm and distention in the abdomen. It treats asthma and dissolves mass in the shape of a hanging noose. It whets the appetite and dissolves indigestion, suppresses the Liver and brightens the eye.

Kou Zongshi: It is a good drug to treat throat inflammation due to disorder of Lung qi.

Zhang Yuansu: It dissolves accumulation of phlegm and treats hernia. It eliminates subcutaneous node.

Li Shizhen: It brings down excessive Heat, facilitates the function of the Large Intestine and treats malaria.

### [Explication]

Zhu Zhenheng: Shegan pertains to the Metal element. It also embraces the Wood and Fire elements. It dissolves the accumulation of phlegm of the Initial Yin and Greater Yin Channels so as to eliminate the subcutaneous node. It is also effective to treat Biandu (syphilitic skin lesion on the groin or hard mass on groin due to sexual or emotional disorder). This is due to the invasion of pathogenic Humidity into the Liver Channel of Foot Greater Yin, which is started by overstrain. Treatment: Stew a piece of three *cun* of Shegan together with fresh ginger to make a decoction. Drink the decoction before meal. This will induce two or three loose stools. It is a very effective treatment.

Li Shizhen: Shegan is a drug that can bring down the excessive Fire. It had been used as a principal drug in treating throat inflammation and pain by ancient prescriptions. In Sun Simiao's *Qianjin Yaofang*, there records a

千金方，治喉痹有乌翼膏。张仲景金匱玉函方，治咳而上气，喉中作水鸡声，有射干麻黄汤。又治疟母鳖甲煎丸，亦用乌扇烧过。皆取其降厥阴相火也。火降则血散肿消，而痰结自解，癥瘕自除矣。

【附方】

旧二，新八。（略）



prescription named Wusha Gao, which is designed to treat throat inflammation. In Master Zhang Zhongjing's *Jinkui Yuhuan Fang*, there records a prescription named Shegan Mahuang Tang (Decoction of Shegan and Mahuang/herba ephedrae/ephedra), which is designed to treat coughing with adverse ascending of gas with a sound similar to the croaking of a frog. There is another prescription called Biejiajian Wan (Pill of Biejia/carapax trionycis/turtle shell) in which the burned Wushan (Shegan) is used. In the above prescriptions, Shegan is used to bring down the Xianghuo (the ministerial Fire) of the Greater Yin Channel. Once the excessive Fire is brought down, blood stasis will be dispersed, swelling dissolved and phlegm eliminated. Hard mass will be dispersed simultaneously.

**[Prescriptions]**

Two prescriptions collected previously, and eight prescriptions collected recently.



## 曼陀罗花 (纲目)

### 【释名】

风茄儿纲目。山茄子

〔时珍曰〕法华经言佛说法时，天雨曼陀罗花。又道家北斗有陀罗星使者，手执此花。故后人因以名花。曼陀罗，梵言杂色也。茄乃因叶形尔。姚伯声花品呼为恶客。

### 【集解】

〔时珍曰〕曼陀罗生北土，人家亦栽之。春生夏长，独茎直上，高四五尺，生不旁引，绿茎碧叶，叶如茄叶。八月开白花，凡六瓣，状如牵牛花而大。攒花中坼，骈叶外包，而朝开夜合。结实圆而有丁拐，中有小子。八月采花，九月采实。





## MANTUOLUOHUA

Datura

Datura metel L.

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

### [Explanation of Names]

FENGQIE'ER

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

SHANQIEZI

Li Shizhen: According to *Fahua Jing*, a Buddhist sutra, when the Buddha was giving his lecture, it rained Mantuoluohua. In Taosim, there is an immortal named Tuoluoxing Shizhe, who had this flower in his hand. The name of the drug is given in accordance with the immortal. Mantuoluo is a transliteration of a Sanskrit term, "multi-colored." As to the origin of such names as Fengqie'er and Shanqiezi (both are related to eggplant), it is because the leaf of this herb is similar to Qieye/*folium solani melongenae*/eggplant leaf. In Yao Bosheng's book *Hua Pin (Collections of Flowers)*, the drug is called Eke.

### [Previous Explanations]

Li Shizhen: Mantuoluo grows in the northern part of the country. It is also cultivated by farmers. It begins to grow in spring and develops in summer. The only stem grows upward four to five *chi* tall. There are no forks. The stem and leaf are green. The leaf is similar to Qieye. A white flower blooms in the eighth month with six petals. It looks like Qianniuhua/*flos pharbitidis*/pharbitis flower, but is bigger. Flocks of stamens and pistils gather in the center of the flower, which is covered with surrounding leaves. The flower blooms in the day and closes at night. The fruit is round, with a handle, and there are small seeds inside. Collect the flower in the



## 花、子【气味】

辛，温，有毒。

## 【主治】

诸风及寒湿脚气，煎汤洗之。又主惊痫及脱肛，并入麻药时珍。

## 【发明】

〔时珍曰〕相传此花笑采酿酒饮，令人笑；舞采酿酒饮，令人舞。予尝试之，饮须半酣，更令一人或笑或舞引之，乃验也。八月采此花，七月采火麻子花，阴干，等分为末。热酒调服三钱，少顷昏昏如醉。割疮灸火，宜先服此，则不觉苦也。



eighth month and the fruit in the ninth month.

### **MANTUOLUOHUA and MANTUOLUOZI**

Datura flower and seed

Flos et semen daturae

#### **[Quality and Taste]**

It is pungent, warm and toxic.

#### **[Indications]**

Li Shizhen: It is good for dispersing the invading pathogenic Wind and treat beriberi due to invasion of pathogenic Cold and Humidity. Stew the drug in water to make a decoction and wash the affected part. It is also good for treating convulsion and epilepsy and a prolapsed rectum. It is used in anesthetics.

#### **[Explication]**

Li Shizhen: An anecdote says that, when the drug is collected by a person who is laughing and then is brewed with wine, drinking of it will induce the person to laugh. And, when the drug is collected by a person who is dancing and then is brewed with wine, drinking of it will make the person dance. I tried. After drinking such wine to one's content, and if there is another person who is laughing or dancing in front of the drinker, the drinker will laugh and dance, too. Collect the flower in the eighth month. Collect Huomazihua/flos cannabis/hemp flower in the seventh month. Dry the drugs in shade. Grind equal amounts of the two flowers into powder and take three qian with hot wine. Shortly afterwards, the person will get drunk and ten to sleep. When a sore is to be dissected and moxibustion is to be practiced, administer this to the patient. In this way, he will not feel the pain.





## 羊躑躅 (本经下品)

### 【释名】

黄躑躅纲目。黄杜鹃蒙筌。羊不食草拾遗。闹羊花纲目。惊羊花纲目。老虎花纲目。玉枝别录。

〔弘景曰〕羊食其叶，躑躅而死，故名。闹当作恼。恼，乱也。

### 【集解】

〔别录曰〕羊躑躅生太行山川谷及淮南山。三月采花，阴干。〔弘景曰〕近道诸山皆有之。花、苗似鹿葱，不可近



## YANGZHIZHU

Chinese azalea

*Rhododendron molle* (BL.) G. Don.

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

### [Explanation of Names]

HUANGZHIZHU

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

HUANGDUJUAN

— *Bencao Mengquan*.

YANGBUSHICAO

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

NAOYANGHUA

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

JINGYANGHUA

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

LAOHUHUA

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

YUZHIZHU

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

Tao Hongjing: When a sheep eats the leaf of this herb, it will wander away and loiter, dying in a short time. So, it is named Yangzhizhu (sheep wanders and loiters) and Naoyanghua (flower that annoys sheep).

### [Previous Explanations]

Yangzhizhu grows in the valleys of Taihang and Huainan mountains. Collect the flower in the third month and dry in the shade.

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

眼。〔保昇曰〕小树高二尺，叶似桃叶，花黄似瓜花。三月、四月采花，日干。〔颂曰〕所在有之。春生苗似鹿葱，叶似红花，茎高三四尺。夏开花似凌霄花、山石榴辈，正黄色，羊食之则死。今岭南、蜀道山谷遍生，皆深红色如锦绣。然或云此种不入药。〔时珍曰〕韩保升所说似桃叶者最的。其花五出，蕊瓣皆黄，气味皆恶。苏颂所谓深红色者，即山石榴名红躑躅者，无毒，与此别类。张揖广雅谓躑躅一名决光者，误矣。决光，决明也。按唐李绅文集言：骆谷多山枇杷，毒能杀人，其花明榘，与杜鹃花相似，樵者识之。其说似羊躑躅，未知是否？要亦其类耳。

#### 花【气味】

辛，温，有大毒。





Tao Hongjing: It is now found everywhere in nearby mountains. Its flower and seedling are similar to those of Lucong. Avoid contact with the eye.

Han Baosheng: The small tree is about two *chi* tall with leaf similar to Taoye/foium persicae/peach leaf and a yellow flower similar to that of melon. Collect the flower in the third and fourth months and dry in the sun.

Su Song: Now, the drug can be found everywhere. In spring, a seedling similar to Lucong begins to grow. Its leaf is similar to Honghua/foium cathami/safflower leaf. The stem is about three to four *chi* tall. In summer, a yellow flower blooms similar to Lingxiaohua/flos camnpsis gradiflorae/flower of Chinese trumpet creeper or Shiliu/flos granati/pomegranate flower. When a sheep eats it, it will die. Now, the herb grows all over the mountain paths in the area south of the Nanling range and in Sichuan. The flowers are dark red, as bright as brocade. But some people say this kind is not good for medical use.

Li Shizhen: Han Baosheng said that the leaf of the drug is similar to Taoye. He is correct to say so. Each flower has five petals. The stamen, pistil and petal are yellow, emitting a bad smell. What Su Song described about the drug with a dark red flower is actually called Shanshiliu or Hongzhizhu, which is nontoxic. It is a herb of another kind. In Zhang Yi's book *Guang Ya*, it said that Zhihu is really Jueguang. This is not right, as Jueguang is another type of Juemingzi/semem cassiae/cassia seed. Li Shen of the Tang Dynasty (618-907) said in his book *Wen Ji* that, in Luogu, plenty of Shanpipa were to be found, which were toxic and might kill people (if taken too much). Its flower is bright and colorful, which is similar to Dujuanhua/flos rhododendri simsii/flower of indian azalea. It is said that this herb has similar functions to Yangzhizhu/rhododendron molle/Chinese azalea. But it is not known whether it is so. Anyway, they are herbs of the same category.

## YANGZHIZHUHUA

Flower of Chinese azalea

Flos rhododendri mollis

### [Quality and Taste]

It is pungent, warm and very toxic.



〔权曰〕恶诸石及面，不入汤使，伏丹砂、硃砂、雌黄，畏卮子。

### 【主治】

贼风在皮肤中淫淫痛，温疟恶毒诸瘰本经。邪气鬼疰蛊毒别录。

### 【发明】

〔颂曰〕古之大方多用躑躅。如胡洽治时行赤散，及治五嗽四满丸之类，并治风诸酒方皆杂用之。又治百病风湿等，鲁王酒中亦用躑躅花。今医方捋脚汤中多用之。南方治蛊毒下血，有躑躅花散，云甚胜。〔时珍曰〕此物有大毒，曾有人以其根入酒饮，遂至于毙也。和剂局方治中风瘫痪伏虎丹中亦用之，不多服耳。

### 【附方】

新四。（略）



Zhen Quan: It is mutually inhibiting to all kinds of stone drugs and wheat flower. It should not be used to make medicinal decoctions. It suppresses cinnabar, halitum purpureum and orpiment. It is incompatible to Zhizi/fructus gardeniae/fruit of cape jasmine.

### [Indications]

It is good for relieving a severe pain in the skin due to attack of pathogenic Wind. It also treats pyrexial malaria, attacks of pestilent things and arthralgia.

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

It is good for treating Gudu and attacks of vicious agents.

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

### [Explication]

Su Song: In ancient big prescriptions, Yangzhizhu was often used. For example, Doctor Hu Qia in his work *Hu Qia Fang* used the drug in prescriptions such as Chi San (The Red Powder), which is good for treating epidemics, and Siman Wan, which is designed to treat coughing. It is also used in prescriptions of medicinal wines to treat diseases caused by invasion of pathogenic Wind. The drug is also used in prescriptions treating arthritis and a hundred other diseases. In the prescription of Luwang Jiu (Medicinal Wine made by King Lu), and in the prescription of Luo jiao Tang, the drug is also used. In the south there is a prescription called Zhizhuhua San (Powder of Yangzhizhuhua/rhododendri mollis/Chinese azalea) treating Gudu with hematochezia. It is said that this prescription works very effectively.

Li Shizhen: This drug is very toxic. Once there was a person who soaked Yangzhizhugen/radix rhododendri mollis/root of Chinese azalea in wine to make a medicinal wine. After drinking it, the person was poisoned and died shortly. In *Taiping Huimin Heji Jufang*, there is a prescription called Fuhu Dan, in which this drug is used. This is a prescription treating apoplexy with paralysis. But the dosage of this is small.

### [Prescriptions]

Four prescriptions collected recently.

## 芫花（本经下品）

### 【释名】

杜芫别录。赤芫吴普。去水本经。毒鱼别录。头痛花纲目。儿草吴普。败华吴普。根名黄大戟吴普。蜀桑别录。

〔时珍曰〕芫或作杭，其义未详。去水言其功，毒鱼言





## YUANHUA

Flower bud of lilac daphne

Flos genkwae

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

### [Rectification]

This drug is removed from the Category of Woods into this category.

### [Explanation of Names]

DUYUAN

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

CHIYUAN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

QUSHUI

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

DUYU

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

TOUTONGHUA

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

ERCAO

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

BAIHUA

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

HUANGDAJI (the root)

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

SHUSANG

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

Li Shizhen: The origin of Yuan, sometimes written as Yuan (杭), can-





其性，大戟言其似也。俗人因其气恶，呼为头痛花。山海经云，首山其草多芜，是也。

### 【集解】

〔别录曰〕芜花生淮源川谷。三月三日采花，阴干。  
〔普曰〕芜根生邯郸。二月生叶，青色，加厚则黑。华有紫、赤、白者。三月实落尽，叶乃生。三月采花，五月采叶，八月、九月采根，阴干。〔保昇曰〕近道处处有之。苗高二三尺，叶似白前及柳叶，根皮黄似桑根。正月、二月花发，紫碧色，叶未生时收采日干。叶生花落，即不堪用也。〔颂曰〕在处有之。宿根旧枝茎紫，长一二尺。根入土深三五寸，白色，似榆根。春生苗叶，小而尖，似杨柳枝



not be traced. The name Qushui (exhaust water) is a description of its function. Duyu (poisonous fish) refers to its toxic quality. Huangdaji (the yellow Daji/radix euphorbiae pekinensis/root of peking euphorbiae) tells of its similarity to the latter. Local people call it Toutonghua (headache flower) as it gives off a bad smell causing a headache.

The book *Shanhai Jing (Book of Mountains and Seas)*: In the Shoushan Mountain, there are plenty of herbs called Yuan. This is a very early record of this herb.

### [Previous Explanations]

Yuanhua grows in the mountain valleys of Huaiyuan. Collect the flower on the third day of the third month, and dry in the shade.

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

Wu Pu: Yuangen (root) is produced in Handan. The herb begins to have a leaf in the second month, which is blue-green. When the leaf grows thicker, it becomes black. The flowers are purple, red or white. In the third month, when the previous fruits fall off, a new leaf grows. Collect the flower in the third month and the leaf in the fifth month. Collect the root in the eighth and ninth months. Dry in the shade.

Han Baosheng: The herb is now found everywhere in nearby places. The herb is two to three *chi* tall. Its leaf is similar to Baiqianye/folium cynachi stauntonni/leaf of willow leaf swallowwort and Liuye/folium salicis baryloniae/leaf of Babylon weeping willow. Its root is covered with yellow bark, which is similar to Sanggen/radix morialbae/root of white mulberry. The flower blooms in the first and second months, which is purple-green. Collect the flower before the growth of the leaf and dry in the sun. when the leaf grows out, the flower begins to wither and fall. It is no longer good for medical use.

Su Song: The herb can be found everywhere. The perennial root penetrates three to five *chi* into the ground. It is white, similar to Yugen/radix ulmi pumilae/root of Siberian elm. Attached to the root, there is an old stem one to two *chi* tall where a new bud grows in spring, which is small and pointed, similar to Yangshuye/folium populi/poplar leaf and Liuye. In the second month, a purple flower blooms, which is very similar to Zijinghua/



叶。二月开紫花，颇似紫荆而作穗，又似藤花而细。今绛州出者花黄，谓之黄芫花。〔时珍曰〕顾野王玉篇云：柘木出豫章，煎汁藏果及卵不坏。洪迈容斋随笔云：今饶州处处有之。茎干不纯是木。小人争斗者，取叶接擦皮肤，辄作赤肿如被伤，以诬人。至和盐擦卵，则又染其外若赭色也。

### 【修治】

〔弘景曰〕用当微熬。不可近眼。〔时珍曰〕芫花留数年陈久者良。用时以好醋煮十数沸，去醋，以水浸一宿，晒干用，则毒灭也。或以醋炒者次之。

### 【气味】

根同。辛，温，有小毒。

〔别录曰〕苦，微温。〔普曰〕神农、黄帝、雷公：苦，有毒。扁鹊、岐伯：苦。李当之：有大毒，多服令人泄。〔之才曰〕决明为之使。反甘草。



flos cercis chinensis/flower of Chinese redbud. The flowers flock together in a spike. It is also similar to *Tenghua*/flos *garcinia*/gamboges flower, but it is smaller. *Yuanhua* produced in Jiangzhou has yellow flowers. It is called *Huangyuanhua* (yellow *Yuanhua*).

Li Shizhen: *Gu Yewang* in his book *Yu Pian* said: *Yuanmu* (*Yuanhua*) is produced in *Yuzhang*. Stew the drug to get juice. When fruits and eggs are processed by the juice, they can be stored for a long time without getting rotten. *Hong Mai* in his book *Rong Zhai Suibi* said: Now, the drug is found everywhere in *Raozhou*. Its stem and branches are not pure woody. In a fight, when someone wants to win the case in front of the judge, he would rub his skin with the leaves of this herb. In this way his skin will turn red and swollen as if it has been beaten by the other party. When the leaf is blended with salt and used to rub the eggs, they turn brown and can be stored much longer.

### [Preparation]

*Tao Hongjing*: It should be slightly boiled. Avoid contact with the eye.

Li Shizhen: After a few years storage, *Yuanhua* becomes even better in its quality and function. When the drug is to be used, stew it in vinegar for more than ten boilings. Take out the drug and then soak it in clear water overnight. Then, dry it in the sun. In this way, its toxin is detoxified. If the drug is stir-fried together with vinegar, it also works. It is a preparation secondary only to the former process.

### [Quality and Taste]

It is pungent, warm and slightly toxic. The root is the same as the flower.

It is bitter and slightly warm

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

*Wu Pu*: It is bitter and toxic, according to *Shen Nong*, the Yellow Emperor and *Lei Gong*. It is bitter, according to *Bian Que* and *Qi Bo*.

*Li Dangzhi*: It is very toxic. If overdosed, it causes loose stool.

*Xu Zhicai*: *Juemingzi*/semen *cassiae*/cassia seed can be used as its guiding drug. It contradicts liquorice root.



### 【主治】

咳逆上气，喉鸣喘，咽肿短气，蛊毒鬼疰，疝瘕痈肿。杀虫鱼本经。消胸中痰水，喜唾，水肿，五水在五脏皮肤及腰痛，下寒毒肉毒。根：疗疥疮。可用毒鱼别录。治心腹胀满，去水气寒痰，涕唾如胶，通利血脉，治恶疮风痹湿，一切毒风，四肢挛急，不能行步甄权。疗咳嗽瘴疰。大明治水饮痰癖，胁下痛时珍。

### 【发明】

〔时珍曰〕张仲景治伤寒太阳证，表不解，心下有水气，干呕发热而咳，或喘或利者，小青龙汤主之。若表已解，有时头痛出汗，不恶寒，心下有水气，干呕，痛引两胁，或喘或咳者，十枣汤主之。盖小青龙治未发散表邪，使



### [Indications]

It is good for treating coughing with dyspnoea and adverse ascending gas, asthma with wheezing sound in the throat, swelling of the throat with shortness of breath. It also treats Gudu and malaria of unknown cause. It dissolves hard mass and hernia, eliminates carbuncle and swelling. It kills insects and fish.

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

It eliminates accumulation of phlegm and fluid-retention in chest with excessive spitting. It eliminates edema, five kinds of fluid-retention resting with the Five Viscera, in skin and with lumbago. It brings down toxin due to excessive pathogenic Cold and dissolves the toxin of meat. Root of the drug: Good for treating scabies. Can be used to poison fish.

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

Zhen Quan: It is good for relieving epigastric and abdominal distention. It eliminates fluid-retention and Cold-phlegm accompanied by greasy snivel and sputum. It facilitates blood circulation. It is good for treating malignant sores, arthralgia due to invading pathogenic Wind and Humidity. It disperses all kinds of invading toxic Wind accompanied by contraction and spasms of the extremities that make the patient unable to walk.

Da Ming: It is good for treating coughing and malignant malaria.

Li Shizhen: It is good for treating fluid-retention and phlegm accumulation and pain in hypochondrium.

### [Explication]

Li Shizhen: Master Zhang Zhongjing in his *Shanghan Lun* designed Xiao Qinglong Tang\* for the treatment of Initial Yang syndrome of fe-

\*Xiao Qinglong Tang:

Mahuang/herba ephedrae/ephedra,  
Shaoyao/radix paeoniae/peony root,  
Xixin/herba asari/herb of Manchurian wild ginger,  
Ganjiang/rhizoma zingiberis/fried ginger,  
Gancao/radix glycyrrhizae/licuorice root,  
Guizhi/ramulus cinnamomi/cassia twig,  
Wuweizi/fructus schisandrae/fruit of Chinese magnoliarine,  
Banxia/rhizoma pinelliae/pinelliae tuber.



水气自毛窍而出，乃内经所谓开鬼门法也。十枣汤驱逐里邪，使水气自大小便而泄，乃内经所谓洁净府、去陈莖法也。夫饮有五，皆由内啜水浆，外受湿气，郁蓄而为留饮。流于肺则为支饮，令人喘咳寒热，吐沫背寒；流于胁下则为悬饮，令人咳唾，痛引缺盆两胁；流于心下则为伏饮，令人胸满呕吐，寒热眩运；流于肠胃，则为痰饮，令人腹鸣吐水，胸胁支满，或作泄泻，忽肥忽瘦；流于经络，则为溢饮，令人沉重注痛，或作水气胛肿。羌花、大戟、甘遂之性，逐水泄湿，能直达水饮窠囊隐僻之处。但可徐徐用之，



brile disease caused by Cold. This is a syndrome characterized by failure to disperse the external syndrome. The syndrome is also accompanied by fluid-retention in the epigastrium, with nausea, fever and coughing, or with asthma, or dysentery. If, after the external syndrome has been dispersed, the patient still has sporadic headache and perspiration, but does not have aversion to cold while there is fluid-retention in the epigastrium, nausea, referred pain the costal regions, or with asthma, or with coughing, to treat such a case, Shizao Tang\* should be given. Xiao Qinglong Tang is a prescription to treat an external syndrome by inducing perspiration, letting the fluid ease out from the pores. This is in conformity with the principle set by *Huangdi Neijing (Canon of Medicine of the Yellow Emperor)* that “the sweat pores should be opened” so as to let out the pathogens. Shizao Tang is a prescription that disperses the pathogens in the interior, letting them exhaust from the stool and urine. This is in conformity with the principle of *Huangdi Neijing* that “the interior bowels should be cleaned and the old and obstinate should be purged.” Syndromes of fluid-retention can be classified into five categories:

— Liu Yin (remaining fluid-retention, prolong edema), which is due to accumulation of fluid in the interior complicated with invading pathogenic Humidity.

— Zhiyin (fluid-retention in the chest and hypochondrium): When fluid-retention invades the Lung, such a syndrome results. This will lead to asthma and coughing, with intermittent chills and fever, spitting of foam and cold feeling at the back.

— Xuanyin (hypochondriac fluid-retention): When fluid retention flows into the hypochondrium, it brings coughing with the spitting of sputum and with referred pain into the area of Quepen and the costal regions.

— Fuyin (latent fluid-retention): When fluid-retention flows to the epi-

\*Shizao Tang:

Dazao/fructus jujubae/Chinese date,

Raohua/flos wikstroemiae dolichanthae/flower of long flower string bush,

Gansui/radix kansui/gansui root,

Daji/radix euphorbiae pekinensis/root of peking euphorbia.





取效甚捷。不可过剂，泄人真元也。陈言三因方，以十枣汤药为末，用枣肉和丸，以治水气喘急浮肿之证，盖善变通者也。杨士瀛直指方云：破癖须用芫花，行水后便养胃可也。

〔好古曰〕水者，肺、肾、脾三经所主，有五脏六腑十二经之部分。上而头，中而四肢，下而腰脚；外而皮毛，中而肌肉，内而筋骨。脉有尺寸之殊，浮沈之别。不可轻泻。当知病在何经何脏，方可用之。若误投之，则害深矣。芫花与甘草相



gastrium, it causes fullness in the chest with nausea and vomiting, intermittent chills and fever and vertigo.

— Tanyin (phlegm and fluid-retention): When fluid-retention flows to the Stomach and Intestine, it will bring an intestinal booming sound and vomiting of fluid, with chest and hypochondriac fullness and distention, or with diarrhea, or with sudden loss of weight or sudden gain of weight.

— Yiyin (anasarca fluid-retention): When fluid-retention flows into the Channels and Collaterals, it will cause heaviness and wandering pain, or with puffy edema.

In the prescription of Shizao Tang (Decoction of Ten Dates), Yuanhua, Daji/radix euphorbiae pekinensis/root of peking euphorbia and Gansui/radix kansui/gansui root are used to expel the fluid-retention. Such drugs are able to reach the hidden locations of fluid-retention. But dosage should not be too big. They work effectively. If they are overdosed, they will exhaust one's Yuanqi. In Chen Yan's *Sanyin Fang*, Shizao Tang is prepared in pill form: Grind the drugs in Shizao Tang into powder. Blend with pulp of Chinese date and make pills. This is good for treating asthma with dyspnoea and puffy edema due to fluid-retention. It is a prescription of good consideration. Yang Shiyong in his book *Zhizhi Fang* said: When hypochondriac fluid-retention is to be driven away, Yuanhua should be used. After that, administer drugs to nourish the Stomach.

Wang Haogu: The Water in the body is controlled by the Lung, the Kidney and the Spleen Channels. It is a component in the Five Viscera, six Bowels and the twelve Channels. From the top of the head, through the middle part of body and the extremities, or the lower part of the waist and feet, or on the skin, or in the middle of the muscle and tendons and bones, Water exists in a precise way and it may keep a sinking or floating position. It should not be purged freely without careful consideration. The doctor should know in which Viscera or Bowel the pathological Water is located; then, he can prescribe drugs of Water-repellent nature directed to the locus. If the drug is given in a wrong way, it will cause very serious trouble. As it is, Yuanhua and liquorice root are contradictory drugs, but Doctor Hu Qia used them in the same prescription designed to treat Xuanyin (hypochon-



反，而胡洽居士方，治痰癖饮癖，以甘遂、大戟、芫花、大黄、甘草同用。盖欲其大吐以泄湿，因相反而相激也。

### 【正误】

〔慎微曰〕三国志云：魏初平中，有青牛先生，常服芫花。年百余岁，常如五六十人。〔时珍曰〕芫花乃下品毒物，岂堪久服？此方外迂怪之言，不足信也。

### 【附方】

旧五，新二十一。（略）

driac fluid-retention). This is because the doctor wished that the contradicting drugs could arouse excessive vomiting so as to effectively purge the fluid-retention. That is an example showing the successful use of contradictory drugs.

### [Corrections]

Tang Shenwei: *Sanguo Zhi (Book of the Three Kingdoms)* records that, in a region called Chuping of the Wei Kingdom, there was a Mr. Blue-Green Ox, a hermit, who often took Yuanhua. This brought him a long life over one hundred years. The old man looked like a man of 50 or 60.

Li Shizhen: Yuanhua is a drug of inferior class in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. It is toxic. How can it be taken over a long period of time? This is a record made by Taoist alchemists who lived far away from the world. It should not be taken seriously.

### [Prescriptions]

Five prescriptions collected previously, and  
21 prescriptions collected recently.





## 菟丝子（本经上品）

### 【释名】

菟缕别录。菟累别录。菟芦本经。菟丘广雅。赤网别录。玉女尔雅。唐蒙尔雅。火焰草纲目。野狐丝网目。金线草

〔禹锡曰〕按吕氏春秋云：或谓菟丝无根也。其根不属地，茯苓是也。抱朴子云：菟丝之草，下有伏菟之根。无此



## TUSIZI

Dodder

*Cuscuta chinensis* Lam.

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

### [Explanation of Names]

TULÜ

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

TULEI

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

TULU

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

TUQIU

— *Guang Ya*.

CHIWANG

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

YUNÜ

— *Er Ya*.

TANGMENG

— *Er Ya*.

HUOYANCAO

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

YEHUSI

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

JINXIANCAO

Zhang Yuxi: According to the book *Lüshi Chunqiu*, Tusi does not have root. Underneath, it is Fuling/poria/Indian bread.

The book *Baopuzi*: Under the herb of Tusi, there is a root called Futu.



菟，则丝不得生于上，然实不属也。伏菟抽则菟丝死。又云：菟丝初生之根，其形似兔。掘取割其血以和丹服，立能变化。则菟丝之名因此也。〔弘景曰〕旧言下有茯苓，上有菟丝，不必尔也。〔颂曰〕抱朴所说今未见，岂别一类乎？孙炎释尔雅云：唐也，蒙也，女萝也，菟丝也，一物四名，而本草唐蒙为一名。诗云：葛与女萝。毛萇云：女萝，菟丝也。而本草菟丝无女萝之名，惟松萝一名女萝。岂二物皆是寄生同名，而本草脱漏乎？〔震亨曰〕菟丝未尝与茯苓共类，女萝附松而生，不相关涉，皆承讹而言也。〔时珍曰〕毛诗注女萝即菟丝。吴普本草菟丝一名松萝。陆佃言在木为女萝，在草为菟丝，二物殊别，皆由尔雅释诗误以为一物故也。张揖广雅云：菟丘，菟丝也。女萝，松萝也。陆玑诗疏言菟丝蔓草上，黄赤如金；松萝蔓松上，生枝正青，无杂蔓者，皆得之。详见木部松萝下。又菟丝茯苓说，见茯苓下。

### 【集解】

〔别录曰〕菟丝子生朝鲜川泽田野，蔓延草木之上。九月采实，暴干。色黄而细者为赤网，色浅而大者为菟累。



If there is no such Futu, there will be no fibrous seedling on the upper part of the herb. But it is actually not like this. When Futu is taken away, the herb will wither. According to another record, the new root of Tusi looks like a rabbit. Dig out the root and cut it to let out juice. Blend the juice with Dan (alchemical pellet or powder). Take the drug. This will bring magic changes.

Tao Hongjing: According to an ancient record, if there was Fuling in the lower position, there would be Tusi in the upper position. But actually, it is not necessarily so.

Su Song: What *Baopuzi* describes has now been seen. Is it another kind of herb? Sun Yan in his annotation to the book *Er Ya* said: Tang is Meng, or Nüluo, or Tusi. This is the thing with four names. there is a Tangmeng. In *Shi Jing (Book of Songs)*, there is a verse: Niao and Nüluo. Mao Chang annotated: Nüluo is actually Tusi. But in *Shen Nong Bencao Jing*, there is no such name as Nüluo. But the drug Songluo is also known as Nüluo. Is it because both herbs are parasitic plants and both are called Nüluo and *Shen Nong Bencao Jing* overlooks one of them?

Zhu Zhenheng: Tusi is not connected with Fuling. Nüluo is a herb appended to the pine tree. So Tusi has no relation whatsoever with Nüluo. It was a misunderstanding passed down from generation to generation.

Li Shizhen: According to Mao Chang's annotation to the *Book of Songs*, Tusi is also called Songluo.

Lu Dian: When it is a woody plant, it is called Nüluo; and when it is herbal plant, it is called Tusi. But actually, they are two different things. This is due to the record of *Er Ya* in its annotation to the *Book of Songs*. In Zhang Yi's book *Guang Ya*, it is recorded: Tuqiu is Tusi. Nüluo is Songluo. Lu Ji, in his book *Shi Shu*, said: Tusi creeps on the grass. It is yellow and red, a similar color to gold. Songluo creeps on a pine. It is pure blue-green. This is a reasonable explanation. For details, see Songluo. As to the relationship between Fulign and Tusi, see Fuling.

### [Previous Explanations]

Tusi grows in the valleys, marshland and fields in Chaoxian. It creeps over woods and herbs. Collect the fruit in the ninth month and dry it in the





功用并同。〔弘景曰〕田野墟落中甚多，皆浮生蓝、纒、麻、蒿上。其实仙经俗方并以为补药，须酒浸一宿用，宜丸不宜煮。〔大明曰〕苗茎似黄丝，无根株，多附田中，草被缠死，或生一丛如席阔。开花结子不分明，子如碎黍米粒，八月、九月以前采之。〔颂曰〕今近道亦有之，以冤句者为胜。夏生苗，初如细丝，遍地不能自起。得他草梗则缠绕而生，其根渐绝于地而寄空中。或云无根，假气而生，信然。〔时珍曰〕按宁献王庚辛玉册云：火焰草即菟丝子，阳草也。多生荒园古道。其子入地，初生有根，及长延草物，其根自断。无叶有花，白色微红，香亦袭人。结实如秕豆而细，色黄，生于梗上尤佳，惟怀孟林中多有之，入药更良。



sun. the yellow and fine fruit is called Chiwang and fruit of light yellow color and big in size is called Tulei. Both drugs have the same therapeutic functions.

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

Tao Hongjing: It grows in bulk in the wild and on deserted land, and creeps over plants like Lan/herba polygona tinctorii/herb of indigo plant, Zhuma/boehmeria nivea/ramie, Dama/cannabis sativa/hemp and Qinghao/herba artemisiae annuae/herb of sweet wormwood. Its seed is used by both medical doctor or alchemists as a tonic. First, soak the drug in wine overnight and then make pills. It is not suitable to be stewed to make a decoction.

Da Ming: Its stem and seedling look like yellow silk. The root is not found. Grass wrapped by this herb may wither. Or the herb may grow in a tussock as wide as a mat. The flower and seed are not too different from each other. Its seed looks like fine Sumi/semen setariae/millet. Collect the seed in the eighth and ninth months.

Su Song: Nowadays, the drug can also be found in nearby places. That produced in Yuanju is the best. In summer, a seedling as fine as silk grows, spreading all over the ground. When it reaches another plant, it will crawl along the stem and grow upward. Gradually its root is separated from the plant and the herb becomes parasitic. Some people say there is no root for this herb. It depends on the environment for its growth.

Li Shizhen: Prince Ningxian, in his book *Gengxin Yuce*, said: Huoyancao is merely Tusizi, a drug of Yang. It grows in the wild and along the ancient road. When the seed enters the earth, the root grows. When the herb grows longer and crawls along another plant, its root is separated from the herb. There is no leaf, but it has a flower of white-pink color, with a wonderful smell. The yellow fruit is similar to underdeveloped soybean, but smaller. That growing on the stem is even better. It is found in bulk in the forest in Huaimeng and is very good to be used as drug.

## TUSIZI

Dodder seed

Semen custutae



子

〔修治〕〔斲曰〕凡使勿用天碧草子，真相似，只是味酸涩并粘也。菟丝采得，去壳了，用苦酒浸二日。漉出，以黄精自然汁相对，浸一宿。至明，用微火煎至干。入白中，烧热铁杵，一去三千余杵，成粉用之。〔时珍曰〕凡用以温水淘去沙泥，酒浸一宿，曝干捣之。不尽者，再浸曝捣，须臾悉细。又法：酒浸四五日，蒸曝四五次，研作饼，焙干再研末。或云：曝干时，入纸条数枚同捣，即刻成粉，且省力也。

〔气味〕辛、甘，平，无毒。〔之才曰〕得酒良。薯蕷、松脂为之使。恶藿菌。

〔主治〕续绝伤，补不足，益气力，肥健人本经。养肌强阴，坚筋骨，主茎中寒，精自出，溺有余沥，口苦燥渴，



### [Preparation]

Lei Xiao: Be careful not to use Tianbicaozhi, which is very similar to Tusizi but sour, astringent and sticky. First, peel off the capsule of the drug and soak it in vinegar for two days. Take out the drug and soak it again in juice of Huangjing/rhizoma polygonati/rhizome of King Solomon Seal overnight. The next morning, stew the drug in the juice until it is totally dried. Put the drug in a mortar. Heat an iron pestle and pound the drug 3,000 times continuously until it becomes powder ready for use.

Li Shizhen: First, rinse the drug with warm water to get rid of soil and sand. Soak the drug in wine overnight; then, dry it in the sun and pound into fine powder. If the powder is not fine enough, soak the drug in wine again until it becomes very fine. Another method of preparation: Soak the drug in wine for four to five days. Steam and then dry it in the sun. Repeat that four to five times. Grind the drug into powder and then make cakes. Bake the cakes dry and grind them into powder. According to another record, after the drug is dried in the sun, add a few pieces of paper in the mortar. In this way, pounding becomes easier and powder becomes finer.

### [Quality and Taste]

It is pungent, plain and nontoxic.

Xu Zhicai: Its function will be reinforced if win is used in the processing. Shuyu/rhizoma dioscoreae/rhizome of common yam and Songzhi/colophonium/colophony can be its guiding drugs. It is incompatible to Guanjun.

### [Indications]

It knits broken bones, tones up insufficiency, reinforces one's strength and helps one to put on weight.

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

It nourishes the muscle, enhances male sexuality, consolidates tendons and bones, treats seminal emission with cold feeling in the penis and urinary dripping, and eliminates bitterness in the mouth with parched feeling and thirst. It removes blood stasis due to accumulation of prevalence of cold in blood. Long-term use will brighten the eye, make the patient feel



寒血为积。久服明目轻身延年别录。治男女虚冷，添精益髓，去腰疼膝冷，消渴热中。久服去面黥，悦颜色甄权。补五劳七伤，治鬼交泄精，尿血，润心肺大明。补肝脏风虚好古。

〔发明〕〔斆曰〕菟丝子禀中和凝正阳气，一茎从树感枝而成，从中春上阳结实，故偏补人卫气，助人筋脉。〔颂曰〕抱朴子仙方单服法：取实一斗，酒一斗浸，曝干再浸又曝，令酒尽乃止，捣筛。每酒服二钱，日二服。此药治腰膝去风，兼能明目。久服令人光泽，老变为少。十日外，饮啖如汤沃雪也。

〔附方〕旧六，新七。（略）



happy and energetic and enjoy a long life.

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

Zhen Quan: It warms and tones the cold and deficient condition of male and female, reinforces the Jing (Vital Essence), nourishes the blood, treats lumbago and cold feeling in the knee, and relieves diabetes and accumulation of Heat at the interior. Long-term use will eliminate chloasma and brighten the complexion.

Da Ming: It tones five overstrains and seven impairments, stops nocturnal emission with dreaming of sex and hematuria, and moistens and tones the Heart and Lung.

Wang Haogu: It tones the Liver invaded by pathogenic Wind when it is in a deficient condition.

### [Explication]

Lei Xiao: Tusizi is a drug that enriches the accumulated Yang Vital Energy, which is harmonious. The stem of the drug grows on tree branches. The fruit is formed in mid-spring when the Yang Vital Energy is permeating. So, this drug is especially good for tonifying one's body resistance and reinforcing one's tendons and Channels.

Su Song: In the book *Baopuzi*, there records a method of taking the drug independently.

Soak one *dou* of Tusizi in one *dou* of wine. Take out the drug and dry it in the sun. When it is dried, soak it in wine again. Repeat that process until all the wine is consumed. Pound the drug and mesh it. Take two *qian* of the powder per dose with wine, twice a day. This drug is good for dispersing invading pathogenic Wind in the lumbar region and in the knees, and brightening the eye. Long-term use gives one a lustrous complexion and rejuvenates the body. After 10 days of use, the therapeutic effect is obviously seen.

### [Prescriptions]

Six prescriptions collected previously, and  
seven prescriptions collected recently.



## 五味子（本经上品）

### 【释名】

莖蕖尔雅。音知除。玄及别录。会及

〔恭曰〕五味，皮肉甘、酸，核中辛、苦，都有咸味，此则五味具也。本经但云味酸，当以木为五行之先也。

### 【集解】

〔别录曰〕五味子生齐山山谷及代郡。八月采实，阴干。〔弘景曰〕今第一出高丽，多肉而酸甜；次出青州、冀州，味过酸，其核并似猪肾。又有建平者，少肉，核形不相似，味苦，亦良。此药多膏润，烈日暴之，乃可捣筛。〔恭



## WUWEIZI

*Schisandra chinensis* (Turcz.) Baill.

*Schisandra sphenanthera* Rehd. Et Wils.

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

### [Explanation of Names]

ZHICHU

— *Er Ya*.

XUANJI

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

HUIJI

Su Gong: The fruit of the herb has five tastes: The peel and flesh is sweet and sour, and the kernel is pungent and bitter. All of it has salty taste. So it is called Wuweizi ("fruit of five tastes"). In *Shen Nong Bencao Jing*, it only says that the drug is sour. This is because sourness is the taste of the Wood, which should come before all the other tastes.

### [Previous Explanations]

Wuweizi grows in the valleys of Qishan Mountain and in Daijun. Collect the fruit in the eighth month and dry in the shade.

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

Tao Hongjing: Now the first class drug is produced in Gaoli (Korea). The fruit is fleshy and tastes sour and sweet. A drug of secondary quality is produced in Qingzhou and Jizhou, but is too sour. Its kernel looks like a pig's kidney. That produced in Jianping has less flesh and the shape of the kernel is also different. It tastes bitter. But it is still good for medicinal use. As the drug is moistened and oily, it should be dried in the sun on a hot day





曰]蔓生木上。其叶似杏而大。子作房如落葵，大如蓂子。出蒲州及蓝田山中，今河中府岁贡之。〔保昇曰〕蔓生。茎赤色，花黄、白。子生青熟紫，亦具五色。味甘者佳。〔颂曰〕今河东、陕西州郡尤多，杭越间亦有之。春初生苗，引赤蔓于高木，其长六七尺。叶尖圆似杏叶。三四月开黄白花，类莲花状。七月成实，丛生茎端，如豌豆许大，生青熟红紫，入药生曝不去子。今有数种，大抵相近。雷斅言小颗皮皱泡者，有白扑盐霜一重，其味酸咸苦辛甘皆全者为真也。〔时珍曰〕五味今有南北之分，南产者色红，北产者色黑，入滋补药必用北产者乃良。亦可取根种之，当年就旺；若二月种子，次年乃旺，须以架引之。

### 【修治】

〔斅曰〕凡用以铜刀劈作两片，用蜜浸蒸，从巳至申，却以浆浸一宿，焙干用。〔时珍曰〕入补药熟用，入嗽药生用。



and then can it be easily pounded into powder to pass through the mesh.

Su Gong: It creeps along woods with its leaf similar to Xingye/*folium armeniacaе amarum*/bitter apricot leaf, only bigger. The fruit is in the ovary, similar to Yingzi/*semen vitis thunbergii*/seed thunbery grape. It grows in the mountains in Puzhou and Lantian. Every year, officials in Hezhong Prefecture offer it to the Emperor in tribute.

Han Baosheng: It is a creeping herb. The stem is red, and the flower is yellow and white. The fruit is blue-green when it is tender, turning purple when it is ripe. Some have five colors. The sweet fruit is the best drug.

Su Song: Now it is found in bulk in prefectures in Hedong and Shaanxi. In areas between Hangzhou and Yuezhou the herb is also produced. In early spring, a seedling begins to grow and crawl along a tall tree. It can be as long as six to seven *chi*. Its leaf is round with a pointed tip, similar to Xingye. In the third and fourth months, a yellow and white flower blooms, which is in the shape of Lianhua/*flos nelumbinis*/lotus flower bud. The fruit, growing in tussock on top of the stem, gets ripe in the seventh month, growing as big as Wandou/*semen pisi sativi*/seed of garden pea. It is blue-green when tender and becomes red-purple when ripe. Dry the drug in the sun. Do not take away the seed. Now there are several species of the herb, but they are similar to each other.

Lei Xiao: The processed fruit with creased peel and a layer of frost of salt that tastes all the flavors, the sour, salty, bitter, pungent and sweet is the real drug.

Li Shizhen: Now Wuweizi are categorized into two species: One is produced in the south, which is red. The other is produced in the north, which is black. When the drug is used as a tonic, use that produced in the north. The herb can be developed by planting the root. It will grow into a very good herb in the same year. If the seed is sown, it will develop fully the next year. A frame should be made to let it crawl along.

### [Preparation]

Lei Xiao: Cut each fruit into two pieces with a copper knife. Soak the drug in honey and steam it from Sishi (9-11 hours) to Shenshi (15-17 hours). Then soak it in Jiangzhi/*succus zingiberis recens*/juice of fresh gin-



### 【气味】

酸，温，无毒。

〔好古曰〕味酸，微苦、咸。味厚气轻，阴中微阳，入手太阴血分、足少阴气分。〔时珍曰〕酸咸入肝而补肾，辛苦入心而补肺，甘入中官益脾胃。〔之才曰〕苺蓉为之使。恶菱蕤。胜乌头。

### 【主治】

益气，咳逆上气，劳伤羸瘦，补不足，强阴，益男子精本经。养五脏，除热，生阴中肌别录。治中下气，止呕逆，补虚劳，令人体悦泽甄权。明目，暖水脏，壮筋骨，治风消食，反胃霍乱转筋，痲癖奔豚冷气，消水肿心腹胀，



ger overnight and bake.

Li Shizhen: If the drug is going to be used in a tonic prescription, use the prepared drug. If it is going to be used in a prescription to treat coughing, use the crude drug.

### [Quality and Taste]

It is sour, warm and nontoxic.

Wang Haogu: Sour, with a slight bitter and salty taste, it is a drug with thick taste and light quality, a drug of Yin with slight yang. It functions in the blood of Lung Channel of Hand Initial Yin and qi of Kidney Channel of Foot Lesser Yin.

Li Shizhen: The drug is sour and salty, so it functions on the Liver and tones the Kidney. It is also pungent and bitter, so it functions on the Heart and tones the Lung. Sweet as it is, it tones the Spleen and Stomach.

Xu Zhicai: Congrong/herba cistanches/desert living cistanche can be used as its guiding drug. It is incompatible to Weisui/rhizoma polygonati odorati/rhizome of fragrant Solomon Seal. It conquers Wutou/radix aconiti/Sichuan aconite root.

### [Indications]

It reinforces qi, treat coughing with dyspnoea and with adverse ascending of gas, and tones a patient who is overcome by overstrain and fatigue, and who is emaciated and debilitated. It tones an insufficient condition, reinforces Yin and enhances male sexuality.

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

It nourishes the Five Viscera, eliminates Heat, helps produce Yin and germinate muscle.

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

Zhen Quan: It regulates the interior condition, brings down the adverse ascending gas, stops nausea and retching, treats consumptive disease, and gives one a lustrous and moist skin.

Da Ming: It brightens the eye, warm the Kidney, reinforces the tendons and bones, disperses the invading pathogenic Wind, helps digestion and treats regurgitation and cholera with spasm. It eliminates hard mass in the



止渴，除烦热，解酒毒大明。生津止渴，治泻痢，补元气不足，收耗散之气，瞳子散大李杲。治喘咳燥嗽，壮水镇阳好古。

### 【发明】

〔成无己曰〕肺欲收，急食酸以收之，以酸补之。芍药、五味之酸，以收逆气而安肺。〔杲曰〕收肺气，补气不足，升也。酸以收逆气，肺寒气逆，则宜此与干姜同治之。又五味子收肺气，乃火热必用之药，故治嗽以之为君。但有外邪者不可骤用，恐闭其邪气，必先发散而后用之乃良。有痰者，以半夏为佐；喘者，阿胶为佐，但分两少不同耳。〔宗奭曰〕今华州以西至秦州多产之。方红熟时，彼人采得，蒸烂，研滤汁，熬成稀膏，量酸甘入蜜炼匀，待冷收器



abdomen in the shape of a hanging noose, pacifies a Bentun (upward ascending of gas like a running piglet) and disperses cold gas. It eliminates edema and distention of gas in the epigastrium and abdomen. It quenches thirst, eliminates restlessness, brings down fever and detoxifies alcoholism.

Li Gao: It promotes germination of body fluid and quenches thirst. It is good for stopping diarrhea and dysentery. It tones the insufficient condition of Primordial Vital Energy, collects the evanescent qi and astringes the pupillary mydriasis.

Wang Haogu: It treats asthma and dry coughing, and reinforces Water to suppress rampant Yang.

### [Explication]

Cheng Wuji: When the Lung needs be astringed, a drug of sour taste should be adopted to astringe and tonify it. Drugs of sour taste such as peony root and Wuweizi can be used to astringe the adverse gas and pacify the Lung.

Li Gao: To astringe the Lung and tonify the insufficient condition of the Lung entails an ascending movement. A drug of sour taste can astringe the adverse gas. When the Lung is cold, with adverse gas, let the patient take Wuweizi and dried ginger. Wuweizi is a drug that astringes the Lung qi in a case with prevalence of Fire and Heat. Therefore, it is used as a principal drug in a prescription treating coughing. But if the syndrome is complicated with invading pathogenic factors, the drug cannot be used right away for fear that it will enclose the pathogenic factors. First, a dispersing drug should be used to drive away the invading pathogens, and then Wuweizi can be used. When the syndrome is accompanied by phlegm, add Banxia/rhizoma pinelliae/pinellia tuber. If the patient has asthma, assist the drug with Ejiao/colla corii asini/ass-bide glue. But the dosages are not the same. It should be regulated in accordance with the concrete situation.

Kou Zongshi: Now the drug is produced in areas west of Huazhou to Qingzhou. When the fruit turns red and ripe, local people collect and steam it until it is well done. Then the drug is ground into paste and screened to get a thin juice. Stew the juice until it becomes an ointment. Add in a proper amount of honey in accordance with the sour and sweet taste of the



中。肺虚寒人，作汤时时饮之。作果可以寄远。本经言其性温，今食之多致虚热，小儿益甚。药性论谓其除热气，日华子谓其暖水脏，除烦热，后学至此多惑。今既用治肺虚寒，则更不取其除热之说。〔震亨曰〕五味大能收肺气，宜其有补肾之功。收肺气，非除热乎？补肾，非暖水脏乎？乃火热嗽必用之药。寇氏所谓食之多致虚热者，盖收补之骤也，何惑之有？又黄昏嗽乃火气浮入肺中，不宜用凉药，宜五味子、五倍子敛而降之。〔思邈曰〕五六月宜常服五味子汤，以益肺金之气，在上则滋源，在下则补肾。其法：以五味子一大合，木白捣细，瓷瓶中，以百沸汤投之，入少蜜，封置火边良久，汤成任饮。〔元素曰〕孙真人千金月令言：五月常服五味，以补五脏之气。遇夏月季夏之间，困乏无力，无气



drug to make it good to eat. When it cools down, keep the drug in a good container for use. Make a soup with the ointment to serve a patient with a cold and deficient Lung. If the ointment is made into a kind of tidbit, it can be mailed to friends living far away. *Shen Nong Bencao Jing* says that the drug is warm in quality. It is found that after taking this drug, heat of deficient nature accumulates. It is especially so for children. But *Yaoping Lun (Materia Medica Concerning Medicinal Qualities)* says the drug is good to eliminate Heat. *Da Ming Rihua Bencao* says it warms the Kidney and eliminates restlessness and Heat. Later scholars have been perplexed by such contradictory records. Since this drug is used to treat the Lung in cold and deficient condition, the Heat-eliminating function should be abandoned.

Zhu Zhenheng: Wuweizi is a drug that astringes the Lung qi effectively. It also has the function of tonifying the Kidney. When Lung qi is astringed, is it eliminating the Heat? When it is tonifying the Kidney, is it warming the Water Viscus (the Kidney)? It is a drug that must be used in treating coughing with Heat. Kou Zongshi said that taking the drug would lead to Heat and deficiency. This is because when the drug is used in heavy dosage in a short time, it works like that. Coughing occurring at dusk is a syndrome caused by the floating Fire in the Lung, which should be treated by drugs with cold quality. Drugs with astringing and descending functions such as Wuweizi and Wubeizi/galla chinensis/Chinese nutgall should be used.

Sun Simiao: In the fifth and sixth months, it is good if one can drink a decoction of Wuweizi. This is to reinforce qi of the Lung (Metal). When the drug functions on the upper part of the body, it reinforces the source of life, and when it functions on the lower portion, it tones the Kidney. The method of taking the drug: Pound one big *ge* of Wuweizi in a wooden mortar into powder. Put it in a porcelain bottle. Pour in boiling water and a little of honey. Seal the bottle and put it close to a fire. After a long while, the thing will be good for taking. Take it at will.

Zhang Yuansu: In the analysis of drugs taken in different months in Sun Simiao's *Qianjin Yaofang*, he said: In the fifth month, Wuweizi should be taken repeatedly to tonify the qi of the Five Viscera. In summer or late summer, sometimes when one feels fatigue and a reluctance to move





以动。与黄芪、人参、麦门冬，少加黄檗，煎汤服之。使人精神顿加，两足筋力涌出也。盖五味子之酸，辅人参，能泻丙火而补庚金，收敛耗散之气。〔好古曰〕张仲景八味丸，用此补肾，亦兼迷类象形也。〔机曰〕五味治喘嗽，须分南北。生津止渴，润肺补肾，劳嗽，宜用北者；风寒在肺，宜用南者。〔慎微曰〕抱朴子云：五味者，五行之精，其子有五味。淮南公羨门子服之十六年，面色如玉女，入水不沾，入火不灼。

【附方】

新一十一。（略）



around, take the decoction made of the following drugs:

Huangbai/cortex phellodendri/bark of Chinese cork tree,  
Huangqi/radix astragali/root of membranous milkvetch,  
Renshen/radix ginseng/gingseng root, and  
Maimendong/radix ophiopogonis/tuber of dwarf lilyturf.

After taking the decoction, the patient will become energetic and feel there is a flow of energy from the soles. This is because Wuweizi, sour in taste, is reinforcing Renshen to purge the Heart Fire and tonify the Lung Metal. This is a way to astringe the dispersing and evanescent qi in the body.

Wang Haogu: Master Zhang Zhongjing in his prescription of Bawei Wan (Pills of Eight Ingredients) used Wuweizi to tonify the Kidney.

Wang Ji: When Wuweizi is used to treat asthma and coughing, the origin of the drug should be differentiated: If it is wished to help produce body fluid, quench the thirst, moisten the Lung and tonify the Kidney to treat coughing in a consumptive disease, Wuweizi produced in the north should be used. If the syndrome is due to invading pathogenic Cold and Wind, take the drug produced in the south.

Tang Shenwei: According to the book *Baopuzi*, Wuweizi is the essence of the five tastes. The fruit has five tastes. Xianmenzi, a duke living in Huainan, took Wuweizi regularly for 16 years. He looked like a pretty girl and could not be hurt by fire or water.

### [Prescriptions]

Eleven prescriptions collected recently.



## 覆盆子 (别录上品)

### 【释名】

萑尔雅。音奎。藟葢尔雅。西国草图经。毕楞伽图经。  
大麦莓音母。插田蔗音苞。乌蔗子纲目。

〔当之曰〕子似覆盆之形，故名之。〔宗奭曰〕益肾脏，缩小便，服之当覆其溺器，如此取名也。〔时珍曰〕五月子熟，其色乌赤，故俗名乌蔗、大麦莓、插田蔗，亦曰栽秧蔗。甄权本草一名马痿，一名陆荆，殊无义意。



## FUPENZI

Palm leaf raspberry

*Rubus chingii* Hu,

*Rubus coreanus* Miq.

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

### [Rectification]

The drug is removed from the “Category of Fruits” to this category.

### [Explanation of Names]

KUI

— *Er Ya*.

QUEPEN

— *Er Ya*.

XIGUOCAO

— *Tujing Bencao (Illustrated Materia Medica)*.

BILENGJIA

— *Tujing Bencao (Illustrated Materia Medica)*.

DAMAIMU

CHATIANBAO

WUBAOZI

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

Li Dangzhi: The fruit of the herb looks like an upside down basin. So it is named as Fupenzi (“fruit like an upside down basin”).

Kou Zongshi: This drug is good to tonify the Kidney. After taking it, the patient will not urinate too frequently and the urinal (bedpan) can be put upside down. Hence the name.

Li Shizhen: In the fifth month, the fruit of the herb is ripe, becoming



### 【集解】

〔别录曰〕五月采。〔藏器曰〕佛说苏密那花点灯，正言此花也。其类有三种，以四月熟，状如覆盆子，味甘美者为是，余不堪入药。今人取茅莓当覆盆，误矣。〔宗奭曰〕处处有之，秦州、永兴、华州尤多。长条，四五月红熟，山中人及时采来卖。其味酸甘，外如荔枝，大如樱桃，软红可爱。失时则就枝生蛆，食之多热。收时五六分熟便可采，烈日晒干。今人取汁作煎为果。采时著水，则不堪煎。〔时珍曰〕蓬蘽子以八九月熟，故谓之割田蔗。覆盆以四五月熟，故谓之插田蔗，正与别录五月采相合。二蔗熟时色皆乌赤，故能补肾。其四五月熟而色红者，乃藕田蔗也，不入药用。陈氏所谓以茅莓当覆盆者，盖指此也。



red-black. So, it is colloquially called Wubao (“black fruit”), Damaimu (“barley fruit”), Chatianbao (“fruit at the time of rice seedling transplanting”), or Zaiyangbiao (same as Chatianbao). In *Yaoxing Bencao* by Zhen Quan the drug has other names like Malou and Lujing. The origin of such names is unknown.

### [Previous Explanations]

Collect the drug in the fifth month.

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

Chen Cangqi: A Buddhist sutra states: “Light the lamp with Sumina flower.” Sumina is merely Fupenzi. There are three species: The herb that has ripe fruit in the fourth month, and which looks like an upside down basin, with a sweet and delicious taste, is Fupenzi. Other species are not good for medical use. Today, people take Maomei as Fupenzi. This is wrong, of course.

Kou Zongshi: The herb is found everywhere. It is found in bulk quantity in Qinzhou, Yongzhou and Huazhou. In the fourth and fifth months, the fruit is red and ripe. People in the mountains collect the fruit and sell it in the city. It is sour and sweet. It looks like Lizhi/fructus litchi/lychee, but it is as big as Yingtao/fructus pseudocerasi/fruit of false sour cherry. It is red, soft and lovely. If the fruit is not eaten in good time, it will rot and worms will germinate in the branches. If such fruit is eaten, it arouses Heat. Collect the fruit when it is half ripe and dry in the sun on a hot day. Now, people squeeze the fruit and make a man-made fruit with the juice. As the fruit has been sprayed with water, it is no longer good to stew for medical use.

Li Shizhen: Penglei ripens in the eighth and ninth months, so it is called Getianbao (“fruit at the time when rice is cropped”) and Fupenzi ripens in the fourth and fifth months, so it is called Chatianbao (“fruit at the time of rice seedling transplantation”). This record is in conformity with the record in *Mingyi Bielu (Records of Famous Doctors)*. The ripe fruits of both herbs are black and red, a color signifying its quality of tonifying the Kidney. Fruit that ripens in the fourth and fifth months of red color is Rutianbao, and is no good for medical use. Chen Cangqi said some people



### 【正误】

〔洗曰〕覆盆江东名悬钩子，大小形状气味功力同。北土无悬钩，南地无覆盆，是土地有前后生，非两种物也。

〔时珍曰〕南土覆盆极多。悬钩是树生，覆盆是藤生，子状虽同，而覆盆色乌赤，悬钩色红赤，功亦不同，今正之。

### 【修治】

〔洗曰〕覆盆子五月采之，烈日曝干。不尔易烂。〔雷曰〕凡使用东流水淘去黄叶并皮蒂，取子以酒拌蒸一宿，以东流水淘两遍，又晒干方用。〔时珍曰〕采得捣作薄饼，晒干密贮，临时以酒拌蒸尤妙。

### 【气味】

甘，平，无毒。

〔权曰〕甘、辛，微热。

### 【主治】

益气轻身，令发不白别录。补虚续绝，强阴健阳，悦泽



take Maomei as Fupen. Maomei is just this herb.

### [Corrections]

Meng Xian: Fupen is called Xuangouzi in the Jiangdong area. The latter has the same size of fruit with the same quality, taste and functions. There is no Xuangouzi in northern lands and there is no Fupengzi in the south. This is the same herb growing in different places.

Li Shizhen: Fupen is found in bulk in the south (including the Jiangdong area). Xuangouzi is a fruit from a tree and Fupenzi is a fruit from a vine. Although the shape of the two fruits is the same, their color is not: Fupen is black red and Xuangouzi is red. Their therapeutic functions are also different.

### [Preparation]

Meng Xian: Collect Fupenzi in the fifth month and dry it in the sun on a hot day. Otherwise, the fruit is apt to rot.

Lei Xiao: First, rinse the fruit in east-running river water. Take off the yellow leaf, calyx and other impurities. Blend the fruit with wine and steam it overnight. Rinse the fruit two times with east-running river water and dry it in the sun.

Li Shizhen: Pound the fresh fruit to make a thin pie. Dry it in the sun and keep it in a safe place. When it is to be used, blend it with wine and steam it. In this way it works even better.

### [Quality and Taste]

It is sweet, plain and nontoxic.

Zhen Quan: It is sweet, pungent and slightly hot.

### [Indications]

It reinforces the qi and makes one to feel happy and vigorous. It prevents the hair from turning white.

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

Ma Zhi: It tones a deficient and debilitated condition, reinforces Yin and strengthens Yang. It moistens the muscle, brightens the skin, pacifies





肌肤，安和五脏，温中益力，疗痲损风虚，补肝明目。并宜捣筛，每旦水服三钱马志。男子肾精虚竭，阴痿能令坚长。女子食之有子权。食之令人好颜色。榨汁涂发不白藏器。益肾脏，缩小便。取汁同少蜜煎为稀膏，点服，治肺气虚寒宗爽。

### 【发明】

〔时珍曰〕覆盆、蓬蘽，功用大抵相近，虽是二物，其实一类而二种也。一早熟，一晚熟，兼用无妨，其补益与桑椹同功。若树莓则不可混采者也。

### 叶

〔气味〕微酸、咸，平，无毒。

〔主治〕掇绞取汁，滴目中，去肤赤，出虫如丝线藏器。明目止泪，收湿气时珍。



the Five Viscera, warms the interior, enhances physical strength, treats a consumptive disease with attack of pathogenic Wind, tones the Liver and brightens the eye. Pound the drug and then mesh it. Take three *qian* of the drug every morning.

Zhen Quan: It is good for treating a condition of the exhaustion of the Kidney Vital Essence. It treats impotence and hardens the ejaculation. A woman will be more reproductive if she takes the drug.

Chen Cangqi: Eating of the drug will give one a good complexion. Squeeze the fruit to get juice to apply to the hair. This will keep the hair from turning white.

Kou Zongshi: It reinforces the Kidney and shortens the urination. Squeeze the fruit to get juice. Blend it with honey and stew it to make a thin ointment. Take the drug little by little to treat a deficient and cold condition of the Lung.

#### [Explication]

Li Shizhen: Fupenzi and Penglei have similar therapeutic functions. Although they are two different drugs, they are actually two species of the same kind. One gets ripe early and the other later. They can be used interchangeably. Their tonifying function is similar to that of Sangshen/fructus mori/mulberry. But do not mix Shumei into these two drugs.

#### FUPENZI YE

Leaf of palm leaf raspberry

Folium rubi

#### [Quality and Taste]

It is slightly sour, salty, plain and nontoxic.

#### [Indications]

Chen Cangqi: Squeeze the drug to get juice. Drip it into the eye to treat nebula and inflamed eye. Worms as fine as thread will be secreted.

Li Shizhen: It brightens the eye and stops tears. It astringes pathogenic Humidity.



〔发明〕〔颂曰〕按崔元亮海上集验方：治目暗不见物，冷泪浸淫不止，及青盲、天行目暗等疾。取西国草，一名毕楞伽，一名覆盆子，日曝干，捣极细，以薄绵裹之，用饮男乳汁浸，如人行八九里久。用点目中，即仰卧。不过三四日，视物如少年。禁酒、面、油物。〔时珍曰〕按洪迈夷坚志云：潭州赵太尉母病烂弦疳眼二十年。有老姬云：此中有虫，吾当除之。入山取草蔓叶，咀嚼，留汁入筒中。还以皂纱蒙眼，滴汁渍下弦。转盼间虫从纱上出，数日下弦干。复如法滴上弦，又得虫数十而愈。后以治人多验，乃覆盆子叶也，盖治眼妙品。



### [Explication]

Su Song: Cui Yuanliang in his book *Haishang Jiyan Fang* recorded: The drug is good for treating dim vision with poor sight and incessant cold tears. It is also good for treating optic atrophy and eye disease due to an attack of epidemic diseases. Collect Xiguocao, also named Bilengjia, or Fepenzi and dry the herb in the sun. Pound the drug into very fine powder. Wrap it with a piece of thin silk fabric. Soak the sack in milk from a mother nursing a boy for as long as it takes to walk eight to nine *li* (about an hour). Let the patient lie flat and drip the juice into the eye. After three to four days of such treatment, the person will be able to see things as clearly as a young man. Food taboo: wine, food made of wheat flour and oily food.

Li Shizhen: Hong Mai in his book *Yijian Zhi* recorded a case: The mother of Mr. Zhao, governor of Tanzhou, had been suffering from marginal blepharitis for over 20 years. One day, an old woman came to her and said: There are worms in your eyes and they must be got rid of. She went to the mountain and got some herb. She chewed the herb and had the juice collected in a bamboo tube. Then, she covered the eyes of the patient with thin silk and dripped the juice over the silk to soak into the lower eyelid. After a while, fine worms crawled onto the silk. In a few days of such treatment, the lower eyelid became dry. Then, the same treatment was given to the upper eyelid. Several dozen of worms emerged. Finally, the old woman was free from her protracted disease. Later, the treatment was repeated many times and it really worked. The drug used was Fupenziye. From this, we can see that this drug is very effective in treating eye diseases.

### FUPENZIGEN

Root of palm leaf raspberry

Radix rubi

### [Indications]

Li Shizhen: It is good for treating nebula due to smallpox involving the eye. Pound the root and rinse it in water. Screen the solution to get sedi-

## 根

〔主治〕痘后目翳，取根洗捣，澄粉日干，蜜和少许，点于翳丁上，日二三次自散。百日内治之，久即难疗时珍。活幼口议。



ment and dry this in the sun. blend it with a little of honey and drop it onto the nebula, two to three times a day. The nebula will disperse. The ailment should be treated within 100 days. If the ailment has too long a history, it is very difficult to treat with this method.

— *Huoyou Kouyi*.





## 使君子（宋开宝）

### 【释名】

#### 留求子

〔志曰〕俗传潘州郭使君疗小儿多是独用此物，后医家因号为使君子也。〔时珍曰〕按嵇含南方草木状谓之留求子，疗婴孺之疾。则自魏、晋已用，但名异耳。

### 【集解】

〔志曰〕生交、广等州。形如卮子，棱瓣深而两头尖，似诃梨勒而轻。〔颂曰〕今岭南州郡皆有之，生山野中及水岸。其茎作藤，如手指大。其叶青如两指头，长二寸。三月生花淡红色，久乃深红，有五瓣。七八月结子如拇指大，长一寸许，大类卮子而有五棱，其壳青黑色，内有仁白色，七



## SHIJUNZI

Rangoon creeper

*Quiqualis indica* L.

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

### [Explanation of Names]

LIUQIUZI

Ma Zhi: It is said that Mr. Guo, official title Shijun, in Panzhou treated children with this drug a lot. From then on, doctors call this drug as Shijunzi to commemorate him.

Li Shizhen: According to Ji Han's book *Nanfang Caomu Zhuang*, the drug is recorded as Liuqiuzi, which is good for infantile diseases. It had been used as drug in the Wei (220-265) and Jin Dynasty (265-420). But the drug has two different names.

### [Previous Explanations]

Ma Zhi: The herb is produced in Jiaozhou and Guangzhou. The drug looks like Zhizi/fructus gardeniae/fruit of cape jasmine. It has two pointed tips with deep curves in the prismatic shaped fruit. It also looks like Helile/fructus chebulae/fruit of medicine terminalia. But it is lighter.

Su Song: Now, the drug is produced in prefectures in the area south of the Five Ridges. It grows in mountain wilds or close to water. Its vine is as thick as a finger with a blue-green leaf, which looks like two fingers two *cun* long. A light red flower blooms in the third month and after some time, the flower turns dark red. It has five petals. In the seventh and eighth months, fruit is borne, which is as big as a thumb one *cun* long. It looks very like Zhizi, but it has five angles. Its capsule is blue-green and black. The kernel inside is white. Collect the drug in the seventh month.

Kou Zongshi: The taste of the kernel is similar to coconut. Doctors





月采之。〔宗奭曰〕其仁味如椰子。医家亦兼用壳。〔时珍曰〕原出海南、交趾。今闽之邵武，蜀之眉州，皆栽种之，亦易生。其藤如葛，绕树而上。叶青如五加叶。五月开花，一簇一二十葩，红色轻盈如海棠。其实长寸许，五瓣合成，有棱。先时半黄，老则紫黑。其中仁长如榧仁，色味如栗。久则油黑，不可用。

### 【气味】

甘，温，无毒。

### 【主治】

小儿五疳，小便白浊，杀虫，疗泻痢开宝。健脾胃，除虚热，治小儿百病疮癣时珍。

### 【发明】

〔时珍曰〕凡杀虫药多是苦辛，惟使君子、榧子甘而杀虫，亦异也。凡大人小儿有虫病，但每月上旬侵晨空腹食使君子仁数枚，或以壳煎汤咽下，次日虫皆死而出也。或云：



also use the capsule of the fruit as a drug.

Li Shizhen: The drug has its origins in Hainan and Jiaozhi. Now, in Shaowu of Fujian and Meizhou of Sichuan, farmers plant it. It is easy to develop the herb. Its vine is similar to lobed kudzu vine. It creeps along a tree and grows upward. Its leaf is blue-green, similar to *Ciwujiaye/foolium acanthopanax sentocosi*/leaf of many prickly acanthopanax. In the fifth month, 10 to 20 flowers flock together. They are red and lovely, similar to crabapple flower. Its fruit is about one *cun* long in the shape of a prism of five angles. At first it is green and yellow, but then develops into purple and black color. Its kernel is long, similar to *Feizi/semen torreyae*/seed of grand torreya. It is in the color of *Lizi/semen castaneae*/seed of hairy chestnut. It also tastes like it. After long storage, the seed will become oily and black. Then it is no longer good for medical use.

#### [Quality and Taste]

It is sweet, warm and nontoxic.

#### [Indications]

It is good for treating five kinds of infantile malnutrition. It eliminates whitish and turbid urine, kills worms, and treats diarrhea and dysentery.

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

Li Shizhen: It replenishes the Spleen and Stomach, and eliminates pathogenic Heat of deficient nature. It is good for treating infantile disease of a hundred kinds, including sores and tinea.

#### [Explication]

Li Shizhen: All vermicides are bitter and pungent. But Shijunzi and Feizi are two exceptions. They are sweet and can kill worms. Whenever an adult or an infant is disturbed by worms, several pieces of the kernel of Shijunzi should be taken in the early morning before meal. Or wash down the kernel with a decoction of the capsule of Shijunzi. The treatment should be given in the first few days of each month. The next day after taking the drug, worms will be killed and defecated. Another way: eat seven crude kernels and seven roasted kernels as a dose. It is also effective. Hot



七生七煨食亦良。忌饮热茶，犯之即泻。此物味甘气温，既能杀虫，又益脾胃，所以能敛虚热而止泻痢，为小儿诸病要药。俗医乃谓杀虫至尽，无以消食，鄙俚之言也。树有蠹，屋有蚁，国有盗，福耶祸耶？修养者先去三尸，可类推矣。

【附方】

新六。（略）

tea should not be taken, as this will induce a loose stool. Shijunzi, sweet in taste and warm in quality, can not only kill worms, but also can replenish the Spleen and Stomach. So it also has the function of astringing pathogenic Heat of deficient nature and stopping diarrhea and dysentery. It is therefore a principal drug for infantile disease. Some mediocre doctors think that if all worms in abdomen are killed, there will be nothing to help the digestion of food. This is really a nonsense uttered by people of no learning. Is it of benefit or harm for a tree to have moths, or for a house to have termites, or for a country to have bandits? People of learning all understand that the Three Worms (ascariasis, teniasis and oxyuriasis) should first be purged.

**[Prescriptions]**

Six prescriptions collected recently.





## 木鳖子 (宋开宝)

### 【释名】

木蟹

〔志曰〕其核似鳖、蟹状，故以为名。

### 【集解】

〔志曰〕出朗州及南中。七八月采实。〔颂曰〕今湖、广诸州及杭、越、全、岳州皆有之。春生苗，作藤生。叶有五丫，状如山药，青色面光。四月生黄花。六月结实，似栝楼而极大，生青，熟红黄色，肉上有软刺。每一实有核三四十枚，其状扁而如鳖，八九月采之。岭南人取嫩实及苗叶作茹蒸食。〔宗奭曰〕木鳖子蔓岁一枯，但根不死，春旋



## MUBIEZI

*Cochinchia momordica*

*Momordica cochinchinensis* (Lour.) Spreng.

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

### [Rectification]

This drug is removed from the “Category of Woods” into this clause.

### [Explanation of Names]

MUXIE

Ma Zhi: The kernel of this herb looks like turtle or crab, so it is named Muxie (“wooden crab”).

### [Previous Explanations]

Ma Zhi: The herb is produced in Langzhou and Nanzhong. Collect the fruit in the seventh and eight months.

Su Song: Now, the herb is found in Hunan, south the Five Ridges, as well as in Hangzhou, Yuezhou (越州), Quanzhou, and Yuezhuo (岳州). In spring, a seedling begins to grow and a vine develops. Its leaf has five forks similar to that of Shaoyao/common yam. It is blue-green and lustrous. In the fourth month, a yellow flower blooms. Fruit is borne in the sixth month. It looks like Gualou/fructus trichosanthis/snake gourd fruit, but it is very big. It is blue-green at first and turns red-yellow when it gets ripe. On the surface of the flesh, there are soft thorns. Each fruit has 30 to 40 kernels. They are flat and look like turtles. Collect them in the eighth and ninth months. People living south of the Five Ridges collect the tender fruit and seedling and steam them for food.

Kou Zongshi: The seedling of the herb withers in winter every year. But its root is still alive and a new seedling will germinate in the next



生苗。叶如蒲萄。其子一头尖者为雄。凡植时须雌雄相合，麻缠定。及其生也，则去雄者，方结实。〔时珍曰〕木鳖核形扁礧礧，大如围棋子。其仁青绿色，入药去油者。

仁

【气味】甘，温，无毒。

〔时珍曰〕苦、微甘，有小毒。

### 【主治】

折伤，消结肿恶疮，生肌，止腰痛，除粉刺黥黯，妇人乳痛，肛门肿痛开宝。醋摩，消肿毒大明。治疔积痞块，利大肠泻痢，痔瘤瘰疬时珍。

### 【发明】

〔机曰〕按刘绩霏雪录云：木鳖子有毒，不可食。昔蓟门有人生二子，恣食成痞。其父得一方，以木鳖子煮猪肉食



spring. Its leaf looks like *Putao*/*folium vitis viniferae*/leaf of European grape. The seed with one pointed tip is a male one. When the seeds are planted, fasten one male and one female seed together with hemp. In this way, the seeds will germinate. After some time, root out the male plant. In this way, the plant will bear fruit.

Li Shizhen: The seed of the herb is flat and as big as a piece of *weiqi* (*go*). Its kernel is blue-green. When it is used as drug, its oil should be squeezed off.

## MUBIEZIREN

Seed of *cochinchia momordica*  
Semen *momordicae*

### [Quality and Taste]

It is sweet, warm and nontoxic.

Li Shizhen: It is bitter, slightly sweet and slightly toxic.

### [Indications]

It is good for treating fracture of bone. It eliminates swelling and malignant sores, promotes growth of flesh, stops lumbago, and eliminates acne and freckles. It is also good for treating acute mastitis, swelling and pain in the anus.

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

Da Ming: Grind the drug together with vinegar. Apply the thing to treat pyogenic infection.

Li Shizhen: It is good for treating infantile malnutrition with hypochondriac lumps. It facilitates the function of Large Intestine, stops diarrhea and dysentery, and treats scrofula.

### [Explication]

Wang Ji: Liu Ji in his book *Feixue Lu* said: Mubiezi is toxic and cannot be eaten directly. It was reported that in Jimen, there were two boys in a family suffering from stagnation of qi syndrome due to overeating. Their father got a recipe to treat the case calling for Mubiezi to be stewed with



之。其幼子当夜、长子明日死。友人马文诚方书亦载此方。因著此为戒。〔时珍曰〕南人取其苗及嫩实食之无恙，则其毒未应至此。或者与猪肉不相得，或犯他物而然，不可尽咎木鳖也。

【附方】

旧一，新十九。（略）



pork. After eating this, the younger boy died the same night and older one the next morning. My friend, Doctor Ma Wencheng, also recorded this recipe in his recent work. To warn people of its toxin, I record the above case for reference.

Li Shizhen: People in the south eat the tender fruit and seedling as food. So it seems that the toxin of this drug is not that strong. Maybe this drug is incompatible to pork, or maybe it is because of other reasons that caused the death of the two sons. It is not known. But anyway, Mubiezi should not be blamed as being so toxic.

**[Prescriptions]**

One prescription collected previously, and  
19 prescriptions collected recently.





## 番木鳖 (纲目)

### 【释名】

马钱子纲目。苦实把豆纲目。火失刻把都

### 【集解】

〔时珍曰〕番木鳖生回回国，今西土邛州诸处皆有之。蔓生，夏开黄花。七八月结实如栝楼，生青熟赤，亦如木鳖。其核小于木鳖而色白。彼人言治一百二十种病，每证各有汤引。或云以豆腐制过用之良。或云能毒狗至死。



## FANMUBIE

Nux vomica

Strychnos Pierriana A. W. Hill,

Strychnos nux-vomica L.

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

### [Explanation of Names]

MAQIANZI

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

KUSHIBADOU

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

HUOSHIKEBADU

### [Previous Explanations]

Li Shizhen: Fanmubie was produced in an Islamic country. But now, it is found everywhere in Qiongzhou in western China. It is a creeping herb. A yellow flower blooms in summer. In the seventh and eighth months, fruit similar to Gualou/fructus trichosanthis/snake gourd fruit is borne, which is blue-green at first and turns red when ripe. It also looks like Mubiezi, but with a smaller kernel that is white. Local people say that the drug is good for treating 120 kinds of diseases and each prescription is composed of some drugs. Some say that after processing the drug together with bean curd, it works even better. But some others say it is very toxic and a dog had been poisoned to death.

### FANMUBIE REN

Nux vomica

Semen strychni



**仁【气味】**

苦，寒，无毒。

**【主治】**

伤寒热病，咽喉痹痛，消痞块。并含之咽汁，或磨水噙咽时珍。

**[Quality and Taste]**

It is bitter, cold and nontoxic.

**[Indications]**

Li Shizhen: It is good for treating febrile disease caused by Cold and acute febrile disease. It treats throat inflammation and eliminates abdominal mass. Hold the drug in the mouth and swallow the juice. Or grind the drug with water to get juice. Hold the juice in the mouth and swallow it slowly.





## 马兜铃 (宋开宝)

### 【释名】

都淋藤肘后。独行根唐本。土青木香唐本。云南根纲目。三百两银药

〔宗奭曰〕蔓生附木而上，叶脱时其实尚垂，状如马项之铃，故得名也。〔时珍曰〕其根吐利人，微有香气，故有独行、木香之名。岭南人用治蛊，隐其名为三百两银药。肘后方作都淋，盖误传也。



## MADOULING

Dutchman's pipe

*Aristolochia contorta* Bge.,

*Aristolochia debilis* Sieb. et Zucc.

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

### [Explanation of Names]

DULINTENG

— *Zhouhou Fang*.

DUXINGGEN

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

TUQINGMUXIANG

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

YUNNANGEN

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

SANBAILIANGYINYAO

Kou Zongshi: The herb creeps along a tree. When its leaves fall off, its fruits still hang like the bells of horse. So it is called Madouling (“bell hanging on the horse”).

Li Shizhen: Its root causes vomiting and loose stool and it is slightly fragrant. So it is called Duxinggen and Tuqingmuxiang. People living south of the Five Ridges use the drug to treat Gudu (disease due to noxious agents produced by various parasites) secretly and use a name as a substitute: Sanbailiangyinyao (“drug worth 300 taels of silver”). In *Zhouhou Fang*, the drug is recorded as Dulinteng. It is a name based on hearsay, and is not correct.

### [Previous Explanations]

Ma Zhi: Duxinggen grows on ancient dams and at the foot of city





### 【集解】

〔志曰〕独行根生古堤城旁，所在平泽丛林中皆有之。山南名为土青木香，一名兜铃根。蔓生，叶似萝藦而圆且涩，花青白色。其子大如桃李而长，十月以后枯，则头开四系若囊，其中实薄扁似榆荚。其根扁而长尺许，作葛根气，亦似汉防己。二月、八月采根。〔颂曰〕马兜铃今关中、河东、河北、江、淮、夔、浙州郡皆有之。春生苗。作蔓绕树而生。叶如山蓧叶，而厚大背白。六月开黄紫花，颇类枸杞花。七月结实如枣大，状似铃，作四五瓣。其根名云南根，微似木香，大如小指，赤黄色。七八月采实，暴干。

### 实

〔修治〕〔斲曰〕凡采得实，去叶及蔓，以生绢袋盛于东屋角畔，待干劈开，去革膜，取净子焙用。



walls. It is also found in plains, marshland and forests. In the area south of the mountain, it is called Tuqingmuxiang, or Doulinggen. It is a creeping herb. Its leaf is similar to Luomo/herba metaplexis/herb of Japanese metaplexis, but it is rounder and rougher. The flower is blue-green and white. Its fruit is as big as a peach or plum, but it is longer in shape. It withers after the 10th month. At the tip of the fruit, four openings like sacks appear, in which there are thin, flat seeds similar to Yujia/semen ulmi pumilae/seed of Siberian elm. Its root is flat and as long as one *chi*. It smells the same way as Gegen/radix peurariae/root of lobed kudzu vine or Hanfangji/radix aristolochiae heterophyllae/root of yellow mouth Dutchman's pipe. Collect the root in the second and eighth months.

Su Song: Now, Madouling is produced in Guanzhong, Hedong, Hebei, and Jiangzhou, Huaizhou, Kuizhou and Zhezhou prefectures. In spring, a seedling begins to germinate and creeps along a tree. Its leaf is similar to Shanyaoye/foolium dioscoreae/leaf of common yam. It is thick and big with a white back. In the sixth month a yellow and purple flower blooms, very similar to Gouqihua/flos lycii/flower of Barbary wolfberry. In the seventh month, fruit like Dazao/fructus jujubae/Chinese date is borne, which is in the shape of bell with four to five petals. Its root is called Yunnangen, a bit similar to Muxiang/radix aucklandiae/costus root. It is as thick as the little finger and in red yellow color. Collect the fruit in the seventh and eighth months and dry in the sun.

## MADOULING SHI

Dutchman's pipe fruit  
 Fructus aristolochiae

### [Preparation]

Lei Xiao: After the fruit is collected, take off the mixing leaf and vine. Keep it in a tough silk bag and place it in the corner of the eastern room. Break the fruits open when they are dry. Take off the separation membrane in the fruit and the seed. Bake the drug dry.

### [Quality and Taste]

It is bitter, cold and nontoxic.



〔气味〕苦，寒，无毒。〔权曰〕平。〔时珍曰〕微苦、辛。〔杲曰〕味厚气薄，阴中微阳，入手太阴经。

〔主治〕肺热咳嗽，痰结喘促，血痔瘰疮开宝。肺气上急，坐息不得，咳逆连连不止甄权。清肺气，补肺，去肺中湿热元素。

〔发明〕〔时珍曰〕马兜铃体轻而虚，熟则悬而四开，有肺之象，故能入肺。气寒味苦微辛，寒能清肺热，苦辛能降肺气。钱乙补肺阿胶散用之，非取其补肺，乃取其清热降气也，邪去则肺安矣。其中所用阿胶、糯米，则正补肺之药也。汤剂中用多亦作吐，故崔氏方用以吐蛊。其不能补肺，又可推矣。



Zhen Quan: It is plain.

Li Shizhen: It is slightly bitter and pungent.

Li Gao: It has thick taste and thin quality, a drug of Yin with slight Yang. It functions on the Lung Channel of Hand Initial Yin.

### [Indications]

It is good for clearing pathogenic Heat in the Lung so as to stop coughing. It eliminates phlegm retention with asthma and dyspnoea, and treats hemorrhoid with bleeding and fistula.

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

Zhen Quan: It stops incessant coughing with dyspnoea and great uneasiness due to adverse ascending of gas from the Lung.

Zhang Yuansu: It clears the Lung, tones the Lung and eliminates the invading pathogenic Humidity and Heat in the Lung.

### [Explication]

Li Shizhen: Madouling is a fruit that is light and void. When it gets ripe, it opens with four cells, resembling a human lung. So it functions on the Lung Channel. It is cold in quality and slightly bitter and pungent in taste. The cold quality is good to clear away pathogenic Heat in the Lung. The bitter and pungent taste makes it possible to bring down the adverse ascending gas in the Lung. Qian Yi used this drug in his prescription Bufeijiao San (powder to tonify the Lung with Ejjiao/colla corii asini/ass-hide glue).\* The drug is used to clear away the Heat in the Lung, but not to tonify the Lung as the name of the prescription suggests.\*\* Once the patho-

\*Bufeijiao San:

Ejjiao,

Niubangzi/fructus arctii/achene of great burdock,

Zhigancao/radix glycyrrhizae preparata/licuorice root prepared,

Madouling,

Xingren/semen armeniaca amarum/bitter apricot seed, and

Nuomi/oryza glutinosae/polished glutinous rice.

\*\*Bufeijiao means "to tonify the Lung."

〔附方〕旧三，新二。（略）



genic factors resting with the Lung are eliminated, the Lung will resume its normal condition. The Ejiao and Nuomi used in that prescription are drugs to tonify the Lung. When the drug is used in preparing a decoction, it is desired to induce vomiting. Dr. Cui used the drug in that way in his prescription designed to treat Gudu. From this, we can see that the drug is not good to tonify the Lung at all.

**[Prescriptions]**

Three prescriptions collected previously, and two prescriptions collected recently.





## 牵牛子 (别录下品)

### 【释名】

黑丑纲目。草金铃炮炙论。盆甑草纲目。狗耳草救荒。

〔弘景曰〕此药始出田野人牵牛谢药，故以名之。〔时珍曰〕近人隐其名为黑丑，白者为白丑，盖以丑属牛也。金铃象子形，盆甑、狗耳象叶形。段成式酉阳杂俎云，盆甑草蔓如薯蓣，结实后断之，状如盆甑是矣。

### 【集解】

〔弘景曰〕牵牛作藤生花，状如扁豆，黄色。子作小



1897

## QIANNIUZI

Pharbitis

Pharbitis nil (L.) Choisy,

Pharbitis purpurea (L.) Voigt.

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

### [Explanation of Names]

HEICHOU

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

CAOJINLING

— *Lei Gong Paozhi Lun* (*Lei's Treatise on Preparation of Drugs*).

PENZENGCAO

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

GOU'ERCAO

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

Li Shizhen: Qianniuzi (“lead the ox”) has two species. The black one is called Heichou (“black ox”) and the white one is called Baichou (“white ox”), as Chou is a note of the ox. Caojinling (“herbal gold bell”) is a name given to depict the shape of the seed. Penzeng (“basin or pot”) and Gou’er (“dog ear”) are names depicting the shape of the leaf. Duan Chengshi in his book *Youyang Zaju* said: The vine of Penzengcao looks like Shuyu/caulis dioscoreae/vine of common yam. After the fruit is borne, it will break down. It looks like a basin or pot.

### [Previous Explanations]

Tao Hongjing: Qianniuzi is a creeping herb with a yellow flower, which looks like Biandouhua/flos dolichoris/flower of hyacinth bean. The fruit is





房，实黑色，形如棣子核。〔恭曰〕此花似旋花，作碧色，不黄，亦不似扁豆。〔颂曰〕处处有之。二月种子，三月生苗，作藤蔓绕篱墙，高者或二三丈。其叶青，有三尖角。七月生花，微红带碧色，似鼓子花而大。八月结实，外有白皮裹作毬。每毬内有子四五枚，大如荞麦，有三棱，有黑白二种，九月后收之。〔宗奭曰〕花朵如鼓子花，但碧色，日出开，日西萎。其核如木猴梨子而色黑，谓子似荞麦非也。〔时珍曰〕牵牛有黑白二种：黑者处处野生尤多。其蔓有白毛，断之有白汁。叶有三尖，如枫叶。花不作瓣，如旋花而大。其实有蒂裹之，生青枯白。其核与棠棣子核一样，但色深黑尔。白者人多种之。其蔓微红，无毛有柔刺，断之有浓汁。叶团有斜尖，并如山药茎叶。其花小于黑牵牛花，浅碧带红色。其实蒂长寸许，生青枯白。其核白色，稍粗。人亦采嫩实蜜煎为果食，呼为天茄，因其蒂似茄也。



black with an ovary. It is similar to the kernel of Qiuzi.\*

Su Gong: The flower of the herb is similar to Xuanhua/flos calystegiae sepium/flower of hedge glorybind. It is green, not yellow. It does not look like Biandouhua.

Su Song: The herb is found everywhere. Sow the seed in the second month. The seedling begins to germinate in the third month. It creeps along fences or walls. The tall ones can be as long as 20 to 30 *chi*. Its leaf is blue-green with a triangular tip. The flower blooms in the seventh month. It is slightly red and green. It looks like Xuanhua, but it is bigger. In the eighth month, fruit is borne. It is a small white ball in which there are four to five seeds. The seed is as big as Qiaomai/semen fagopyri esculenti/buckwheat in the shape of a triangle. There are two species: One is black and the other white. Collect the drug after the ninth month.

Kou Zongshi: The flower looks like Xuanhua, but it is green. It blooms in the morning and withers at sunset. Its kernel looks like that of Muhoulizi in black color. Su Song said its seed is similar to Qiaomai/semen fagopyri esculenti/buckwheat, but this is wrong.

Li Shizhen: Qianniu has two species. One is black and the other white. The black ones are found everywhere in bulk. The vine is covered with white hair. When it is broken, there is secretion of white juice. Its leaf has three tips, which looks like Fengxiangye/folium liquidambaris/leaf of beautiful sweet gum. The flower does not have petals. It looks like Xuanhua, but is bigger. A calyx covers the fruit, which is blue-green at first and turns white when withered. Its kernel is similar to that of Shanzha/fructus crataegi/hawthorn fruit, but is black. The drug with white fruit is normally planted by farmers. Its vine is a bit red. There is no hair, but there are soft thorns. When it is broken, there is secretion of dense juice. Its leaf is round, but with tip. It looks like the stem and leaf of Shanyao/common yam. Its flower is smaller than the black one. It is light blue-green with red color. The calyx of the fruit is about one *cun*. The fruit is blue-green at first and turns white when withered. Its kernel is white and a bit coarse. People collect the fruit

\*It may refer to Shanzha/fructus crataegi/hawthorn fruit or Xiangshi/fructus quercus acutissimae/fruit of sawtooth oak.



## 子

**【修治】**〔斲曰〕凡采得子，晒干，水淘去浮者，再晒，拌酒蒸，从巳至未，晒干收之。临用舂去黑皮。〔时珍曰〕今多只碾取头末，去皮麸不用。亦有半生半熟用者。

### 【气味】

苦，寒，有毒。

〔权曰〕甘，有小毒。〔洗曰〕多食稍冷。〔杲曰〕辛热雄烈，泄人元气。〔吴明曰〕味莖。得青木香、干姜良。

### 【主治】

下气，疗脚满水肿，除风毒，利小便别录。治痲癖气块，利大小便，除虚肿，落胎甄权。取腰痛，下冷脓，泻蛊



and stew with honey to make a kind of preserved fruit, which is called Tian-qie (“heavenly eggplant”) as the calyx of its fruit looks like that of eggplant.

## QIANNIU ZI

Pharbitis seed

Semen pharbitidis

### [Preparation]

Lei Xiao: Dry the seed just collected in the sun. Rinse it in water and skim off the floating ones. Dry the drug in the sun again. Blend it with wine and steam it from Sishi (9-11 hours) to Weishi (13-15 hours). Dry the drug in the sun and keep it for use. Before using the drug, husk it to get rid of the black capsule.

Li Shizhen: Now, people husk the drug and take off the capsule and ran. Some people use equal amount of the crude and stir-fried drug.

### [Quality and Taste]

It is bitter, cold and toxic.

Zhen Quan: It is sweet and slightly toxic.

Meng Xian: It produces cold if it is taken too much.

Li Gao: It is pungent and hot and works fiercely. It purges one’s Yuanqi (Primordial Vital Energy).

Da Ming: It is astringent. Its function is reinforced if used together with Qingmuxiang and Ganjiang/rhizoma zingiberis/dried ginger.

### [Indications]

It brings down the adverse ascending of gas. It is good for treating puffy edema of feet. It disperses toxin of pathogenic Wind and facilitates urination.

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

Zhen Quan: It eliminates abdominal mass in the shape of a hanging noose and lump due to stagnation of qi. It facilitates stool and urination, eliminates puffy edema and promotes abortion.

Da Ming: It treats lumbago, disperses cold pus, and purges Gudu. It is



毒药，并一切气壅滞大明。和山茱萸服，去水病孟诜。除气分湿热，三焦壅结李杲。逐痰消饮，通大肠气秘风秘，杀虫，达命门时珍。

### 【发明】

〔宗奭曰〕牵牛丸服，治大肠风秘壅结。不可久服，亦行脾肾气故也。〔好古曰〕牵牛以气药引则入气，以大黄引则入血。利大肠，下水积。色白者，泻气分湿热上攻喘满，破血中之气。〔震亨曰〕牵牛属火善走，黑者属水，白者属金。若非病形与证俱实，不胀满、不大便秘者，不可轻用。驱逐致虚，先哲深戒。〔杲曰〕牵牛非神农药也。名医续注云：味苦寒，能除湿气，利小便，治下注脚气。此说



also good for treating all kinds of accumulation and stagnation of qi.

Meng Xian: Take the drug together with Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry. It is good for treating fluid-retention.

Li Gao: It eliminates pathogenic Humidity and Heat resting with the qi and dissolves accumulation and stagnation in the Sanjiao.

Li Shizhen: It disperses phlegm and fluid-retention, dredges through constipation due to excessive qi or due to invading pathogenic Wind, kills worms, and reaches the Mingmen (Gate of Life).

### [Explication]

Kou Zongshi: Make pills with Qianniuzi/semen pharbitidis/pharbitis seed. Take the pills to treat constipation due to invading pathogenic Wind and accumulation in the Large Intestine. But it should not be taken over a long time, as it also accelerates the circulation of qi in the Spleen and Kidney.

Wang Haogu: When guided by drugs functioning on the qi system, Qianniuzi also functions on the qi system. When assisted by Dahuang/radix et rhizoma rhei/rhubarb, it functions on the blood system. It facilitates the function of the Large Intestine and purges fluid retention. The white drug is good for treating asthma with dyspnoea due to ascending of pathogenic Humidity and Heat resting with the qi system. It disperses the accumulation of qi resting in the blood.

Zhu Zhenheng: Qianniuzi is a drug that pertains to Fire. This means it is a drug that moves swiftly in the body. The black drug pertains to the Water and the white one pertains to the Metal. The drug should not be used unless there is an excessive overall condition with distention and constipation. If it is dispersing and expelling too much, it will cause general debility and deficiency. This is what the ancient scholars had warned us. We have to be cautious.

Li Gao: Qianniuzi is not a drug recorded in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

The book *Mingyi Xuzhu* says that Qianniuzi, bitter and cold, is good to disperse pathogenic Humidity and facilitate urination. It treats beriberi due to downward flowing of pathogenic factors. But this is not correct, not only



气味主治俱误矣。何也？凡用牵牛，少则动大便，多则泄下如水，乃泻气之药。其味辛辣，久嚼猛烈雄壮，所谓苦寒安在哉？夫湿者水之别称，有形者也。若肺先受湿，湿气不得施化，致大小便不通，则宜用之。盖牵牛感南方热火之化所生，火能平金而泄肺，湿去则气得周流。所谓五脏有邪，更相平也。今不问有湿无湿，但伤食或有热证，俱用牵牛克化之药，岂不误哉？况牵牛止能泄气中之湿热，不能除血中之湿热。湿从下受之，下焦主血，血中之湿，宜苦寒之味，反以辛药泄之，伤人元气。且牵牛辛烈，比之诸辛药，泄气尤甚，其伤人必矣。经云：辛泄气，辛走气，辛泄肺，气病者无多食辛。况饮食失节，劳役所伤，是胃气不行，心火乘之。肠胃受火邪，名曰热中。脾胃主血，当血中泄火。以黄



in quality and taste, but also in its therapeutic function. Actually, when Qianniuzi is used in small dosage, it will loosen the bowels. If it is overdosed, it will bring excessive watery stool. It is a drug that purges qi. It is pungent and hot. If it is chewed for a long time, one will feel its strong function. How could it be bitter and cold? Humidity is another name of Water, which is a concrete pathogenic factor with shape. When the Lung is encroached by pathogenic Humidity, normal circulation of Water is hampered. This leads to constipation and dysuria. To treat such a case, Qianniuzi should be used. This is because Qianniuzi is evolved from the Heat and Fire of the south. Fire is a factor that pacifies the Metal and purges the Lung. Once pathogenic Humidity is eliminated, normal circulation of qi will be restored. This is to say, the drug regulates and disperses the pathogenic factors resting with the Five Viscera. But in the above record, it says that whenever there is indigestion of Heat, no matter whether there is pathogenic Humidity or not, the drug can be used as it is a drug that disperses and dissolves. This will certainly lead to malpractice. What is more, Qianniuzi is good to disperse the pathogenic Humidity in the evanescent qi. It cannot dissolve the pathogenic Humidity and Heat in the blood. Generally speaking, pathogenic Humidity invades the human body from the lower portion. Xiajiao controls the blood. So when the blood is invaded by pathogenic Humidity, it should be dispersed by drugs of bitter taste and cold quality. But if Qianniuzi, a drug of pungent taste and hot quality, is given, wishing to disperse Humidity, it will hurt Yuanqi. Moreover, Qianniuzi is a drug that has even stronger function than other drugs of pungent taste; it may purge Yuanqi even more severely than other pungent drugs. So the use of the drug will surely damage the health of the patient. As the classic goes, a drug of pungent taste purges the qi, promotes the flow of qi and purges the Lung. A patient suffering from qi disorder should not have drugs of pungent taste. Also, when the patient is overstrained by hard labor and fatigue with improper intake of food, Stomach qi can no longer permeate normally. At this time, Fire in the Heart will encroach. When the Intestine and Stomach are threatened by the pathogenic Fire, it is a syndrome called Rezhong (“Heat at the interior”). As the Spleen and Stomach dominates the blood, treatment should be the purgation of pathogenic Heat in the blood.





芩之苦寒泄火，当归身之辛温和血，生地黄之苦寒凉血益血，少加红花之辛温以泄血络，桃仁之辛温除燥润肠。仍不可专用，须于补中益气泄阴火之药内加而用之。何则？上焦元气已自虚弱，若反用牵牛大辛热气味俱阳之药，以泄水泄元气，利其小便，竭其津液，是谓重虚，重则必死，轻则夭人。故张文懿云：牵牛不可耽嗜，脱人元气。见人有酒食病痞者，多服牵牛丸散，取快一时。药过仍痞，随服随效，效后复痞。以致久服脱人元气，犹不知悔也。张仲景治七种湿热，小便不利，无一药犯牵牛者。仲景岂不知牵牛能泄湿利小便乎？为湿病之根在下焦，是血分中气病。不可用辛辣之药，泄上焦太阴之气。是血病泻气，使气血俱损也。经云，毋盛盛，毋虚虚，毋绝人长命，此之谓也，用者戒之。白牵



The following drugs can be adopted:

— Huangqin/radix scutellariae/root of baikal skullcap, bitter and cold, purges Fire;

— Danggui/radix angelicae sinensis/root of Chinese angelica, pungent and warm, can be given to harmonize the blood;

— Shengdihuang/radix rehmanniae/root of rehmannia, bitter and cold, cools the Heat in the blood and nourishes the blood;

— a little Honghua/flos cathami/safflower, pungent and warm, to purge the pathogenic factors in the blood and Collaterals; and

— a little Taoren/semen persicae/peach seed, pungent and warm, to eliminate the Dryness and moisten the Intestine.

The above drugs cannot be used independently. They should be added to a group of drugs designed to tonify the interior and reinforce the qi and to purge the Fire of Yin nature. This is because Yuanqi in Shangjiao is already deficient and weak. If Qianniuzi, a drug of excessive pungent taste and hot quality of Yang nature, is to be used to purge the Water and the Yuanqi by facilitating the urination, it is actually exhausting his body fluid. This is called “purging the deficiency,” a malpractice. In a more severe case, the patient will die and in a minor case, the patient still suffers a lot and may die later.

Zhang Wenyi: People should not be addicted to Qianniuzi. I know of a person who suffered from stagnation of qi syndrome due to alcoholism. He was given pills and powder made of Qianniuzi. It works only shortly. Afterwards, the stagnation of qi syndrome came back again. So another dose was given and it worked again. But the stagnation of qi syndrome resumed later. Long-term use purged his Yuanqi. The patient still did not know of the harm. Master Zhang Zhongjing had seven prescriptions designed for treatment of a syndrome due to invading pathogenic Humidity and Heat, but Qianniuzi was not used in any of them. How could the Master not know that Qianniuzi had the function of purging Humidity and facilitating the urination? This is because Humidity was at Xiajiao, an ailment due to disorder of qi in the blood. Drugs of pungent taste should not be adopted to purge the qi of the Initial Yin (the Lung). This is a practice to purge the qi when the blood is diseased. In this way, both the blood and the qi are dam-



牛亦同。〔时珍曰〕牵牛自宋以后，北人常用取快。及刘守真、张子和出，又倡为通用下药。李明之目击其事，故著此说极力辟之。然东汉时此药未入本草，故仲景不知。假使知之，必有用法，不应捐弃。况仲景未用之药亦多矣。执此而论，盖矫枉过中矣。牵牛治水气在肺，喘满肿胀，下焦郁遏，腰背胀重，及大肠风秘气秘，卓有殊功。但病在血分，及脾胃虚弱而痞满者，则不可取快一时，及常服暗伤元气也。一宗室夫人，年几六十。平生苦肠结病，旬日一行，甚于生产。服养血润燥药则泥膈不快，服消黄通利药则若罔知，如此三十余年矣。时珍诊其人体肥膏粱而多忧郁，日吐酸痰碗许乃宽，又多火病。此乃三焦之气壅滞：有升无降，



aged. The classic says: Do not tonify an excessive syndrome, and do not purge a deficient condition. In this way, it is shortening the life of the patient. Doctors should be cautious in the use of Qianniuzi. The above analysis is also suitable for Baichou.

Li Shizhen: Since the Song Dynasty (960-1279), people in the north had always been using Qianniuzi to achieve a quick response. Doctors Liu Shouzhen and Zhang Zihe all advocated that the drug can be used as a conventional drug of purgation. Li Gao, who witnessed malpractices resulting from the use of Qianniuzi, gave warnings to later doctors regarding the use of Qianniuzi. His reasoning is recorded above. But during the Eastern Han Dynasty (25-220), Master Zhang Zhongjing did not know the drug, as *Shen Nong Bencao Jing* did not have such an entry. If the Master had known it, there must be ways of using the drug. So this drug should not be abandoned. There are so many drugs Master Zhang Zhongjing did not use, so how could we abandon all of them? Li Gao must have put too much emphasis on the harmful effects of Qianniuzi. The drug has excellent functions in treating asthma with fullness, distention and swelling due to invading pathogenic Water in the Lung. It is also very effective in treating constipation due to disorder of qi and due to invading pathogenic Wind and lumbago with distention of the lumbar region and the back due to stagnation at Xiajiao. But it is not suitable to treat diseases due to disorder of the blood system or stagnation of qi syndrome due to debilitated and deficient condition of the Spleen and Stomach. It should not be used alone as it may bring temporary relief. Long-term use may also damage the Yuanqi. Hereunder is a case report of my personal experience: A lady of a noble family, nearly 60, had been suffering from constipation nearly all her life. She could have a stool every 10 days and each time she suffered a lot, and it was even worse than baby delivery. Drugs to nourish the blood and moisten the Dryness had been adopted, but this hampered the appetite and did not seem to loosen the bowels. Drugs such as Mangxiao/natrii sulfas/mirabilite and Dahuang/radix et rhizoma rhei/rhubarb were given as purgatives, but they did not work. When I examined the patient, I found her to be of plump build, normally having delicacies and oily food. She also had plenty of melancholy. Every day she spat out one bowl of sour saliva and phlegm.



津液皆化为痰饮，不能下滋肠腑，非血燥此也。润剂留滞，消黄徒入血分，不能通气，俱为痰阻，故无效也。乃用牵牛末皂荚膏丸与服，即便通利。自是但觉肠结，一服就顺，亦不妨食，且复精爽。盖牵牛能走气分，通三焦。气顺则痰逐饮消，上下通快矣。外甥柳乔，素多酒色。病下极胀痛，二便不通，不能坐卧，立哭呻吟者七昼夜。医用通利药不效。遣人叩予。予思此乃湿热之邪在精道，壅胀隧路，病在二阴之间，故前阻小便，后阻大便，病不在大肠、膀胱也。乃用楝实、茴香、穿山甲诸药，入牵牛加倍，水煎服。一服而减，三服而平。牵牛能达右肾命门，走精隧。人所不知，惟东垣李明之知之。故明之治下焦阳虚天真丹，用牵牛以盐水



Then she felt a bit relieved. She was also apt to have inflammations. Diagnosis: This is due to the stagnation of qi in the Sanjiao. The qi ascended but could not circulate downward. The body fluid all evolved into saliva and phlegm. In this way, it failed to moisten the lower portion, thus causing the hardened constipation. It was not a case of Dryness in the blood. Drugs of moistening quality would only retain the normal movement of vowels. Mangxiao and Dahuang only functioned on the blood system and did not function on the qi system due to obstruction of fluid retention. Treatment: I prescribed pill and ointment made of powder of Qianniuzi and Zaojia. The constipation was dredged through. From then on, whenever she felt any difficulty, she took the drugs, and it worked every time. She could eat normally and gradually became vigorous. This is because Qianniuzi is a drug that functions on the qi system and dredges through the Sanjiao. Once the qi is regulated and circulated normally, phlegm retention is eliminated and normal function of the upper part and lower part (the intestine) resumes. Another case: Liu Qiao, one of my nephews, was addicted to alcohol and women. One day he began to suffer from extreme distention of the abdomen with constipation and dysuria. He could not sit or lie quietly and kept standing and crying for seven whole days and nights. Other doctors had treated him with purgatives, but they did not work. He asked someone to come to me and requested me to go to treat him. After examination, I found that the ailment was due to obstruction of pathogenic Humidity and Heat in the spermatic duct. The pathological condition lay between the anus and the genitals, obstructing urination at the front and the stool at the back. The pathological condition was not related to the Large Intestine or the Urinary Bladder. The following drugs were prescribed:

Chuanlianzi/fructus toosendan/fruit of Szechwan chinaberry,  
 Huixiang/fructus foeniculi/fennel fruit,  
 Chuanshanjia/squama manitis/pangolin scales, and  
 Qianniuzi, double dosed.

The above drugs were stewed with water to make a decoction. One dose of the decoction reduced the trouble significantly and three doses ended the ailment completely. Qianniuzi is a drug that can reach the right Kidney [the Mingmen (Gate of Life)] and functions on the spermatic duct.

炒黑，入佐沉香、杜仲、破故纸、官桂诸药，深得补泻兼施之妙。方见医学发明。又东垣治脾湿太过，通身浮肿，喘不得卧，腹如鼓，海金沙散，亦以牵牛为君。则东垣未尽弃牵牛不用，但贵施之得道耳。

【附方】

旧八，新三十三。（略）





Nobody knows that except Li Gao. Li had a prescription named Tianzhen Dan designed to treat Yang deficiency of the Xiajiao. The following drugs are given:

Qianniuzi, stir-fried together with salt water until it turns black,  
 Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood,  
 Duzhong/cortex eucommiae/eucommia bark,  
 Poguzhi/fructus psoraleae/fruit of malaytea scurfpea, and  
 Guangui/cortex cinnamomi/cassia bark.

This is a prescription based on the subtle understanding of toning and purgation. It works. The prescription can be found in the book *Yixue Faming (Explorations of Medicine)*. Li Gao had another prescription called Haijinsha San (Powder of Haijinsha/spora lygodii/spores of Japanese climbing fern), which is designed to treat puffy edema with asthma due to excessive Humidity in the Spleen that makes the patient unable to lie down, and with a very distended abdomen. In this prescription, Qianniuzi is used as the principal drug. From the above two prescriptions, we can see that Li Gao, though warning us of the harm of Qianniuzi, did not abandon the use of the drug. The most important thing is to use it properly.

### [Prescriptions]

Eight prescriptions collected previously, and  
 33 prescriptions collected recently.



## 紫葳（本经中品）

### 【释名】

凌霄苏恭。陵苕别录。陵时郭璞。女葳甄权。菱华别录。武威吴普。瞿陵吴普，鬼目吴氏

〔时珍曰〕俗谓赤艳曰紫葳葳，此花赤艳，故名。附木而上，高数丈，故曰凌霄。

### 【正误】

〔弘景曰〕是瞿麦根，方用至少。博物志云：郝晦行太





## ZIWEI

Chinese trumpet creeper

*Campsis grandiflora* (Thunb.) Loisel

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

### [Explanation of Names]

LINGXIAO

— Su Gong.

LINGZHAO

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

LINGSHI

— Guo Pu.

NÜWEI

— Zhen Quan.

BAHUA

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

WUWEI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

QULING

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

GUIMU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Li Shizhen: Colloquially flower of bright red color is called Ziweiwei. As this flower is bright red, so it has such a name. It creeps along the wood and may reach several dozen *chi*. So it is also called Lingxiao (“creeping up to the sky”).

### [Corrections]

Tao Hongjing: Ziwei is actually Qumaigen/radix dianthi/root of lilac



行山北，得紫葳华。必当奇异，今瞿麦处处有之，不应乃在太行山。〔恭曰〕紫葳、瞿麦皆本经药，体性既乖，生处亦不相关。尔雅云：苕，一名陵苕。郭璞注云：一名陵时。又名凌霄，此为真也。〔颂曰〕孔颖达诗疏亦云：苕一名陵时。今本草无陵时之名，惟鼠尾草有之。岂所传不同，抑陶、苏之误耶？〔时珍曰〕按吴氏本草：紫葳一名瞿陵。陶弘景误作瞿麦字尔。鼠尾止名陵翘，无陵时，苏颂亦误矣。并正之。

### 【集解】

〔别录曰〕紫葳生西海川谷及山阳。〔恭曰〕此凌霄花也。连茎叶用。诗云：有苕之华，云其黄矣。尔雅云：陵苕：黄华，葍；白华，芟。山中亦有白花者。〔颂曰〕今处处皆有，多生山中，人家园圃亦或栽之。初作蔓生，依大木，久延至巅。其花黄赤，夏中乃盛。今医家多采花干之，入女科药用。〔时珍曰〕凌霄野生，蔓才数尺，得木而上，



pink. It is seldom used in medicine.

The book *Bowu Zhi*: While Mr. Hao Hui was traveling north of the Taihang Mountains, he found Ziweihua. He felt surprised to find the herb there. But now Qumai can be found everywhere. It should not be limited to the Taihang Mountains only.

Su Gong: Both Qumai and Ziwei are drugs recorded in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). But they are drugs with different therapeutic functions and shapes and grow in different locations. They should not be mixed up.

The book *Er Ya*: Another name for Zhao is Lingzhao. Gu Pu annotated: Another name is Lingshi, or Lingxiao. And this is the genuine drug.

Su Song: Kong Yingda in his book *Shi Shu* said: Zhao has another name, Lingshi. But now, the name Lingshi cannot be found in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). But this name is found in the drug Shuweicao. Is it because the names are of different origin or the names are put in the wrong way by Tao Hongjing and Su Song?

Li Shizhen: According to *Wu Pu Bencao*, Ziwei has another name, Quling. It is a mistake made by Tao Hongjing to say that the drug is really Qumai. Shuweicao only has the name Lingqiao, but not Lingshi. Su Song is wrong, too.

### [Previous Explanations]

Ziwei grows in the mountain valleys in Xihai and Shanyang.

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

Su Gong: This is Lingxiaohua. The flower, stem and leaf are used as a drug. The poem goes that the flower of Zhao is yellow.

The book *Er Ya*: Lingzhao with a yellow flower is called Biao and that with a white flower is called Ba. It is found in mountains.

Su Song: Now the herb is found in the mountains everywhere. Sometimes it is found in the gardens of farmers. At first, a vine grows and then creeps along the big tree. Finally it creeps to the top of the tree. Its flower is yellow and red and flourishes in summer. Doctors collect the flowers and dry them. It is a good drug for women's diseases.

Li Shizhen: Lingxiao grows in the wild with vines as long as several *chi*. It



即高数丈，年久者藤大如杯。春初生枝，一枝数叶，尖长有齿，深青色。自夏至秋开花，一枝十余朵，大如牵牛花，而头开五瓣，赭黄色，有细点，秋深更赤。八月结荚如豆荚，长三寸许，其子轻薄如榆仁、马兜铃仁。其根长亦如兜铃根状，秋后采之，阴干。

## 花

根同。

〔气味〕酸，微寒，无毒。〔普曰〕神农、雷公、岐伯：辛。扁鹊：苦、咸。黄帝：甘，无毒。〔权曰〕畏卤硷。〔时珍曰〕花不可近鼻闻，伤脑。花上露入目，令人昏蒙。

〔主治〕妇人产乳余疾，崩中，癥瘕血闭，寒热羸瘦，养胎本经。产后奔血不定，淋漓，主热风风痢，大小便不



creeps along a tree and grows up to several dozen *chi*. After long years, the rat-tan can be as thick as a cup. In early spring, a stem grows with several leaves, which are long, pointed and covered with saw teeth on the edges. It is dark blue-green. The flower blooms from summer to autumn. More than 10 flowers flock together. They look like Qiannihua, but with five petals of brown yellow color and fine dots. In late autumn, it turns red. In the eighth month, a pod appears about three *cun* long. Its seed is small and light, similar to Yuren/seed of Siberian elm or Madouling. Its root is long and looks like Madouling. Collect the drug in late autumn and dry in the shade.

### ZIWEIHUA

Flower of Chinese trumpet creeper

Flos campsis grandiflorae

### ZIWEIGEN

Root of Chinese trumpet creeper

Radix campsis grandiflorae

(The flower and root have the same quality, taste and indication)

### [Quality and Taste]

It is sour, slightly cold and nontoxic.

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

Zhen Quan: It is incompatible to Lujian/crystallus bittern/bittern crystal.

Li Shizhen: The flower should not be smelt close to the nostril, lest it hurt the brain. If the dew on the flower enters the eye, it causes dim vision.

### [Indications]

It is good for treating puerperal diseases, metrorrhagia and metrostaxis, hard mass and stagnation of blood, fever and chills and emaciation. It nourishes the fetus.

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

Zhen Quan: It is good for controlling the rampant rushing of blood in



1920

利，肠中结实甄叔。酒醪热毒风刺风，妇人血膈游风，崩中  
带下大明。

### 茎叶

〔气味〕苦，平，无毒。

〔主治〕痿躄，益气别录。热风身痒，游风风疹，瘀血  
带下。花及根功同大明。治喉痹热痛，凉血生肌时珍。

### 【发明】

〔时珍曰〕凌霄花及根，甘酸而寒，茎叶带苦，手足厥  
阴经药也。行血分，能去血中伏火。故主产乳崩漏诸疾，及  
血热生风之证也。

### 【附方】

旧一，新十三。（略）



puerperium. It stops stranguria with urinary dripping, and treats epilepsy due to attack of pathogenic Heat and Wind, and constipation of dysuria with excess in the intestine.

Da Ming: It treats rosacea due to attack of pathogenic Heat and Wind and acne, and erysipelas due to blood stasis in a woman's diaphragm. It is good for treating metrorrhagia, metrostaxis and leucorrhea.

## STEM AND LEAF OF CHINESE TRUMPET CREEPER

Caulis et folium campsis grandiflorae

### [Quality and Taste]

It is bitter, plain and nontoxic.

### [Indications]

It is good for treating paralysis. It reinforces the qi.

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

Da Ming: It is good for treating bodily itching due to attack of pathogenic Heat and Wind, wandering erysipelas and rubella. It dissolves blood stasis and treats leucorrhea. The flower and root of the herb have the same function.

Li Shizhen: It is good for treating throat inflammation with pain and burning sensation. It cools the blood and helps produce muscle.

### [Explication]

Li Shizhen: Lingxiaohua and its root, sweet, sour and cold (it is a bit bitter in the stem and leaf), is a drug functioning on the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. It circulates in the blood and is good to eliminate the hidden Fire in the blood. So the drug is good for treating women's diseases, such as metrorrhagia and metrostaxis and puerperal diseases, and eliminating the pathogenic Wind originating from the blood overwhelmed by pathogenic Heat.

### [Prescriptions]

One prescription collected previously, and  
13 prescriptions collected recently.



## 栝楼（本经中品）

### 【释名】

果羸音裸。瓜蒌纲目。天瓜别录。黄瓜别录。地楼本经。泽姑别录。根名白药图经。天花粉图经。瑞雪

〔时珍曰〕羸与蓏同。许慎云：木上曰果，地下曰蓏。此物蔓生附木，故得兼名。诗云，果羸之实，亦施于宇，是矣。栝楼即果羸二字音转也，亦作蓏蓏，后人又转为瓜蒌，





## GUALOU

Snake gourd

*Trichosanthes kirilowii* Maxim.,

*Trichosanthes japonica* Regel.,

*Trichosanthes rosthornii* Harms.

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

### [Explanation of Names]

GUOLUO

GUALOU

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

TIANGUA

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

HUANGGUA

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

DILOU

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

ZEGU

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

BAIYAO (the root)

— *Tujing Bencao (Illustrated Materia Medica)*.

TIANHUAFEN (the root)

— *Tujing Bencao (Illustrated Materia Medica)*.

RUIXUE

Li Shizhen: *Shuowen Jiezi (Book of Philology by Xu Shen)* — The fruit on the wood is called Guo, and that in the earth is called Luo. Gualou is an herb that is attached to the wood, so its name is composed of both the characters Guo and Luo. The present name Gualou (栝楼) is evolved from the term Guoluo. The name is also written as 瓜蒌 (Gualou). This name is

愈转愈失其真矣。古者瓜姑同音，故有泽姑之名。齐人谓之天瓜，象形也。雷斅炮炙论，以圆者为栝，长者为楼，亦出牵强，但分雌雄可也。其根作粉，洁白如雪，故谓之天花粉。苏颂图经重出天花粉，谬矣。今削之。

### 【集解】

〔别录曰〕栝楼生弘农川谷及山阴地。根入土深者良。生鹵地者有毒。二月、八月采根晒干，三十日成。〔弘景曰〕出近道。藤生，状如土瓜而叶有叉。入土六七尺，大二三围者，服食亦用之。实入摩膏用。〔恭曰〕出陕州者，白实最佳。〔颂曰〕所在有之。三四月生苗，引藤蔓。叶如甜瓜叶而窄，作叉，有细毛。七月开花，似壶卢花，浅黄色。结实在花下，大如拳，生青，至九月熟，赤黄色。其形有正圆者，有锐而长者，功用皆同。根亦名白药，皮黄肉白。





even further away from the original. As in ancient times the character Gua and Gu were pronounced in the same way, the drug is also named Zegu. People living in qi called it Tiangua (“heavenly melon”), a name depicting its shape. *Lei Gong Paozhi Lun* says the round fruit is called Gua and the long fruit Lou. This is farfetched. But it is all right to differentiate the fruit into male and female. When the root of the drug is made into powder, it is as white as snow. And this is why the root of the drug is called Tianhuafen (“powder of the heavenly flakes”). *Tujing Bencao* has another entry of Tianhuafen. It is a redundancy. So, in this edition, Tianhuafen is included in the same clause of Gualou.

### [Previous Explanations]

Gualou grows in the mountain valleys and shady land of Hongnong. The herb with its root penetrating deeply into the earth is the best. That growing on a land rich of Lujian/crystallus bittern/bittern crystal is toxic. Collect the root in the second and eighth months and dry in the sun. Use the drug after 30 days.

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

Tao Hongjing: The herb is found in nearby places. It is a creeping herb. Its leaf is similar to Tugua/fructus trichosanthis cucumeroidis/fruit of Japanese snake gourd, but with forks. The root penetrates into the earth for six to seven *chi*. It is as thick as several fingers. It can be used in making alchemical drugs. People grind the fruit to make ointment.

Su Gong: The herb produced in Shanzhou has a white and solid root. It is the best drug.

Su Song: The herb is found everywhere. The seedling begins to grow in the third and fourth months. Then, the vine begins to develop. Its leaf is similar to Tiangua/folium melo/muskmelon leaf. But it is narrower, with forks, and covered with fine hair. The light yellow flower, which blooms in the seventh month, looks like Huluhua/flos largenariae depressae/flower of depressed bottle gourd. Fruit forms under the flower as big as a fist. It is blue-green at first and turns red-yellow in the ninth month when it gets ripe. The shape of the fruit can be fully round or can be longer and pointed. Both of them have the same therapeutic functions. Its root is also called Baiyao,



〔时珍曰〕其根直下生，年久者长数尺。秋后掘者结实有粉。夏月掘者有筋无粉，不堪用。其实圆长，青时如瓜，黄时如熟柿，山家小儿亦食之。内有扁子，大如丝瓜子，壳色褐，仁色绿，多脂，作青气。炒干捣烂，水熬取油，可点灯。

## 实

〔修治〕〔斲曰〕凡使皮子茎根，其效各别。其栝，圆黄皮厚蒂小；楼则形长赤皮蒂粗。阴人服楼，阳人服栝。并去壳皮革膜及油。用根亦取大二三围者，去皮捣烂，以水澄粉用。

〔时珍曰〕栝楼古方全用，后世乃分子瓢各用。

〔气味〕苦，寒，无毒。〔时珍曰〕味甘，不苦。



which is yellow outside and white inside.

Li Shizhen: The root of the herb grows directly downward. After several years, the root can be as long as several *chi*. Dig out the root in late autumn. Such a root is full of powder. The root that is dug in summer only has fibers, but no powder, and it cannot be used as a drug. Its fruit is round and long, which is similar to melon when it is blue-green and similar to ripe Shizi/fructus kaki/fruit of persimmon when it turns yellow. Children living in the mountain villages eat the fruit. Inside, there are flat seeds as big as Siguazi/semen luffae/luffa seed. The capsule is brown and the kernel is green. It is oily and emits a kind of fresh odor. Stir-fry the seed and then grind it into powder. Stew the powder in water and gather oil, which can be used to light the lamp.

## GUALOUSHI

Snake gourd fruit

Fructus trichosanthis

### [Preparation]

Lei Xiao: The peel, seed, stem and root all have different therapeutic functions. One kind of the herb is called Gua. It has round fruit of yellow color with thick peel and a small calyx. Another kind is called Lou, which is long, red and with a big calyx. People with a prevalence of Yin should have Lou and people with prevalence of Yang should have Gua. In the preparation of the fruit, take off the peel, inner separation and oil. If the root is to be used, select those that are as thick as several fingers. Peel the root and pound it into paste. Blend the paste in water and filter the decoction to get the powder.

Li Shizhen: In ancient prescriptions, when Gualou was to be used, all the fruit, including the peel, pulp and seed, were used. But in recent times, the pulp (the fruit) and the seed are used separately.

### [Quality and Taste]

It is bitter, cold and nontoxic.

Li Shizhen: It is sweet, and not bitter.



〔主治〕胸痹，悦泽人面别录。润肺燥，降火，治咳嗽，涤痰结，利咽喉，止消渴，利大肠，消痈肿疮毒时珍。子：炒用，补虚劳口干，润心肺，治吐血，肠风泻血，赤白痢，手面皱大明。

〔发明〕〔震亨曰〕栝楼实治胸痹者，以其味甘性润。甘能补肺，润能降气。胸中有痰者，乃肺受火逼，失其降下之令。今得甘缓润下之助，则痰自降，宜其为治嗽之要药也。且又能洗涤胸膈中垢腻郁热，为治消渴之神药。〔时珍曰〕张仲景治胸痹痛引心背，咳唾喘息，及结胸满痛，皆用栝楼实。乃取其甘寒不犯胃气，能降上焦之火，使痰气下降也。成无己不知此意，乃云苦寒以泻热。盖不尝其味原不



### [Indications]

It is good for treating Xiongbi (chest obstruction with pain and stuffiness). It improves and brightens the complexion.

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

Li Shizhen: It moistens Lung Dryness and brings down Fire. It is good for treating coughing, dispersing accumulation of phlegm, facilitating throat and quenching thirst in diabetes and facilitating the operation of the Large Intestine. It eliminates carbuncle, swelling and pyogenic infection.

Da Ming: Stir-fry the seed. It quenches thirst due to consumptive disease. It moistens the Heart and Lung. It is effective to stop hematemesis, hemochezia and dysentery with bloody and whitish discharge. It opens up the creases on the face and hand.

### [Explication]

Zhu Zhenheng: Gualou is good for treating Xiongbi (chest obstruction with pain and stuffiness). This is because the drug is sweet and moistening. The sweet drug is good to tonify the Lung condition and its moistening quality is good to bring down the adverse ascending gas. When there is accumulation of phlegm in the chest, it is caused by the rampant fire that is threatening the Lung. Thus, the Lung loses its function of bringing down the pathogens. When a drug of sweet taste and moistening quality is given, the Fire is eliminated and phlegm is brought down. So Gualou is a drug that treats coughing effectively. The drug is also good to eliminate the pentup Heat and greasy substances in the chest. So it is also a wonder drug to quench thirst in diabetes.

Li Shizhen: Master Zhang Zhongjing used Gualou in his treatment of Xiongbi (chest obstruction with pain and stuffiness) with referred pain to the heart and the back, or in treating coughing and asthma with the spitting of phlegm, or in treating Jiexiong (blocked-up chest) with fullness and pain. This is because Gualou is a drug that is sweet and cold, but it does not hurt the Stomach and it can bring down the Fire resting in the Shangjiao, thus bringing the phlegm accumulation to descend. But in his explanation of Gualou, Cheng Wuji, who did not know this, said that the bitter taste and cold quality of the drug made it possible to purge the Heat. But he did





苦，而随文傅会尔。

〔附方〕旧十二，新二十八。（略）

### 根

〔修治〕天花粉〔周定王曰〕秋冬采根，去皮寸切，水浸，逐日换水，四五日取出，捣泥，以绢袋滤汁澄粉，晒干用。

〔气味〕苦，寒，无毒。〔时珍曰〕甘、微苦、酸，微寒。〔之才曰〕枸杞为之使。恶干姜。畏牛膝、干膝。反乌头。

〔主治〕消渴身热，烦满大热，补虚安中，续绝伤本经。除肠胃中痼热，八疸身面黄，唇干口燥短气，止小便



not try the drug. It is not bitter at all. His explanation merely followed the original record.

### [Prescriptions]

Twelve prescriptions collected previously, and  
28 prescriptions collected recently.

### GUALOU GEN

Snake gourd root  
Radix trichosanthis

### [Preparation]

Zhou Dingwang: Collect the root of the herb in autumn and winter. Peel the drug and cut it into segments of one *cun* each. Soak them in water, changing daily. Take the drug out after four to five days and pound it into paste. Keep the paste in a tough silk sack and filter it repeatedly to get sediment. Dry this in the sun and it is ready for use.

### [Quality and Taste]

It is bitter, cold and nontoxic.

Li Shizhen: It is sweet, slightly bitter, sour and slightly cold.

Xu Zhicai: Gouqizi/fructus lycii/ripe fruit of Barbary wolfberry can be used as its guiding drug. It is mutually inhibiting to Ganjiang/rhizoma zingiberis/dried ginger. It is incompatible to Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes and Ganqi/lacca sinica exsiccatae/dried lacquer. It is contradictory to Wutou/radix aconiti/Sichuan aconite root.

### [Indications]

It is good for treating diabetes with body fever, or with great fever and restlessness. It tonifies the deficiency and pacifies the interior. It is good for knitting broken and damaged bone.

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

It eliminates the obstinate Heat resting with the Intestines and Stomach. It treats jaundice of eight kinds with yellowish face and body; dry lips,



利，通月水别录。治热狂时疾，通小肠，消肿毒，乳痈发背，痔瘻疮疖，排脓生肌长肉，消扑损瘀血大明。

〔发明〕〔恭曰〕用根作粉，洁白美好，食之大宜虚热人。〔杲曰〕栝楼根纯阴，解烦渴，行津液。心中枯燥者，非此不能除。与辛酸同用，导肿气。〔成无己曰〕津液不足则为渴。栝楼根味苦微寒，润枯燥而通行津液，是为渴所宜也。〔时珍曰〕栝楼根味甘微苦酸。其茎叶味酸。酸能生津，感召之理，故能止渴润枯。微苦降火，甘不伤胃。昔人只言其苦寒，似未深察。

〔附方〕旧十二，新十三。（略）



parched oral cavity and shortness of breath. It stops incontinence and restores menstruation.

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

Da Ming: It is good for treating epidemic disease with fever and mania. It facilitates the function of the Small Intestine, eliminates pyogenic infection, and treats acute mastitis and lumbar dorsal carbuncle hemorrhoid and fistula, sores and furuncle. It dispels pus, promotes growth of muscle and flesh, and dissolved blood stasis due to physical damage and injury.

### [Explication]

Su Gong: Grind the root into powder. Such a white and pleasant-looking powder is beneficial to people who are weak and debilitated, but with invading pathogenic Heat.

Li Gao: Gualougen is a drug of pure Yin. It quenches thirst and facilitates flow of the body fluid. It is especially effective to a person with total exhaustion in the Heart. When the drug is used together with drugs of pungent and sour taste, it works to lead away the toxin in a pyogenic infection.

Cheng Wuji: When there is insufficiency of the body fluid, the patient must feel thirsty. Gualougen, bitter in taste and slightly cold in quality, moistens the dry and withering condition and promotes the flow of the body fluid. So, it is a drug good to quench the thirst.

Li Shizhen: Gualougen is sweet, slightly bitter and sour. Its stem and leaf are sour. A drug of sour taste promotes the germination of the body fluid. So it is good to quench thirst and a withering condition. As it is slightly bitter, it brings down the rampant Fire. And it does not hurt the Stomach (appetite) as it is sweet. Annotators in the past only mentioned that the drug was bitter and cold. They failed to explore the drug in detail.

### [Prescriptions]

Twelve prescriptions collected previously, and  
13 prescriptions collected recently.



## 王瓜（本经中品）

### 【释名】

土瓜本经。钩藟郭璞。老鸦瓜图经。马爬瓜爬音雹。赤雹子衍义。野甜瓜纲目。师姑草土宿。公公须

〔颂曰〕月令：四月王瓜生。即此也。均房间人呼为老鸦瓜，亦曰菟瓜。按尔雅云：黄，菟瓜。郭璞注云：似土瓜。而土瓜自谓之藤姑，又名钩藟，则菟瓜别是一物也。又曰：芴，菲。亦谓之土瓜。别是一物，非此土瓜也。异类同名甚多，不可不辨。〔时珍曰〕土瓜其根作土气，其实似瓜也。或云根味如瓜，故名土瓜。王字不知何义？瓜似雹子，



## WANGGUA

Japanese snake gourd

*Trichosanthes cucumeroides* (Ser.) Maxim.

### [Explanation of Names]

TUGUA

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

GOULOU

— Guo Pu.

LAOYAGUA

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

MABAOGUA

CHIBAOZI

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

YETIANGUA

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

SHIGUCAO

— *Tusu Bencao*.

GONGGONGXU

Su Song: The book *Yue Ling*: In the fourth month, Wanggua grows. People living in Junzhou and Fangzhou call it Laoyagua, or Tugua.

The book *Er Ya*: Yin is merely Tugua. Guo Pu annotated: It looks like Tugua. But Tugua is also called Kuigu, or Goulou. So Tugua should be another herb. It is also recorded: Hu and Fei are also called Tugua. This is another herb. It is not the Tugua recorded here. As there are many names indicating different kind of things, differentiation should always be made.

Li Shizhen: There is a kind of smell of earth in the root of Tugua. Actually, the root resembles melon. Some say that the taste of the root of this herb is similar to melon, so it is named Tugua (“melon in the earth”). But

熟则色赤，鸦喜食之，故俗名赤雹、老鸦瓜。一叶之下一须，故俚人呼为公公须。与地黄苗名婆婆奶，可为属对。

### 【集解】

〔别录曰〕生鲁地平泽田野，及人家垣墙间。三月采根，阴干。〔弘景曰〕今土瓜生篱院间。子熟时赤如弹丸。其根不入大方，正单行小小尔。郑玄注月令四月王瓜生，以为菝葜，殊谬矣。〔恭曰〕四月生苗延蔓，叶似栝楼叶，圆无叉缺，有毛刺。五月开黄花。花下结子如弹丸，生青熟赤。根似葛，细而多糝，谓之土瓜根。北间者，其实累累相连，大如枣，皮黄肉白。苗子相似，根状不同。若疗黄疸破血，南者大胜也。〔宗奭曰〕王瓜其壳径寸，长二寸许，上微圆，下尖长，七八月熟，红赤色。壳中子如螳螂头者，今





the origin of the first character Wang in the name Wanggua is unknown. As the fruit of the herb looks like hailstones and turns red when ripe and crows like to eat it, so it is named Chibao (“red hailstone”) and Laoyagua (“melon of the crow”). As there is one tassel under each leaf, so it is colloquially called Gonggongxu (“the grandfather’s beard”). The seedling of Dihuang/rehmannia is called Poponai (“grandmother’s teat”). Such names are a pair of good comparison.

### [Previous Explanations]

The herb grows in the plains and fields as well as on the walls of the farms in Shandong. Collect the root in the third month and dry it in the shade.

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

Tao Hongjing: Now, Tugua grows close to the fences of farmers’ courtyards. When the fruit is ripe, it is red, in the shape of a bullet. Its root is only used as a drug in formal prescriptions. It is only used independently as an informal recipe. Zheng Xuan in his annotation to the book Yue Ling said: In the fourth month, Wanggua grows. Some think that this is Baqi, which is wrong.

Su Gong: The herb begins to have seedling in the fourth month, after which vines begin to develop. Its leaf is similar to Gualouye. It is round without forks, covered with hairs and thorns. A yellow flower blooms in the fifth month. A seed similar to a bullet appears under the flower, which is blue-green at first and turns red when ripe. Its root is similar to Gegen/radix peurariae/root of lobed kudzuvine, but it is thinner, with small grains. The root of the herb is called Tuguagen. The herb growing in the north has its fruit flocking together like dates. It is yellow outside and the heart is white. The seedling and seed of herb growing in the north are similar to those growing in the south, but their roots are no the same. If the herb is used in treating jaundice and removing blood stasis, that which is produced in the south is much better.

Kou Zongshi: The fruit of the herb is one *cun* in diameter and two *cun* in length. The upper end is slightly round and the lower end is long and pointed. It gets ripe in the seventh and eighth months and turns red. That





人又谓之赤雹子。其根即土瓜根也。于细根上又生淡黄根，三五相连，如大指许。根与子两用。〔时珍曰〕王瓜三月生苗，其蔓多须，嫩时可茹。其叶圆如马蹄而有尖，面青背淡，涩而不光。六七月开五出小黄花成簇。结子累累，熟时有红黄二色，皮亦粗涩。根不似葛，但如栝楼根之小者，澄粉甚白腻，须深掘二三尺乃得正根。江西人栽之沃土，取根作蔬食，味如山药。

### 根

〔气味〕苦，寒，无毒。〔权曰〕平。〔藏器曰〕有小毒，能吐下人。取汁制雄、汞。

〔主治〕消渴内痹，瘀血月闭，寒热酸疼，益气愈聋本



with a seed in the fruit similar to the head of mantis is called Chibaozi. Its root is called Tuguagen. On the fine root grow more fibrous roots of light yellow color, with three to five of them the size of thumb connected to each other. The root and seed of the herb should be used separately.

Li Shizhen: In the third month, the herb begins to have a seedling. Its vine has many fibrous roots. When it is tender, it can be eaten as a vegetable. Its leaf is round, similar to a horse trotter, but with a tip. It is blue-green on the face and light green on the back. It is tough and not lustrous. In the sixth and seventh months, small yellow flowers with five petals flock together. Fruits in large quantity are borne, turning red or yellow when ripe. The peel is tough and rough. Its root does not look like Gegen, but it is similar to Gualougen, although smaller. When the root is ground into powder and refined in water, the powder is pure white and greasy. If one wants to get the genuine root, he should dig two to three *chi* deep to find it. People in Jiangxi plant the herb on fertile land. They collect the root and eat it as a vegetable. It tastes like Shanyao/rhizoma dioscoreae/rhizome of common yam.

## TUGUAGEN

Root of Japanese snake gourd

Radix trichosanthis cucumeroidis

### [Quality and Taste]

It is bitter, cold and nontoxic.

Zhen Quan: It is plain.

Chen Cangqi: It is slightly toxic. It induces vomiting and a loose stool. The juice of the drug is good to control Xionghuang/realgar/red orpiment and Gong/hydrargyrum/mercury.

### [Indications]

It is good for treating diabetes with thirst and arthralgia and obstruction due to internal disorder. It removes blood stasis, treats amenorrhea, relieves soreness and pain in body with chills and fever, and reinforces the qi and cures deafness.



经。疗诸邪气，热结鼠痿，散痈肿留血，妇人带下不通，下乳汁，止小便数不禁，逐四肢骨节中水，治马骨刺人疮别录。天行热疾，酒黄病，壮热心烦闷，热劳，排脓，消扑损瘀血，破癥癖，落胎大明。主蛊毒，小儿闪癖，痞满痰疟。并取根及叶捣汁，少少服，当吐下藏器。利大小便，治面黑面疮时珍。

〔附方〕旧五，新七。（略）

子

〔气味〕酸、苦，平，无毒。

〔主治〕生用：润心肺，治黄病。炒用：治肺痿吐血，



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

It disperses invading pathogenic factors, and treats scrofula due to accumulation of pathogenic Heat. It disperses blood stasis and carbuncle and swelling, and treats leucorrhea and the menopause. It promotes lactation, stops incontinence, disperses fluid retention in joints, and treats skin sores due to damage of a horse's bone.

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

Da Ming: It is good for treating epidemic febrile disease and Jiudan (jaundice due to alcoholism). It relieves high fever with restlessness and suffocation, brings down fever in consumptive disease, dispels pus, resolves blood stasis due to physical damage and falling, dissolves hard mass due to blood stasis, and promotes abortion.

Chen Cangqi: It is good for treating Gudu and infantile indigestion with hard mass. It also treats stagnation of qi and fullness, accumulation of phlegm and malaria. Pound the root and leaf of the herb to get juice and eat little by little. Vomiting and diarrhea will be induced.

Li Shizhen: It facilitates stool and urination. It is also good for treating a blackened face and facial sores.

#### [Prescriptions]

Five prescriptions collected previously, and seven prescriptions collected recently.

#### TUGUAZI

Fruit of Japanese snake gourd  
Fructus trichosanthis cucumeroidis

#### [Quality and Taste]

It is sour, bitter, plain and nontoxic.

#### [Indications]

Da Ming: It moistens the Heart and Lung and eliminates jaundice when the fresh drug is used. When it is stir-fried, it is good for treating pulmonary flaccidity with hematemesis, hematochezia due to attack of

肠风泻血，赤白痢大明。主蛊毒甄权。反胃吐食时珍。

〔附方〕新八。（略）



pathogenic Wind into the intestine and dysentery with bloody and whitish discharge.

Zhen Quan: It is good for treating Gudu.

Li Shizhen: It is good for treating regurgitation and vomiting of food.

**[Prescriptions]**

Eight prescriptions collected recently.



## 葛（本经中品）

### 【释名】

鸡齐本经。鹿藿别录。黄斤别录。

〔时珍曰〕葛从曷，谐声也。鹿食九草，此其一种，故曰鹿藿。黄斤未详。

### 【集解】

〔别录曰〕葛根生汶山川谷，五月采根，曝干。〔弘景曰〕即今之葛根，人皆蒸食之。当取入土深大者，破而日干之。南康、庐陵间最胜，多肉而少筋，甘美，但为药不及耳。〔恭曰〕葛虽除毒，其根入土五六寸已上者，名葛脰，





## GE

Lobed kudzuvine

*Pueraria lobata* (Willd.) Ohwi.,

*Pueraria thomsonii* Benth.

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

### [Rectification]

Gefen in *Kaibao Bencao* is removed to join this clause.

### [Explanation of Names]

JIQI

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

LUHUO

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

HUANGJIN

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

Li Shizhen: The deer likes to eat nine kinds of herbs and Luhuo is one of them. Ge is also named Luhuo. The origin of Huangjin is unknown.

### [Previous Explanations]

Gegen grows in the mountain valleys of Wenshan. Collect the root in the fifth month and dry in the sun.

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

Tao Hongjing: Ge is merely the Gegen of today. People steam it and eat it as a delicacy. The big root penetrating deep into the soil is the best drug. The root is broken open and dried in the sun. The drug produced in Nankang and Luling is the best. It is fleshy without too much fiber and tastes good. But such a root is not very good when it is used as a drug.





脰者颈也，服之令人吐，以有微毒也。本经葛谷，即是其实也。〔颂曰〕今处处有之，江浙尤多。春生苗，引藤蔓，长一二丈，紫色。叶颇似楸叶而小，色青。七月着花，粉紫色，似豌豆花，不结实。根形大如手臂，紫黑色，五月五日午时采根，曝干，以入土深者为佳，今人多作粉食。〔宗奭曰〕澧、鼎之间，冬月取生葛，捣烂入水中，揉出粉，澄成堞，入沸汤中良久，色如胶，其体甚韧，以蜜拌食，擦入生姜少许尤妙。又切入茶中待宾，虽甘而无益。又将生葛根煮熟，作果实卖，虔、吉州、南安军亦然。〔时珍曰〕葛有野生，有家种。其蔓延长，取治可作絺绤。其根外紫内白，长者七八尺。其叶有三尖，如枫叶而长，面青背淡。其花成穗，累累相缀，红紫色。其荚如小黄豆荚，亦有毛。其子绿色，扁扁如盐梅子核，生嚼腥气，八九月采之，本经所谓葛谷是也。唐苏恭亦言葛谷是实，而宋苏颂谓葛花不结实，误矣。其花晒干亦可炸食。



Su Gong: Gegen is a drug that detoxifies. But the upper part five to six *cun* from the earth is called Gedou, the neck of the root, which will induce vomiting if it is taken. It is slightly toxic. Gegu recorded in *Shen Nong Bencao Jing* is the fruit of the herb.

Su Song: Now the drug is found everywhere. Large quantities can be found in Jiangsu and Zhejiang. The seedling begins to grow in spring and the vine develops 10 to 20 *chi*. It is purple. Leaf is similar to Qiuye/foolium catalpae bungei/leaf of Machurian catalpa, but it is smaller and blue-green. In the seventh month, a pink-purple flower blooms, which looks like Wandouhua/flos pisi sativi/flower of garden pea, followed by the fruit. The root is as big as a human arm of purple-black color. Collect the root at noon on the fifth day of the fifth month and dry it in the sun. The root penetrating deep into the earth is of top quality. Nowadays, people eat the powder of the drug.

Kou Zongshi: In an area between Li and Ding, people collect Gegen in winter and pound it. Then, they soak it in water and stir and rub it to get powder. The powder is taken out and thrown into boiling water and stewed for a long while. It then becomes a kind of glue-like substance, which is very elastic. Blend the thing with honey and take it. It is even better if a little juice of fresh ginger is added. This can be added into the teapot to make the tea taste better as it tastes sweet. But it does not have a therapeutic function. It can also be processed by stewing the fresh root and then made into preserved food. That produced in Qianzhou, Jizhou and Nan'anjun is also good.

Li Shizhen: Ge grows in the wild and is also cultivated in the garden. Its vine is long. It can be used to make hemp cloth. Its root is purple outside and white inside. The longer ones can be seven to eight *chi* long. Its leaf has three tips and looks like a maple leaf. But it is longer and blue-green on the surface and light at the back. Its red and purple flowers flock together to make a spike. Its pod looks like small soybean seedpod. It is also covered with hair. Its seed is green, which is similar to the seed of the Yanmei/fructus mume/salted plum. When the fresh seed is chewed, it emits a fishy smell. Collect the drug in the eighth and ninth months. And this is Gegu as recorded in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). Su Gong also said that Gegu is the fruit (seed) of the herb, but Su Song said there



## 葛根

〔气味〕甘、辛，平，无毒。〔别录曰〕生根汁：大寒。〔好古曰〕气平味甘，升也，阳也。阳明经行经的药也。

〔主治〕消渴，身大热，呕吐，诸痹，起阴气，解诸毒本经。疗伤寒中风头痛，解肌发表出汗，开腠理，疗金疮，止胁风痛别录。治天行上气呕逆，开胃下食，解酒毒甄权。治胸膈烦热发狂，止血痢，通小肠，排脓破血。傅蛇虫啮，罽毒箭伤大明。杀野葛、巴豆、百药毒之才。生者：堕胎。



was not fruit, which is wrong. The flower can be dried in the sun and stir-fried as a tidbit.

## GEGEN

Root of lobed kudzuvine

Radix peurariae

### [Quality and Taste]

It is sweet, pungent, plain and nontoxic.

The juice of fresh root is very cold in quality.

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

Wang Haogu: It is plain in quality and sweet in taste. It is a drug with ascending quality and of Yang nature, and a guiding drug leading to the Greater Yang Channels.

### [Indications]

It is good for treating diabetes with thirst and great fever all over body, with vomiting and nausea. It treats arthralgia. It arouses the Yin qi and detoxifies all toxins.

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

It is good for treating headaches due to attack of pathogenic Wind in febrile disease caused by Cold. It dispels pathogens from the muscle, induces perspiration, and opens the sweat pores to let out pathogens. It is also good for treating an incised wound. It stops costal pain due to attack of pathogenic Wind.

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

Zhen Quan: It is good for treating nausea and vomiting with dyspnoea in an epidemic disease. It whets the appetite and helps digestion, and detoxifies alcoholism.

Da Ming: It is good for treating mania with restlessness and fever in the chest and diaphragm. It stops bloody dysentery, facilitates the function of the Small Intestine, dispels pus and removes blood stasis. It can be applied to treat the bite of a snake or insect, the wound of an arrowhead and other things.



蒸食：消酒毒，可断谷不饥。作粉尤妙藏器。作粉：止渴，利大小便，解酒，去烦热，压丹石，傅小儿热疮。捣汁饮，治小儿热痞开宝。獬狗伤，捣汁饮，并未傅之苏恭。散郁火时珍。

〔发明〕〔弘景曰〕生葛捣汁饮，解温病发热。五月五日日中时，取根为屑，疗金疮断血为要药，亦疗疰及疮，至良。〔颂曰〕张仲景治伤寒有葛根汤，以其主大热，解肌、发腠理故也。〔元素曰〕升阳生津。脾虚作渴者，非此不除。勿多用，恐伤胃气。张仲景治太阳阳明合病，桂枝汤内加麻黄、葛根，又有葛根黄芩黄连解肌汤，是用此以断太阳



Xu Zhicai: It detoxifies toxin of Yegu (Gouwen/herba gelsemimi elegantis/herb of graceful Jessamine), Badou/fructus crotonis/croton seed and all kinds of drugs.

Chen Cangqi: The crude drug brings an abortion. The steamed drug can be used to detoxify alcoholism. Use of the drug kills hunger. It is even better to use the powder of the root.

The powder of the root is good to quench thirst, facilitate stool and urination, detoxify alcoholism, eliminate restlessness and fever, and suppress the side effects of alchemical stone drugs. It is good to be applied to treat hot sores of an infant. Pound the drug to get juice and drink it to treat infantile stagnation of qi syndrome.

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

Su Gong: To treat the bite of a rabid dog, pound the drug to get juice. Take orally and apply the dregs onto the affected part.

Li Shizhen: It is good to disperse pent-up pathogenic Fire.

### [Explication]

Tao Hongjing: Pound the fresh root to get juice to treat fever in an acute febrile disease. Collect the root at noon on the fifth day of the fifth month. Grind the root into powder. Such powder is a very important drug in stopping bleeding in an incised wound. It is also good for treating sores and stopping malaria. It works miraculously.

Su Song: Master Zhang Zhongjing had Gegen Tang (Decoction of Gegen) in the treatment of febrile disease caused by Cold. This is because this prescription is good to bring down the Heat, dispel pathogens from the muscle and open up sweat pores.

Zhang Yuansu: This drug is good to raise Yang and help produce the body fluid. When the Spleen is in a deficient condition, but with great thirst, this drug must be used. But it can not be overdosed to hurt the Stomach. Master Zhang Zhongjing used Guizhi Tang (Decoction of Guizhi/ramulus cinnamomi/cassia twig) adding Mahuang/herba ephedrae/ephedra and Gegen to treat the combination of Initial Yang and Greater Yang syndrome. There is another prescription called Gegen Huangqin Huanglian Tang (Decoction of Gegen, Huangqin/radix scutellariae/root of Baikal



入阳明之路，非即太阳药也。头颅痛如破，乃阳明中风，可用葛根葱白汤，为阳明仙药。若太阳初病，未入阳明而头痛者，不可便服升麻、葛根发之，是反引邪气入阳明，为引贼破家也。〔震亨曰〕凡癍痘已见红点，不可用葛根升麻汤，恐表虚反增斑烂也。〔杲曰〕干葛其气轻浮，鼓舞胃气上行，生津液，又解肌热，治脾胃虚弱泄泻圣药也。〔徐用诚曰〕葛根气味俱薄，轻而上行，浮而微降，阳中阴也。其用有四：止渴一也，解酒二也，发散表邪三也，发疮疹难出四也。〔时珍曰〕本草十剂云：轻可去实，麻黄、葛根之属。



skullcap and Huanglian/rhizoma coptidis/coptis rhizome), which is good to stop the transmission of pathogens from the Initial Yang Channel to the Greater Yang Channel. Gegen is not a drug only good for Initial Yang syndrome. When there is a severe pain in the head as if the head is opened, it is a syndrome of febrile disease caused by Wind of the Greater Yang Channel. It can be treated with Gegen Congbai Tang (Decoction of Gegen and Congbai/bulbus allii fistulosi/fistular onion stalk). It is a very effective drug in treating Greater Yang Channel syndromes. If at the onset of Initial Yang syndrome and the pathogen has not entered the Greater Yang, but there is a headache, Gegen and Shengma/rhizoma cimicifugae/rhizome of large-rifolious bugbane should not be given to disperse the pathogen. This is because, if the drugs are given, they are driving the pathogens to the Greater Yang Channel. This is a malpractice similar to the case when a person is leading a thief to his own home.

Zhu Zhenheng: When red dots appear in a skin eruption and smallpox, Gegen Shengma Tang (Decoction of Gegen and Shengma) should not be given as it will make the exterior more deficient, giving more chance for the red dots to erupt.

Li Gao: Gegen, light and floating in quality, stimulates the Stomach qi to ascend. In this way, the body fluid will be produced and pathogens dispersed from the muscle. It is a wonder drug in treating diarrhea under a condition when the Spleen and Stomach are in deficient and debilitated condition.

Xu Yongcheng: Gegen is a drug with thin quality and thin taste. It is light and with ascending and floating tendency. It also has a slight descending tendency. It is a drug of Yin in Yang. It has the following four therapeutic functions:

- Quench the thirst;
- Detoxify alcoholism;
- Disperse exterior pathogenic factors; and
- Promote the emergence of smallpox and treat the sores.

Li Shizhen: The “10 functions of the prescriptions” say the drug of light quality can eliminate the excess. Mahuang is a drug that functions on the Initial Yang Channel and the Lung Channel, which control the skin and





盖麻黄乃太阳经药，兼入肺经，肺主皮毛；葛根乃阳明经药，兼入脾经，脾主肌肉。所以二味药皆轻扬发散，而所入迥然不同也。

〔附方〕旧十七，新四。（略）

### 葛谷

〔气味〕甘，平，无毒。

〔主治〕下痢十岁已上本经。解酒毒时珍。

### 葛花

〔气味〕同谷。

〔主治〕消酒别录。〔弘景曰〕同小豆花干末酒服，饮酒不醉也。肠风下血时珍。



hair. Gegen is a drug that functions on the Greater Yang Channel as well as on the Spleen Channel, which control the muscle and flesh. So these two drugs are both dispersive, but they function on different Channels.

**[Prescriptions]**

Seventeen prescriptions collected previously, and four prescriptions collected recently.

**GE GU**

Fruit of lobed kudzuvine  
Fructus peurariae

**[Quality and Taste]**

It is sweet, plain and nontoxic.

**[Indications]**

It is good for treating dysentery that has lasted more than 10 years.

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

Li Shizhen: It detoxifies alcoholism.

**GE HUA**

Flower of lobed kudzuvine  
Flos peurariae

**[Quality and Taste]**

The same as Gegu.

**[Indications]**

It detoxifies alcoholism.

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

Tao Hongjing: Grind the drug together with Xiaodouhua/flos phaseoli/rice bean flower into powder. Take the powder with wine and the person will not get drunk even if he drinks a lot.

Li Shizhen: It is good for treating hematochezia due to attack of patho-

叶

〔主治〕金疮止血。授傅之别录。

蔓

〔主治〕卒喉痹。烧研，水服方寸匕苏恭。消痈肿时珍。

〔附方〕新三。（略）



genic Wind into the intestines.

### GEYE

Leaf of lobed kudzuvine

Folium peurariae

#### [Indications]

Rub the leaf and apply it to the affected part to stop bleeding in an incised wound.

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

### GEWAN

Vine of lobed kudzuvine

Caulis peurariae

#### [Indications]

Su Gong: It is good for treating sudden onset of throat inflammation. Burn the drug and then grind it into powder. Take one *fangcunbi* per dose with water.

Li Shizhen: It is good for eliminating carbuncle and swelling.

#### [Prescriptions]

Three prescriptions collected recently.



## 天门冬 (本经上品)

### 【释名】

藟冬音门。颠勒本经。颠棘尔雅。天棘纲目。万岁藤

〔禹锡曰〕按尔雅云：藟藤，藟冬。注云：门冬也，一名满冬。抱朴子云：一名颠棘，或名地门冬，或名筵门冬。在东岳名淫羊藿，在中岳名天门冬，在西岳名管松，在北岳名无不愈，在南岳名百部，在京陆山阜名颠棘，在越人名浣草。虽处处有之，其名不同，其实一也。别有百部草，其根有百许如一，而苗小异，其苗似菝葜，惟可治咳，不中服食，须分别之。〔时珍曰〕草之茂者为藟，俗作门。此草蔓





1959

## TIANMENDONG

Cochin Chinese asparagus

*Asparagus cochinchinensis* (Lour.) Merr.

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

### [Explanation of Names]

MENDONG

DIANLE

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

DIANJI

— *Er Ya*.

TIANJI

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

WANSUITENG

Zhang Yuxi: The book *Er Ya*: Qiangmi is merely Mendong. Annotation: It is Mendong, or Mandong.

The book *Baopuzi*: The herb is also named Dianji, or Dimendong, or Yanmendong. In the eastern mountain, it is called Yinyangchuo; in the middle mountain, Tianmendong; in the western mountain, Guansong; in the northern mountain, Wubuyu; in the southern mountain, Baibu; in the Jinglu Mountain, Dianji; and in the area where the Yue people live, Wancao. The herb grows in different places, and has so many different names, yet it is the same thing. There is another herb called Baibu, which has one hundred small roots all looking alike. But the seedling of this herb is different from Tianmendong. Its seedling looks like Baqi/Chinaroot greenbrier. It is a drug good for treating coughing. It cannot be taken as a tonic. Both drugs should be differentiated carefully.

Li Shizhen: When a herb grows prosperously, it is generally called



茂，而功同麦门冬，故曰天门冬，或曰天棘。尔雅云：髦，颠棘也。因其细叶如髦，有细棘也。颠、天，音相近也。按救荒本草云：俗名万岁藤，又名娑萝树。其形与治肺之功颇同百部，故亦名百部也。薔藜乃营实苗，而尔雅指为藟冬，盖古书错简也。

### 【集解】

〔别录曰〕天门冬生奉高山谷。二月、三月、七月、八月采根，曝干。〔弘景曰〕奉高，泰山下县名也。今处处有之，以高地大根味甘者为好。桐君药录云：蔓生，叶有刺，五月花白，十月实黑，根连数十枚。张华博物志云：天门冬茎间有逆刺。若叶滑者，名絺体，一名颠棘。按根入汤，可以浣缣，素白如绒（纈类也）。今越人名为浣草，胜于用灰。此非门冬，乃相似尔。按此说与桐君之说相乱。今人所采皆是有刺者，本名颠勒，亦粗相似，用此浣衣则净，不复更有门冬。恐门冬自一种，或即是浣草耶？又有百部，根亦相类，但苗异尔。〔恭曰〕此有二种：一种苗有刺而涩，一种



Men. As this herb grows very prosperously, with similar therapeutic function as Maimendong (radix ophiopogonis/tuber of dwarf lilyturf), it is named Tianmendong, or Tianji.

The book *Er Ya*: Mao is merely Dianji. This is because its leaf is as thin as hair, with thorns. The character Dian and Tian are very close in pronunciation.

The book *Jiuhuang Bencao*: The herb is colloquially called Wansuiteng, or Suoluoshu. The shape of the herb is similar to Baibu and its therapeutic function of treating the Lung is also similar to it. Qiangmi is the seedling of Yingshi/Japanese rose. But in *Er Ya* it says that it is Mendong. That is a mistake of the ancient classic.

### [Previous Explanations]

Tianmengdong grows in the mountain valleys in Fenggao. Collect the root in the second, third, seventh and eighth months and dry in the sun.

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

Tao Hongjing: Fenggao is a name of a county at the foot of the Taishan Mountains. But now, the herb is found everywhere. That growing on high land with a big root of sweet taste is the best.

The book *Tong Jun Yaolu*: It is a creeping herb. Its leaf is covered with thorns. A white flower blooms in the fifth month, and in the 10th month, the fruit turns black. Several dozen roots connect with each other.

The book *Zhang Hua Bowu Zhi*: There are reverse thorns on the stem of Tianmendong. If the leaf is slippery, the herb is called Xiti, or Dianji. It can be added in water to wash silk fabric, which will turn as white as ramie. People living in Yue call it Wancao. In such use of the herb, it functions better than ash. Actually, this is not Tianmendong, but something similar to it. What has been described is not in conformity with what Tong Jun said. Now all herbs collected have thorns. It is also called Dianle, which is roughly similar to Tianmendong. It can be used to wash clothes. But this is not Tianmendong. Or maybe, it is merely Wancao? There is another herb called Baibu (radix stemonae/root of sessile stemona). Its root is similar to that of Tianmendong. But their leaves are not the same.

Su Gong: There are two species of Tianmendong: One with a rough





无刺而滑，皆是门冬。俗云颠棘、浣草者，形貌詔之。虽作数名，终是一物。二根浣垢俱净，门冬、浣草，互名也。詔音命，目之也。〔颂曰〕处处有之。春生藤蔓，大如钗股，高至丈余。叶如茴香，极尖细而疏滑，有逆刺；亦有涩而无刺者，其叶如丝杉而细散，皆名天门冬。夏生细白花，亦有黄色及紫色者。秋结黑子，在其根枝旁。入伏后无花，暗结子。其根白或黄紫色，大如手指，圆实而长二三寸，大者为胜，一科一二十枚同撮，颇与百部根相类。洛中出者，大叶粗干，殊不相类。岭南者无花，余无他异。〔禹锡曰〕抱朴子言：生高地，根短味甜气香者为上；生水侧下地，叶细似蘼而微黄，根长而味多苦气臭者次之，若以服食，令人下气，为益又迟也。入山便可蒸煮，啖之断谷。或为散，仍取汁作酒以服散尤佳。〔时珍曰〕生苗时，亦可以沃地栽种。子亦堪种，但晚成。



1963

leaf with thorns and the other with a lustrous leaf without thorns. Both of them are Tianmendong, and also called colloquially Dianji, or Wancao. Although they are called differently, they are actually the same thing.

Su Song: Now the herb is found everywhere. In spring, vines begin to develop as thick as hairpins. It can be as tall as 10 *chi*. Its leaf is similar to Huixiang/fohium foeniculi/fennel leaf. Very thin and pointed, it is slippery and with adverse thorns. There is also another kind that is rough but without thorns. Its leaf looks like cypress, but is thin and dispersive. All of them are called Tianmendong. In summer, a fine, white flower blooms. There are also herbs with yellow or purple flowers. In autumn, black fruit is formed on the branch close to the root. There is no flower in summer and the fruit is borne without a flower. Its root is white and yellow-purple, as thick as a finger. The fruit is round, two to three *cun*. The bigger the fruit, the better it is for medical use. Ten to 20 fruits flock together. Its root is quite similar to Baibu/radix stemonae/root of sessile stemona. That produced in Luoyang has a thick stem and big leaf, which is not similar to herbs produced in other places. That produced in areas south of the Five Ridges does not have a flower. Herbs produced in other places are more less alike.

Zhuang Yuxi: The book *Baopuzi*: Maimendong growing on high land with a short root, sweet taste and fragrant odor is the best drug. That growing close to water on a damp land with thin and slightly yellow leaf and with a long root of bitter taste and bad smell is of only secondary quality. If it is taken as a tonic, it will bring down the qi and is slow in its tonifying function. People who hide themselves in the mountain steam or stew the drug and eat it as food. Or the drug can be made into powder. It is even better if the juice of the drug can be used in brewing wine. Wash down the powder with the wine.

Li Shizhen: The seedling can be transplanted into fertile land. The seed can also be planted. But it gets ripe much later than the transplanted ones.

## TIANMENDONGGEN

Root of Cochin Chinese asparagus

Radix aspagi



## 根【修治】

〔弘景曰〕门冬采得蒸，剥去皮食之，甚甘美，止饥。虽曝干，尤脂润难捣，必须曝于日中或火烘之。今人呼苗为棘刺，煮作饮宜人，而终非真棘刺也。〔颂曰〕二、三、七、八月采根，蒸剥去皮，四破去心，曝干用。〔斆曰〕采得去皮心，用柳木甑及柳木柴蒸一伏时，洒酒令遍，更添火蒸。作小架去地二尺，摊于上，曝干用。

## 【气味】

苦，平，无毒。

〔别录曰〕甘，大寒。〔好古曰〕气寒，味微苦而辛。气薄味厚，阳中之阴。入手太阴、足少阴经气分之药。〔之才曰〕垣衣、地黄、贝母为之使。畏曾青。〔损之曰〕服天门冬，禁食鲤鱼。误食中毒者，浮萍汁解之。捣汁，制雄黄、硃砂。



### [Preparation]

Tao Hongjing: After collection, steam the drug. Peel it and eat it right away. It is sweet and delicious. It kills hunger. Although the drug may be dried in the sun, it is still oily and moistened and is difficult to pound. It must be dried in very hot sun at noon or baked in the fire. Now people call the seedling as Jici. Stew the thing to make a decoction. Such decoction is good to health. But it is not the real Jici.

Su Song: Collect the root in the second, third, seventh and eighth months. Steam the drug and peel it. Break the root into four segments horizontally and take off the heart. Dry the drug in the sun.

Lei Xiao: Peel the drug and take off the heart. Steam it in a willow bucket with a fire of willow wood. Steam for a full day. Spread wine all over the drug and steam it again. Make a stand two *chi* above the ground and place the drug onto it. Dry the drug in the sun.

### [Quality and Taste]

It is bitter, plain and nontoxic.

It is sweet and very cold.

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

Wang Haogu: It is cold in quality, slightly bitter and pungent. It is a drug with thin quality and thick taste, a drug of Yin in the Yang. It functions on the qi system of the Lung Channel of Hand Initial Yin and Kidney Channel of Foot Lesser Yin.

Xu Zhicai: Yuanyi, Dihuang/radix rehmanniae/root of rehmannia and Beimu/bulbus fritillaria thunbergii/cirrhosa/bulb of thunberg/tendrilleat fritillary can be its guiding drugs. It is incompatible to Cengqing/azurite/azurite.

Yang Sunzhi: After taking Tianmendong, Liyu/cyprinus/carp should not be taken as the combination is toxic. Drink juice of Fuping/herba spirodelae/ herb of common ducksmeat/duckweed to detoxify. Pound the drug to get juice. It controls Xionghuang/realgar/red orpiment and Raosha/halimum purpureum.

### [Indications]

It is good for treating arthralgia and hemiplegia due to sudden attack



### 【主治】

诸暴风湿偏痺，强骨髓，杀三虫，去伏尸。久服轻身益气延年。不饥本经。保定肺气，去寒热，养肌肤，利小便，冷而能补别录。肺气咳逆，喘息促急，肺痿生痛吐脓，除热，通肾气，止消渴，去热中风，治湿疥，宜久服。煮食之，令人肌体滑泽白净，除身上一切恶气不洁之疾甄权。镇心，润五脏，补五劳七伤，吐血，治嗽消痰，去风热烦闷大明。主心病，嗑干心痛，渴而欲饮，痿蹶嗜卧，足下热而痛好古。润燥滋阴，清金降火时珍。阳事不起，宜常服之思邈。

### 【发明】

〔权曰〕天门冬冷而能补，患人体虚而热者，宜加用之。和地黄为使，服之耐老头不白。〔宗奭曰〕治肺热之功



of pathogenic Wind and Humidity. It reinforces the bone and marrow, kills Three Worms, and treats Fushi (syncope due to hidden pathogen). Long-term use enables one to feel happy and vigorous and enjoy a long life. The person will not feel hungry.

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

It protects the Lung qi, disperses chills and fever, nourishes the skin and muscle and facilitates urination. It is cold, but it is tonifying.

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

Zhen Quan: It is good for treating coughing with dyspnoea due to the Lung qi disorder, or asthma with dyspnoea, pulmonary flaccidity with carbuncle and the spitting of pus. It eliminates heat and dredges through the Kidney qi, quenches thirst in diabetes, and threatens apoplexy due to invading pathogenic Heat, and scabies due to excessive Humidity. The drug can be taken over a long period of time. Stew the drug to make a decoction. Take the decoction to beautify one's skin by making the skin whiter, more lustrous and cleaner. It disperses all kinds of diseases due to vicious attacks and foul substances.

Da Ming: It moistens the Five Viscera, tonifies five overstrains and seven impairments, stops hematemesis and coughing, eliminates phlegm, and disperses restlessness and suffocation due to invading pathogenic Wind and Heat.

Wang Haogu: It is good for treating heart disease and pain. It quenches thirst in diabetes, and treats a case with paralysis and falling down with drowsiness and also with pain and hot feeling in the soles.

Li Shizhen: It moistens the Dryness and nourishes Yin, clears the Metal (Lung) and brings down the Fire.

Sun Simiao: It is good for treating impotence. Take the drug regularly over a long period of time.

### [Explication]

Zhen Quan: Tianmendong is cold in quality, but is tonifying. Those who are under deficient and debilitated condition, but with invading pathogenic Heat, can have the drug. Used together with Dihuang/radix rehmanniae/root of rehmannia as its guiding drug, it will prolong one's life and



为多。其味苦，专泄而不专收，寒多人禁服之。〔元素曰〕苦以泄滞血，甘以助元气，及治血妄行，此天门冬之功也。保定肺气，治血热侵肺，上气喘促，宜加人参、黄芪为主，用之神效。〔嘉谟曰〕天、麦门冬并入手太阴，驱烦解渴，止咳消痰。而麦门冬兼行手少阴，清心降火，使肺不犯邪，故止咳立效。天门冬复走足少阴，滋肾助元，全其母气，故消痰殊功。盖肾主津液，燥则凝而为痰，得润剂则化，所谓治痰之本也。〔好古曰〕入手太阴、足少阴经。营卫枯涸，宜以湿剂润之。二门冬、人参、五味，枸杞子同为生脉



keep the hair from turning white.

Kou Zongshi: It is especially good to clear Lung Heat. As it is bitter in taste, it is dispersing but not astringing. So people with overwhelming cold pathogen should not have it.

Zhang Yuansu: Bitter as it is, it is good to disperse blood stasis; sweet as it is, it reinforces the Primordial Vital Energy. Therefore, Tianmendong is effective to stop the rampant running of blood. To protect the Lung qi, and disperse the invading blood with Heat into the Lung with asthma and dyspnoea, use Tianmendong together with Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch. It works miraculously.

Chen Jiamo: Both Tianmendong and Maimendong function on the Lung Channel of Hand Initial Yin to quench thirst, disperse restlessness, stop coughing and dissolve phlegm. But Maimendong also functions on the Heart Channel of Hand Lesser Yin to clear the Heart and bring down the Fire. In this way the mother Viscus is reinforced. In this way it is very effective to dissolve phlegm. This is because the Kidney controls the body fluid. When it is exhausted, it will congeal into phlegm. When moistening drug is given, it will be dissolved. This is a treatment to treat the root cause of phlegm.

Wang Haogu: Tianmendong functions on the Lung Channel of Hand Initial Yin and Kidney Channel of Foot Lesser Yin. When the Ying (nutrient essence in blood) and Weiqi (body resistance) are in an exhausted condition, drugs of moistening function should be given to moisten the condition. The following drugs are all agents that produce strong pulsation:

Maimendong/radix ophiopogonis/tuber of dwarf lilyturf,

Tianmendong,

Renshen/radix ginseng/ginseng root,

Wuweizi/fructus schisandrae/fruit of Chinese magnoliaraine, and

Gouqizi/fructus lycii/ripe fruit of Barbary wolfberry.

That explains why when the Upper-Jiao condition is to be detected, the





之剂，此上焦独取寸口之意。〔赵继宗曰〕五药虽为生脉之剂，然生地黄、贝母为天门冬之使，地黄、车前为麦门冬之使，茯苓为人参之使。若有君无使，是独行无功也。故张三丰与胡濙尚书长生不老方，用天门冬三斤，地黄一斤，乃有君而有使也。〔禹锡曰〕抱朴子言：入山便可以天门冬蒸煮啖之，取足以断谷。若有力可饵之，或作散、酒服，或捣汁作液、膏服。至百日丁壮兼倍，快于术及黄精也。二百日强筋髓，驻颜色。与炼成松脂同蜜丸服，尤善。杜紫微服之，御八十妾，一百四十岁，日行三百里。〔慎微曰〕列仙传云：赤须子食天门冬，齿落更生，细发复出。太原甘始服天



1971

pulse at the inch position needs to be palpated.\*

Zhao Jizong: Although the above five drugs are agents producing a strong pulsation, the following guiding drugs are also needed:

- Shengdihuang/radix rehmanniae/root of rehmannia;
- Beimu/bulbus fritillaria thunbergii/cirrhusa/bulb of thunberg/tendrilleat fritillary, the guiding drugs of Tianmendong;
- Dihuang/radix rehmanniae/root of rehmannia;
- Cheqianzi/semen plantaginis/plantain seed, guiding drugs of Maimendong/radix ophiopogonis/tuber of dwarf lilyturf; and
- Fuling/poria/Indian bread, the guiding drug of Renshen/radix ginseng/ginseng root.

Therefore, the guiding drugs should also be included. Zhang Sanfeng, a famous Taoist, gave Hu Ying, a minister, a prescription for eternity in which one *jin* of Dihuang is used to serve as the guiding drug of three *jin* of Tianmendong. It is a good example showing that both the monarch and the guiding drugs are needed.

Zhang Yuxi: The book *Baopuzi* — Once one gets into the mountain, he should steam or stew Tianmendong and take it instead of eating food. The drug can also be processed into powder, brewed into wine, and pounded to get the juice or ointment. After having such drugs over 100 days, the person will get very strong and robust. It is even better than having Zhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes or Huangjing/rhizoma polygonati/rhizome of King Solomon Seal. After 200 days of such treatment, the tendons and marrows are reinforced and the complexion rejuvenated. The drug can be processed together with Songzhi/colophonium/colophony and honey into pills. It works even better. Mr. Du Ziwei, after having this was able to copulate with eighty concubines and lived up to 140 years. He could walk 300 *li* (150 kilometers) a day.

Tang Shenwei: The book *Liexian Zhuan (Biographies of the Immortals)* — Taoist Chixuzi had been eating Tianmendong. He regained his teeth after the old ones fell off and hair grew after it had fallen. Mr. Gan Shi, a native of Taiyuan, after having Tianmendong for a long time, survived 300 years.

\*The inch position can reflect the Heart condition. When the Heart does not work well, the aforementioned drugs can help it resume its vitality. Once the Heart is strengthened, the pulse will beat forcibly. This can be reflected in the inch position of pulse feeling.

门冬，在人间三百余年。圣化经云：以天门冬、茯苓等分，为末，日服方寸匕。则不畏寒，大寒时单衣汗出也。〔时珍曰〕天门冬清金降火，益水之上源，故能下通肾气，入滋补方合群药用之有效。若脾胃虚寒人，单饵既久，必病肠滑，反成痼疾。此物性寒而润，能利大肠故也。

【附方】

旧三，新十五。（略）



The book *Shenghua Jing*: Grind equal amounts of Tianmendong and Fuling into powder and take one *fangcunbi* per day. This will enable the person to be more resistant to cold weather. Even on very cold days, the person still perspired even he wore only one shirt.

Li Shizhen: Tianmendong clears the Metal (Lung) and brings down the Fire. It reinforces the upper source of the Water and therefore it makes it possible to lead the upper source into the lower Kidney. It is good if this drug can be added into toning drugs. But if the person has a cold and deficient condition in the Spleen and Stomach and has been eating this drug independently for a long time, he will suffer from a slippery stool, which may evolve into an obstinate disease. As this drug is cold in quality and moistening, it is good for moving the bowels.

#### [Prescriptions]

Three prescriptions collected previously, and  
15 prescriptions collected recently.





## 百部 (别录中品)

### 【释名】

婆妇草日华。野天门冬纲目。

〔时珍曰〕其根多者百十连属，如部伍然，故以名之。

### 【集解】

〔弘景曰〕山野处处有之。其根数十相连，似天门冬而苦强，但苗异尔。博物志云：九真一种草似百部，但长大尔。悬火上令干，夜取四五寸切短，含咽汁，主暴嗽甚良，名为嗽药。疑此即百部也。其土肥润，是以长大也。〔藏器曰〕天门冬根有十余茎，根圆短，实润味甘；百部多者五六十茎，根长尖内虚，味苦不同，苗蔓亦别。今人以门冬



1975

## BAIBU

Stemona

Stemona sessilifolia (Miq.) Miq.,

Stemona japonica (Bl.) Miq.,

Stemona tuberosa Lour.

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

### [Explanation of Names]

POFUCAO

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

YETIANMENDONG

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

Li Shizhen: The herb has about 100 roots connected with each other like troops. So it is called Baibu (“a hundred troops”).

### [Previous Explanations]

Tao Hongjing: The herb is found everywhere in the mountains. Several dozen roots connect with each other. Though it looks like Tianmendong, it is more bitter. But the seedling is not the same as Tianmendong.

The book *Bowu Zhi*: There is a kind of herb in Jiuzhen, which looks like Baibu, but it is longer and bigger. Hang the drug over a fire to dry it. Take a piece of four to five *cun* long at night and cut it into segment of one *cun* each. Hold the drug in the mouth and swallow the juice. It is especially good for treating sudden onset of coughing. It is therefore called Souyao (“drug treating coughing”). It is thought that this is merely Baibu. As the soil is fertile, it grows larger than that in other places.

Chen Cangqi: There are more than 10 roots in Tianmendong, which are round and short. The drug is moistened and tastes sweet. But there are 50 to 60 roots in Baibu. The root is longer, but hollow inside. It tastes bitter.



1976

当百部，说不明也。〔颂曰〕今江、湖、淮、陕、齐、鲁州郡皆有之。春生苗，作藤蔓。叶大而尖长，颇似竹叶，面青色而光。根下一撮十五六枚，黄白色，二、三、八月采，晒干用。〔时珍曰〕百部亦有细叶如茴香者，其茎青，肥嫩时亦可煮食。其根长者近尺，新时亦肥实，但干则虚瘦无脂润尔。生时擘开去心曝之。郑樵通志言叶如薯蕷者，谬矣。

### 根【修治】

〔斆曰〕凡采得以竹刀劈，去心皮花，作数十条，悬檐下风干。却用酒浸一宿，漉出焙干，锉用。或一窠八十三条者，号曰地仙苗。若修事饵之，可千岁也。

### 【气味】

甘，微温，无毒。〔权曰〕甘，无毒。〔大明曰〕苦，无毒。〔恭曰〕微寒，有小毒。〔时珍曰〕苦、微甘，无毒。



1977

The seedlings and vines of the two drugs do not look like each other either. But some people take Tianmendong as Baibu. The reason is unknown.

Su Song: Now, the drug is produced in Jiangzhou, Huzhou, Huaizhou, Shanzhou, Qizhou and Luzhou. In spring, the seedling begins to germinate and develops into vines. The leaf is long and big, with a tip. It looks like Zhuye/*folium bambusae*/bamboo leaf. It is blue-green and lustrous. There are 15-16 connected, yellow-white roots. Collect the drug in the second, third and eighth months and dry in the sun.

Li Shizhen: There is also another kind of the drug that has a fine leaf similar to Huixiang/*folium foeniculi*/fennel leaf. Its stem is blue-green and can be stewed and eaten as vegetable when it is tender. Its root can be as long as one *chi* and it is fat and solid at first. But when it gets dried, it becomes withered and thin and is no longer moistened. Cut open the drug when it is still fresh and take off the heart. Dry the drug in the sun. Zheng Qiao in his book *Tong Zhi* said that its leaf is similar to that of Shuyu/common yam. He is wrong to say so.

## BAIBUGEN

Stemona root

Radix stemonae

### [Preparation]

Lei Xiao: Cut the newly collected drug with a bamboo cutlery. Take off the heart and peel. Bind several dozen together and hang under eaves to dry. Then soak the drug in wine overnight. Take out the drug and bake it dry. File the drug. If there are 83 roots growing under one herb, it is called Dixianmiao. If such a drug is processed, it can be taken to achieve longevity. The person could live up to 1,000 years.

### [Quality and Taste]

It is sweet, slightly warm and nontoxic.

Zhen Quan: It is sweet and nontoxic.

Da Ming: It is bitter and nontoxic.

Su Gong: It is slightly cold and slightly toxic.





1978

### 【主治】

咳嗽上气。火炙酒渍饮之别录。治肺热，润肺甄叔。治传尸骨蒸劳，治疖，杀蛔虫、寸白、蛲虫，及一切树木蛀虫，焮之即死。杀虱及蝇蠓大明。〔弘景曰〕作汤洗牛犬，去虱。火炙酒浸空腹饮，治疥癣，去虫蚕咬毒藏器。

### 【发明】

〔时珍曰〕百部亦天门冬之类，故皆治肺病杀虫。但百部气温而不寒，寒嗽宜之；天门冬性寒而不热，热嗽宜之，此为异耳。

### 【附方】

旧五，新五。（略）



Li Shizhen: It is bitter, slightly sweet and nontoxic.

### [Indications]

It is good for treating coughing with dyspnoea.

Stir-fry the drug first and then soak it in wine. Drink the medicated wine.

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

Zhen Quan: It brings down the Heat in the Lung. It moistens the Lung.

Da Ming: It is good for treating Chuanshilao (consumptive and infectious disease), hectic fever due to Yin deficiency and infantile malnutrition. It kills roundworm, tapeworm and pinworm and all kinds of moths in the tree. Burn the drug to fumigate the moths. It also kills lice, flies and gadflies.

Tao Hongjing: Stew the drug to make a decoction to wash cattle and dogs to kill lice.

Chen Cangqi: Stir-fry the drug and then soak it in wine. Drink the wine before meal. It is effective to treat scabies and tinea and bite of worms and silkworms.

### [Explication]

Li Shizhen: Baibu is a kind of drug similar to Tianmendong. It is therefore effective in treating Lung disease and killing worms. But Baibu is warm and not cold in quality, so it is suitable to treat coughing of cold nature. Tianmendong is cold but not hot in quality, so it is suitable to coughing of hot nature. That is the difference between the two drugs.

### [Prescriptions]

Five prescriptions collected previously, and five prescriptions collected recently.



## 何首乌 (宋开宝)

### 【释名】

交藤本传。夜合本传。地精本传。陈知白开宝。马肝石  
纲目。桃柳藤日华。九真藤纲目。赤葛斗门。疮帚纲目。红  
内消

〔大明曰〕其药本草无名，因何首乌见藤夜交，便即采



## HESHOUWU

Tuber fleecflower

*Polygonum multiflorum* Thunb.

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

### [Explanation of Names]

JIAOTENG

— *Heshouwu Zhuan* (*Biography of He Shouwu*).

YEHE

— *Heshouwu Zhuan* (*Biography of He Shouwu*).

DIJING

— *Heshouwu Zhuan* (*Biography of He Shouwu*).

CHENZHIBAI

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

MAGANSHI

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

TAOLIUTENG

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

JIUZHENTENG

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

CHIGE

— *Doumen*.

CHUANGZHOU

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

HONGNEIXIAO

Da Ming: There is no entry of the herb in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). When Mr. He Shouwu saw that the vines of the herb came together at night, he collected the drug and ate it. It was effective. So the drug was named after the person who found it.



食有功，因以采人为名尔。〔时珍曰〕汉武时，有马肝石能乌人发，故后人隐此名，亦曰马肝石。赤者能消肿毒，外科呼为疮帚、红内消。斗门方云：取根若获九数者，服之乃仙。故名九真藤。

### 【集解】

〔颂曰〕何首乌本出顺州南河县，今在处有之，岭外、江南诸州皆有，以西洛、嵩山及河南柘城县者为胜。春生苗，蔓延竹木墙壁间，茎紫色。叶叶相对如薯蓣，而不光泽。夏秋开黄白花，如葛勒花。结子有棱，似荞麦而细小，才如粟大。秋冬取根，大者如拳，各有五棱瓣，似小甜瓜。有赤白二种：赤者雄，白者雌。一云：春采根，秋采花。九蒸九曝，乃可服。此药本名交藤，因何首乌服而得名也。唐元和七年，僧文象遇茅山老人，遂传此事。李翱乃著何首乌传云：何首乌者，顺州南河县人。祖名能嗣，父名延秀。能嗣本名田儿，生而阉弱，年五十八，无妻子，常慕道术，随



Li Shizhen: At the time of Emperor Wu of the Han Dynasty (2nd Century BC), a kind of herb called Maganshi was found effective in blackening the hair. So people in later times called the drug Maganshi. The herb that is red is effective to eliminate pyogenic infection. Doctors of skin disease call it Chuangzhou and Hongneixiao.

The book *Doumen Fang*: If the herb has nine roots, it will be a good drug enabling one to become immortal. So it is also called Jiuzhenteng.

### [Previous Explanations]

Su Song: He Shouwu was originally produced in Nanhe County of Shunzhou Prefecture. But now, it is found everywhere. In areas outside the Nanling Range and south of the Yangtze River, the drug can be found. That produced in Xiluo, Songshan and Zhecheng County of Henan is the best. In spring, the seedling begins to grow. Vines spread along the bamboos, woods and walls. The stem is purple. Leaves grow in pairs similar to *Shuyu/fohium dioscoreae/leaf of common yam*, but they are not lustrous. White and yellow flowers bloom in summer and autumn, which are similar to *Gelehua (flower of Lücao/herba humuli scandentis/herb of Japanese hop)*. Its seed is similar to *Qiaomai/semen fagopyri esculenti/buckwheat*. But it is smaller, the same size as millet. Collect the root in autumn and winter. It is as big as a fist and in the shape of a prism of five angles. It is also similar to *Tiangua/fructus melo/muskmelon fruit*. There are two species: The red one is male and the white one is the female. Some say: Collect the root in spring and the flower in autumn. Steam the drug and then dry it in the sun. Repeat that nine times and then it is good for medical use. The herb was originally named Jiaoteng. After Mr. He Shouwu ate it and got very satisfactory effect, people began to call it Heshouwu. In the seventh year of the Yuanhe reign of the Tang Dynasty (618-907), Wen Xiang, a monk, met an old man in Maoshan Mountain, who passed to him the knowledge of this herb. Later, Li Ao wrote the book *Heshouwu Zhuan (Biography of He Shouwu)*, in which it goes,

Mr. He Shouwu was a native in the Nanhe County of Shunzhou Prefecture. His grandfather was named He Nengsi and father He Yanxiu. The grandfather, who had a nickname of Tian'er, was very weak while he was



师在山。一日醉卧山野，忽见有藤二株，相去三尺余，苗蔓相交，久而方解，解了又交。田儿惊讶其异，至旦遂掘其根归。问诸人，无识者。后有山老忽来。示之。答曰：子既无嗣，其藤乃异，此恐是神仙之药，何不服之？遂杵为末，空心酒服一钱。七日而恩人道，数月似强健，因此常服，又加至二钱。经年旧疾皆痊，发乌容少。十年之内，即生数男，乃改名能嗣。又与其子延秀服，皆寿百六十岁。延秀生首乌。首乌服药，亦生数子，年百三十岁，发犹黑。有李安期者，与首乌乡里亲善，窃得方服，其寿亦长，遂叙其事传之云。何首乌，味甘性温无毒，茯苓为使。治五痔腰膝之病，冷气心痛，积年劳瘦痰癖，风虚败劣，长筋力，益精髓，壮



young. At the age of 58, he still had no wife and children. As he was a Taoist follower, he lived in the mountain and learned Taoism with his master. One day, after drinking and lying down in the wild, he suddenly saw two vines three feet apart come together. The seedlings and vines intertwined for a long time and then parted again. After a while they came together again. He was astonished to see that and dug up the root of the herb. Having the root with him, he went home and showed it to other people. But nobody knew what it was. One day he encountered an old man, looking like a hermit in the mountain, and showed him the drug. The old man said to him that this seemed to be something extraordinary. It might be the drug of the immortals. Since you do not have offspring, why not try it, he suggested. So, Mr. He pounded the root into powder and had one *qian* of it with wine. After seven days of such service, he began to feel energetic and wanted to have sex. After several months, he became very strong and kept on having the drug all the time. He increased the dosage to two *qian* per dose. After one year, all his obstinate diseases were gone. His hair turned black and his face looked even younger. Later he got married and within 10 years, he had several sons. So he changed his name to Nengsi (“capable to have offspring”). He ordered his son named Yanxiu to have the drug, too. Both the father and the son lived to be 160. He Yanxiu had his son Shouwu. Keeping on having the drug all his life, Shouwu also had several sons. He lived to 130 years of age. His hair was still black at such an old age. Mr. Li Anqi, a villager having a close relationship with He Shouwu, managed to obtain the secret and began to take the drug, too. Li also lived a very long life. Li passed the secret to others and since then it was known to all: Heshouwu is sweet in taste, warm in quality and nontoxic. Fuling can be used as its guiding drug. It is good for treating lumbago and pain in the knee and five kinds of hemorrhoid. It relieves heart pain with cold feeling, treats consumptive disease lasting for years with emaciation, and removes phlegm accumulation in the hypochondrium. It improves the debilitated and exhausted condition of a person due to attack of pathogenic Wind, reinforces physical strength, tones the Vital Essence and marrow, enhances qi, keeps one looking young, blackens the hair and prolongs the lifespan. It is also good for treating woman’s diseases such as sallow complexion





气驻颜，黑发延年，妇人恶血痿黄，产后诸疾，赤白带下，毒气入腹，久痢不止，其功不可具述。一名野苗，二名交藤，三名夜合，四名地精，五名何首乌。本出虔州，江南诸道皆有。苗如木藁，叶有光泽，形如桃柳，其背偏，皆单生不相对。有雌雄：雄者苗色黄白，雌者黄赤。根远不过三尺，夜则苗蔓相交，或隐化不见。春末、夏中、秋初三时，候晴明日兼雌雄采之。乘润以布帛拭去泥土，勿损皮，烈日曝干，密器贮之，每月再曝。用时去皮为末，酒下最良。遇有疾，即用茯苓汤下为使。凡服用偶日二、四、六、八日，服讫，以衣覆汗出，导引尤良。忌猪肉血、羊血、无鳞鱼，触药无力。其根形大如拳连珠，其有形如鸟兽山岳之状者，珍也。掘得去皮生吃，得味甘甜，可休粮。讚曰：神效助道，著在仙书。雌雄相交，夜合昼疏。服之去谷，日居月诸。返老还少，变安病躯。有缘者遇，最尔自如。明州刺史



due to blood stasis, puerperal diseases, leukorrhea with bloody and whitish discharge, or chronic dysentery due to invasion of vicious agents, etc. Its therapeutic effects cannot all be listed in detail. There are several names of the herb: Yemiao, Jiaoteng, Yehe, Dijing or Heshouwu. The herb was originally found in Qianzhou, but can now be found in all prefectures south of the Yangtze River. Its seedling is similar to Gaoben/herba ligustici/herb of Chinese ligusticum. The leaf is lustrous and in the shape of Taoye/folium persicae/peach leaf or Liuye/folium salicis baryloniae/leaf of Babylon weeping willow. The leaf grows independently, not in pairs. But the herb can be male or female: The male one has a yellow-white leaf and the female has a yellow-red leaf. The distance between two herbs is not more than three *chi*. At night, the stem and seedlings of two herbs will come together and intertwine. Or sometimes, the herb may hide itself from human sight. The best collection time is late spring, mid-summer or early autumn. Collect the herb of both male and female on a fine day. Rub the root clean when it is still fresh from the earth. Do not hurt the bark. Dry it in the hot sun. Keep it in a sealed container. Dry it again once every month. When it is used, peel it and grind it into powder. It is better to wash it down with wine. When it is used to treat disease, wash it down with a decoction of Fuling. The best time is on even numbered days, the second, the fourth, the sixth and the eighth. After having the drug, cover the patient to induce perspiration. If Daoyin (a kind of Chinese physical exercise) can be practiced, it is even better. Taboos: pork, pig's and sheep blood, fish without scales. If such drugs are taken, the drug will lose its efficacy. Sometimes, the root of the herb can be as big as a human fist, or in the shape of a bird, a beast or a landscape. Such roots are very precious. As soon as the root is excavated, it can be peeled and eaten right away. It tastes sweet and delicious. In this way, one will never feel hungry. A verse goes:

Miraculously effective,  
the herb seems to be assisted by immortals.  
Coming together at night, the male and female  
depart in the day.  
One will forget eating food,  
if he eats the herb,



李远附录云：何首乌以出南河县及岭南恩州、韶州、潮州、贺州、广州四会县、潘州者为上，邕州晋兴县桂州、康州、春州、高州、勤州、循州出者次之，真仙草也。五十年者如拳大，号山奴，服之一年，发髭青黑；一百年者，如碗大，号山哥，服之一年，颜色红悦；一百五十年者，如盆大，号山伯，服之一年，齿落更生；二百年者，如斗栲栳大，号山翁，服之一年，颜如童子，行及奔马；三百年者，如三斗栲栳大，号山精，纯阳之体，久服成地仙也。〔时珍曰〕凡诸名山、深山产者，即大而佳也。

## 根

〔修治〕〔志曰〕春夏秋采其根，雌雄并用。乘湿以布拭去土，曝干。临时以苦竹刀切，米泔浸经宿，曝干，木杵



for a day, for a month.

An old man will become young,  
and a diseased person will become strong.

Only those who are fortunate,  
will have the chance of meeting the drug.

Li Yuan, prefect of Mingzhou Prefecture, added: Heshouwu is produced in Nanhe County and also in areas south of the Five Ridges such as Enzhou, Shaozhou, Chaozhou, Hezhou, Sishui County of Guangzhou and Panzhou. Drugs produced in the above places are of top quality. That produced in the following places is of secondary quality: Jinxing County of Yongzhou, Guizhou, Kangzhou, Chunzhou, Gaozhou, Qinzhou and Xunzhou. It is really a drug working wonders. A 50-year-old herb is as big as a human fist, and is called Shannu. After eating it for one year, the person's hair and beard will turn black. A drug of 100 years is as big as a bowl and is called Shange. Eating such drug for a year will enable the person to have a fresh and young look. The drug growing 150 years is as big as a basin and is called Shanbo. Eating such drug for a year will enable the person to grow new teeth after they have fallen off. The drug of 200 years is as big as a *dou* measure and is called Shanweng and eating it for a year will enable the person to have the complexion of a young boy and run as fast as a galloping horse. The drug of 300 years can be as big as three *dou* measure and is called Shanjing. It is a drug of pure Yang and can turn the person into an immortal of the Earth if taken over a long period of time.

Li Shizhen: Heshouwu produced in a famous mountain or in a deep mountain can be very big and of superior quality.

## HESHOUWU GEN

Root of tuber fleecflower

Radix polygoni multiflori

### [Preparation]

Ma Zhi: Collect the root in spring, summer and autumn. Use both the female and male herbs. Wipe away from the root while it is still wet. Dry the drug in the sun. Cut it with a knife made of bitter bamboo. Soak the



白捣之。忌铁器。〔慎微曰〕方用新采者，去皮，铜刀切薄片，入甑内，以瓷锅蒸之。旋以热水从上淋下，勿令满溢，直候无气味，乃取出晒干用。〔时珍曰〕近时治法：用何首乌赤白各一斤，竹刀刮去粗皮，米泔浸一夜，切片。用黑豆三斗，每次用三升三合三勺，以水泡过。砂锅内铺豆一层，首乌一层，重重铺尽，蒸之。豆熟，取出去豆，将何首乌晒干，再以豆蒸。如此九蒸九晒，乃用。

〔气味〕苦、涩，微温，无毒。〔时珍曰〕茯苓为之使。忌诸血、无鳞鱼、萝卜、蒜、葱、铁器，同于地黄。能伏朱砂。

〔主治〕瘰疬，消痈肿，疗头面风疮，治五痔，止心痛，益血气，黑髭发，悦颜色。久服长筋骨，益精髓，延年不老。亦治妇人产后及带下诸疾开宝。久服令人有子，治腹脏



drug in water in which rice was washed overnight. Then, dry the drug in the sun. Pound the drug in a wooden mortar. Do not use iron objects.

Tang Shenwei: Use the newly collected drug. Peel it and cut into thin slices with a copper knife. Put it in a porcelain pot and steam it. Then, splash hot water to the pot until there is no more smell. Take out the drug and dry it in the sun.

Li Shizhen: Recently, the processing of the drug is as follows: Scrub off the peel of one *jin* of red Heshouwu and one *jin* of white Heshouwu and soak the drug in water in which rice was washed overnight. Cut it into slices. Place one layer of soaked Heidou/semen sojae nigra/seed of black soybean in a pottery pot (using three *sheng*, three *ge* and three spoons of it). Then place one layer of Heshouwu. Place another layer of Heidou and then the drug until three dou of Heidou is used. Steam until the soybean is well done. Take out the soybean and dry the drug in the sun. Repeat the steaming nine times and then the drug is ready for use.

### [Quality and Taste]

It is bitter, astringent, slightly warm and nontoxic.

Li Shizhen: Fuling can be used as its guiding drug. Taboo: blood of different animals, fish with scales, Luobo/radix raphani/radish root, Suan/bulbus allii sativum/garlic, Cong/herba allii fistulosi/fistular onion, iron objects. (This is the same as Dihuang/radix rehmanniae/root of rehmannia). It oppresses Zhusha/cinnabaris/cinnabar.

### [Indications]

It is good for treating scrofula, and eliminating carbuncle and swelling. It treats sores on the face and head due to attack of pathogenic Wind, and hemorrhoids of five kinds, stops heart pain, reinforces the blood and qi, blackens the beard and hair, and beautifies the complexion. Long-term use enables the growth of tendon and bone, reinforces Jing and marrow, and prolongs the lifespan. It is also effective to treat puerperal diseases and leucorrhea.

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

Da Ming: Long-term use makes one more productive. It treats obsti-



一切宿疾，冷气肠风大明。泻肝风好古。

〔发明〕〔时珍曰〕何首乌，足厥阴、少阴药也。白者入气分，赤者入血分。肾主闭藏，肝主疏泄。此物气温，味苦涩。苦补肾，温补肝，涩能收敛精气。所以能养血益肝，固精益肾，健筋骨，乌髭发，为滋补良药。不寒不燥，功在地黄、天门冬诸药之上。气血太和，则风虚痲肿瘰疬诸疾可知矣。此药流传虽久，服者尚寡。嘉靖初，邵应节真人，以七宝美髯丹方上进。世宗肃皇帝服饵有效，连生皇嗣。于是何首乌之方，天下大行矣。宋怀州知州李治，与一武臣同官。怪其年七十余而轻健，面如渥丹，能饮食。叩其术，则服何首乌丸也。乃传其方。后治得病，盛暑中半体无汗，已二年，窃自忧之。造丸服至年余，汗遂浹体。其活血治风之



nate diseases of the Five Viscera and Six Bowels. It treats hematochezia due to attack of pathogenic Wind into the intestine with cold gas.

Wang Haogu: It disperses the invading pathogenic Wind resting with the Liver.

**[Explication]**

Li Shizhen: Heshouwu is a drug functioning on the Liver Channel of Foot Greater Yin and Kidney Channel of Foot Lesser Yin. The white drug functions on the qi system and the red one on the blood system. The Kidney is a Viscus that controls the storage and the Liver is one that controls the dispersion. Heshouwu, warm in quality, bitter and astringent in taste, is a drug that tonifies the Kidney by its bitter taste and tonifies the Liver by its warm quality. It astringes the Jing and qi, so it is good to nourish the blood, reinforce the Liver, stabilize the Jing and tone the Kidney. It strengthens the tendon and bone, blackens the hair and beard. It is a very good tonic, which is neither cold nor hot. It has even better efficacy than Dihuang/radix rehmanniae/root of rehmannia and Tianmendong. Once the qi and blood are well balanced, diseases such as carbuncle and swelling due to invasion of pathogenic Wind, scrofula and other diseases will be tackled. Although this drug had been recorded and used over a long period of time, still it is not yet a drug of common use. Shao Yingjie once offered in tribute his prescription of Qibao Meiran Dan (pill with seven drugs to beautify the beard) to the emperor. Emperor Shizong had the drug and felt it was effective. The emperor had several sons consecutively. From then on, the prescription (with Heshouwu) was known to all. Li Zhi, governor of Huaizhou of the Song Dynasty (960-1279), wondered why his colleague, a general, at the age of 70, was still very strong with rosy cheeks and a good appetite. On inquiry, he learned that the general was taking the pill of Heshouwu. Then the governor got the prescription and had the drug regularly later, the governor had a strange disease, with perspiration on only half of his body in the hot summer. This lasted for two years. So he began to take the pill of Heshouwu. After taking the pills for almost a year, he could perspire all over his body and got well. This shows that the drug is good to activate the blood circulation and disperse the invading pathogenic Wind. It is a very good tonic.



功，大有补益。其方用赤白何首乌各半斤，米泔浸三夜，竹刀刮去皮，切焙，石白为末，炼蜜丸梧子大。每空心温酒下五十丸。亦可末服。

〔附方〕旧四，新十二。（略）

### 茎、叶

〔主治〕风疮疥癣作痒，煎汤洗浴，甚效时珍。



The prescription is as follows:

Half a *jin* of red Heshouwu, and  
0.5 *jin* of white Heshouwu.

Soak the above drugs in water in which rice was washed for three nights. Peel them with bamboo cutlery and cut into slices. Bake the drug and pound into powder in a stone mortar. Make pills with honey the size of a parasol seed. Take 50 pills before meal with warm wine. The powder can also be served.

**[Prescriptions]**

Four prescriptions collected previously, and  
12 prescriptions collected recently.

**HESHOUWU JING and YE**

Stem and leaf of tuber fleeceflower  
Caulis et folium polygoni multiflori

**[Indications]**

Li Shizhen: It is good for treating sores, scabies and tinea due to invasion of pathogenic Wind. Stew the drug to make a decoction; wash and bathe the affected part. It is very effective.





## 葶藶 (本经中品)

### 【释名】

赤节别录。百枝吴普。竹木炮炙论。白菝藶

〔时珍曰〕葶藶名义未详。日华本草言时人呼为白菝藶，象形也。赤节、百枝，与狗脊同名

### 【集解】

〔别录曰〕葶藶生真定山谷。二月、八月采根，曝干。

〔弘景曰〕今处处有之。根似菝藶而小异，根大，不甚有角



## BIXIE

Hypoglauous yam

*Dioscorea hypoglauca* Palib.,

*Dioscorea tokoro* Mak.,

*Dioscorea collettii* Hook. f.,

*Dioscorea gracillima* Miq.,

*Dioscorea futschauensis* R. Kunth.

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

### [Explanation of Names]

CHIJE

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

BAIZHI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

ZHUMU

— *Lei Gong Paozhi Lun* (*Lei's Treatise on Preparation of Drugs*).

BAIBAQI

Li Shizhen: The meaning of the term Bixie is unknown. In *Da Ming Rihua Bencao*, it is recorded that people call it Baibaqi. It is a name depicting its similarity to Baqi/rhizoma *smilacis chinensis*/rhizome of Chinaroot greenbrier. The names Chijie and Baizhi are the same as the names of Gouji/rhizoma *cibotii*/rhizome of East Asian tree fern.

### [Previous Explanations]

Bixie grows in the mountain valleys in Zhending. Collect the root in the second and eighth months and dry in the sun.

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

Tao Hongjing: Now the drug is found everywhere. Its root looks like



1998

节，色小浅。〔恭曰〕此有二种：茎有刺者根白实，无刺者根虚软，软者为胜。蔓生，叶似薯蕷。〔颂曰〕今河、陕、汴东、荆、蜀诸郡皆有之。作蔓生，苗叶俱青。叶作三叉，似山薯，又似绿豆叶。花有黄、红、白数种，亦有无花结白子者。根黄白色，多节，三指许大。春秋采根，曝干。今成德军所产者，根亦如山薯而体硬，其苗引蔓，叶似荞麦，子三棱，不拘时月采根，利刀切片，曝干用。〔时珍曰〕葶藶蔓生，叶似菝葜而大如碗，其根长硬，大者如商陆而坚。今人皆以土茯苓为葶藶，误矣。茎叶根苗皆不同。吴普本草又以葶藶为狗脊，亦误矣。详狗脊下。宋史以怀庆葶藶充贡。

#### 根【气味】

苦，平，无毒。



Baqi. But it is bigger, with light color and without too many nodes and angles.

Su Gong: There are two species: The herb with thorns on the stem has a white and solid root. That without thorns on the stem has a soft root. The soft one is of better quality. It is a creeping herb. Its leaf is similar to *Shuyuye/fohium dioscoreae*/leaf of common yam.

Su Song: Now the drug is produced in Henan, Hebei, Shaanxi, Hubei and Sichuan. It is a creeping herb. Its seedling and leaf are all blue-green. There are three forks on the leaf. It looks like *Shuyuye*, or *Lüdouye/fohium phaseoli radiati*/leaf of green gram. The flowers can be yellow, red or white. There is also another kind that bears a white seed without any flowers. The root is yellow-white with many nodes and is as thick as three fingers. Collect the root in spring and autumn and dry in the sun. That produced in Chengdejun has a root similar to *Shuyu*, but it is harder. Its leaf is similar to *Qiaomaiye/fohium fagopyri esculenti*/buckwheat leaf. Its seed is in triangular shape. There is no definite time for collection of its root. Cut it into slices and dry in the sun.

Li Shizhen: *Bixie* is a creeping herb. Its leaf is similar to *Baqi*, but it is as big as a bowl. Its root is long and hard. The big ones are similar to *Shanglu/radix phytolaccae*/pokeberry root, but harder. Now people take *Tufuling/rhizoma smilacis glabrae*/rhizome of glabrous greenbrier as *Bixie*, which is incorrect. Their stem, leaf, seedling and root are not the same. In *Wu Pu Bencao*, *Bixie* is taken as *Gouji*, which is also incorrect. For details, see that under *Gouji*. In the Song Dynasty (960-1279), *Bixie* produced in *Huaiqing* was attributed to the emperor.

## BIXIE GEN

Rhizome of hypoglaucous yam

*Rhizoma dioscoreae hypoglaucae*

### [Quality and Taste]

It is bitter, plain and nontoxic.

It is sweet.

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

〔别录曰〕甘。〔之才曰〕薏苡为之使。畏葵根、大黄、柴胡、前胡、牡蛎。

### 【主治】

腰背痛强，骨节风寒湿周痺，恶疮不瘳，热气本经。伤中恚怒，阴痿失溺，老人五缓，关节老血别录。冷风痲痺，腰脚瘫缓不遂，手足惊掣，男子肾腰痛，久冷，肾间有膀胱宿水甄权。头旋痲疾，补水脏，坚筋骨，益精明目，中风失音大明。补肝虚好古。治白浊茎中痛，痔痿坏疮时珍。

### 【发明】

〔时珍曰〕蕺藜，足阳明、厥阴经药也。厥阴主筋属风，阳明主肉属湿。蕺藜之功，长于去风湿，所以能治缓弱





Xu Zhicai: Yiyiren/semem coicis/coix seed can be used as its guiding drug. It is incompatible with the following drugs:

Kuigen/radix malvae/root of cluster mallow,

Dahuang/radix et rhizoma rhei/rhubarb,

Chaihu/radix bupleuri/root of Chinese thorowax,

Qianhu/radix peucedani/root of white flower hog fennel, and

Muli/concha ostreae/oyster shell.

### [Indications]

It relieves pain and stiffness in the lumbar region and back. It treats general arthralgia due to attack of pathogenic Wind, Cold and Humidity. It also treats prolonged malignant sores with hot feeling.

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

It is good for treating interior damage due to excessive anger. It improves impotence with incontinence, and treats five kinds of paralysis of the aged with blood stasis in the joints.

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

Zhen Quan: It treats arthralgia due to invading pathogenic Cold and Wind, paralysis of the waist and feet with contractions and spasms of the extremities. It relieves pain in the lumbar region of a man with protracted cold feeling and fluid retention in the Kidney region and in the Urinary Bladder.

Da Ming: It treats epilepsy with vertigo, tonifies the Water Viscus (the Kidney), consolidates tendon and bone, reinforces the Jing and brightens the eye. It also treats apoplexy with aphasia.

Wang Haogu: It tones the deficient condition of the Liver.

Li Shizhen: It treats pain in the penis with whitish and turbid urine, hemorrhoid and fistula and malignant sores.

### [Explication]

Li Shizhen: Bixie is a drug functioning on the Stomach Channel of Foot Greater Yang and Liver Channel of Foot Greater Yin. Liver Channel of Foot Greater Yin controls tendons and is apt to be attacked by pathogenic Wind. Stomach Channel of Foot Greater Yang controls the flesh and





瘰疬遗浊恶疮诸病之属风湿者。萆薢、菝葜、土茯苓三物，形虽不同，而主治之功不相远，岂亦一类数种乎？雷斅炮炙论序云：囊皱漩多，夜煎竹木。竹木，萆薢也。漩多白浊，皆是湿气下流。萆薢能除阳明之湿而固下焦，故能去浊分清。杨倓家藏方，治真元不足，下焦虚寒，小便频数，白浊如膏，有萆薢分清饮，正此意也。又杨子建万全护命方云：凡人小便频数，不计度数，便时茎内痛不可忍者。此疾必先大腑秘热不通，水液只就小肠，大腑愈加干竭，甚则浑身热，心躁思凉水，如此即重证也。此疾本因贪酒色，积有热毒腐物瘀血之类，随虚水入于小肠，故便时作痛也。不饮酒者，必平生过食辛热荤膩之物，又因色伤而然。此乃小便频数而痛，与淋证涩而痛者不同也。宜用萆薢一两，水浸少时，以盐半两同炒，去盐为末。每服二钱，水一盞，煎八分，和滓服之，使水道转入大肠。仍以葱汤频洗谷道，令气得通，则小便数及痛自减也。



is apt to be invaded by pathogenic Humidity. Bixie is a drug that disperses pathogenic Wind and Humidity. The following three drugs, Bixie, Baqi and Tufuling/rhizoma smilacis glabrae/rhizome of glabrous greenbrier, though not in the same shape, yet have more or less the same therapeutic functions. It can be considered as several species of the same category. In the preface of *Lei Gong Paozhi Lun*, Lei Xiao said that when the scrotum is creased with frequent micturation, Zhumu should be stewed to make a decoction. Zhumu is merely Bixie. When there is ample whitish and turbid urination, it indicates the down flowing of pathogenic Humidity. Bixie is a drug that can disperse the invading pathogenic Humidity resting with the Greater Yang Channel and consolidate the Xiajiao, so it has the function of dispersing the turbidity and clearing the urine. In Yang Tan's book *Jiacang Fang*, there is a prescription named Bixie Fenqing Yin, which is designed to treat frequent micturation with whitish and turbid greasy urine due to insufficiency of Yuanqi (Primordial Vital Energy) and cold prevalence in the Xiajiao. This prescription serves as an example showing the efficacy of Bixie. Yang Zijian in his book *Wanquan Huming Fang* said: Whenever there is very frequent micturation with terrible pain in the penis, it must be the result of the following pathology: When pathogenic Heat is accumulating in the Big Bowel\* and finds no way out, body fluid has to go to the Small Intestine.\*\* Then, the Big Bowel will become even more dried and exhausted. When the syndrome aggravates, the patient will have fever all over the body, with restlessness and strong desire for cold water. And this is a serious case. This syndrome is due to excessive alcoholism and sex with accumulation of pathogenic Heat and toxin and blood stasis. Such pathogens will enter the Small Intestine\*\*\* and cause pain in the penis. For patient who do not drink wine, the pathogens comes from the long time consumption of hot, oily and greasy food and indulgence in sex. The frequent micturation, with pain in the penis, is a symptom different from the dysuria and pain in the penis in a case of stranguria. Treatment: Soak

\*The Large Intestine.

\*\*Should be the urethra.

\*\*\*Should be the urethra.

【附方】

旧二，新三。（略）



one *liang* of Bixie in water for a short while and stir-fry it with 0.5 *liang* of salt. Take off the salt and grind the drug into powder. Stew two *qian* in one cup of water until eight *fen* is left. Take the decoction with the dregs. In this way, Water will return to the Large Intestine. Also wash the anus with a decoction of Cong of facilitate the flow of qi. In this way, urination will no longer be frequent and the pain in the penis will be reduced.

**[Prescriptions]**

Two prescriptions collected previously, and three prescriptions collected recently.





## 菝葜（别录中品）

### 【释名】

菝葜同葵。金刚根日华。铁菱角纲目。王瓜草日华。

〔时珍曰〕菝葜犹矮结也。矮结，短也。此草茎蔓强坚短小，故名菝葜。而江浙人谓之菝葜根，亦曰金刚根，楚人谓之铁菱角，皆状其坚而有尖刺也。郑樵通志云：其叶颇近王瓜，故名王瓜草。

### 【集解】

〔别录曰〕生山野。二月、八月采根，曝干。〔弘景曰〕此有三种，大略根苗相类。菝葜茎紫而短小，多细刺，小减草薺而色深，人用作饮。〔恭曰〕陶云三种，乃狗脊、



## BAQI

Chinaroot greenbrier

*Smilax china* L.

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

### [Explanation of Names]

BAQI(菝葜)

JINGANGGEN

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

TIELINGJIAO

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

WANGGUACAO

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

Li Shizhen: Baqi means “short and small.” This herb has solid, short and small stems. People in Jiangsu and Zhejiang call it Baqigen or Jinganggen. People in Hubei and Hunan call it Tielingjiao. Such names depict the solid and pointed shape and thorns of the herb. Zheng Qiao in his work *Tong Zhi* said that as the leaf of the herb is close to Wanggua, it is called Wangguacao.

### [Previous Explanations]

The herb grows in the mountainous wild. Collect the root in the second and eighth months and dry in the sun.

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

Tao Hongjing: There are three species of the drug. They all have similar roots and seedlings. Baqi has a purple, short and small stem covered with plenty of fine thorns. It is smaller than Bixie and it is of darker color. People use it to prepare drinks.

Su Gong: The three species mentioned by Tao Hongjing are Gouji,



菝葜、葶藶相类，非也。葶藶有刺者，叶粗相关，根不相类。葶藶细长而白色，葶藶根作块结，黄赤色，殊非狗脊之流。〔颂曰〕今近道及江浙州郡多有之。苗茎成蔓，长二三尺，有刺。其叶如冬青、乌药叶而差大。秋生黄花，结黑子如樱桃大。其根作块，人呼金刚根。〔时珍曰〕菝葜山野中甚多。其茎似蔓而坚强，植生有刺。其叶团大，状如马蹄，光泽似柿叶，不类冬青。秋开黄花，结红子。其根甚硬，有硬须如刺。其叶煎饮酸涩。野人采其根叶，入染家用，名铁菱角。吴普本草以菝葜为狗脊，非矣。详见狗脊下。

#### 根【气味】

甘、酸，平、温，无毒。

#### 【主治】

腰背寒痛，风痹，益血气，止小便利别录。治时疾瘟瘴



Baqi and Bixie. Tao thinks they look like each other, but actually they are not. As Bixie also has thorns, it seems that it is similar to Baqi. But their roots are not the same. The root of Bixie is white, thin and long. The root of Baqi is in the shape of lumps, of yellow and red colors. These two are different to Gouji.

Su Song: Now the herb is found in nearby places and also in the prefectures of Jiangsu and Zhejiang. The seedling develops into vines two to three *chi* long, covered with thorns. Its leaf is similar to *Dongqingye/folium ilicis purpureae*/leaf of purple flower holly or *Wuyaoye/folium linderae*/leaf of combined spicebush. But it is bigger. In autumn, a yellow flower blooms and black seed similar to *Yingtao/fructus pseudocerasi*/fruit of false sour cherry is borne. Its root is in the form of lumps. It is colloquially called *Jinganggen*.

Li Shizhen: Baqi can be found in large quantity in the mountains. Its stem looks like vine, but it is solid and elastic. It is covered with thorns. Its leaf is round and big in the shape of a horse trotter. It is lustrous and looks like *Shiye/folium kaki*/leaf of persimmon. It is not similar to *Dongqingye/folium ilicis purpureae*/leaf of purple flower holly. In autumn, a yellow flower blooms and a red seed is formed. Its root is very hard with thorny fibrous roots. After the leaf of the herb is stewed, it evolves into a decoction with sour and astringent taste. Local people collect the root and leaf of the herb and use it as dyestuff. It is called *Tielingjiao*. In *Wu Pu Bencao*, Baqi is considered to be *Gouji*, but this is wrong. For details, see *Gouji*.

## BAQI GEN

Rhizome of Chinaroot greenbrier

*Rhizoma smilacis chinensis*/rhizome of Chinaroot greenbrier.

### [Quality and Taste]

It is sweet, sour, plain, warm and nontoxic.

### [Indications]

It is good for treating pain and cold feeling in the lumbar and back region and arthralgia due to invading pathogenic Wind. It stops incontinence.



大明。补肝经风虚好古。治消渴，血崩，下痢时珍。

### 【发明】

〔时珍曰〕菝葜，足厥阴、少阴药。气温味酸，性涩而收，与葶藶仿佛。孙真人元旦所饮辟邪屠苏酒中亦用之。

〔颂曰〕取根浸赤汁，煮粉食，辟瘴。

### 【附方】

新五。（略）



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

Da Ming: It is good for treating epidemics, acute febrile disease and miasma.

Wang Haogu: It tones a deficient condition of the Liver under attack of pathogenic Wind.

Li Shizhen: It is good for treating diabetes, metrorrhagia and dysentery.

### [Explication]

Li Shizhen: Baqi functions on the Liver Channel of Foot Greater Yin and Kidney Channel of Foot Lesser Yin. Warm in quality and sour in taste, it is astringent and shrinking, similar to Bixie. Sun Simiao prescribed Tusu wine to be served on the New Year's Eve, in which Baqi was used.

Su Song: Soak the root in water to get a kind of red juice. Make noodles with it and take it to prevent attack of miasma.

### [Prescriptions]

Five prescriptions collected recently.





## 土茯苓（纲目）

### 【释名】

土萆薢纲目。刺猪苓图经。山猪粪纲目。草禹余粮拾遗。仙遗粮纲目。冷饭团纲目。硬饭纲目。山地栗纲目。

〔时珍曰〕按陶弘景注石部禹余粮云：南中平泽有一种藤，叶如菝葜，根作块有节，似菝葜而色赤，味如薯蕷，亦名禹余粮。言昔禹行山乏食，采此充粮而弃其余，故有此名。观



## TUFULING

Glabrous greenbrier

*Smilax glabre* Roxb.

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

### [Explanation of Names]

TUBIXIE

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

CIZHULING

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

SHANZHUFEN

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

CAOYUYULIANG

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

XIANYILIAN

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

LENGFANTUAN

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

YINGFAN

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

SHANDILI

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

Li Shizhen: Tao Hongjing, in his annotation to Yuyuliang/limonitum/limonite in the category of stones, said that in the south, there is a kind of herb with wines. Its leaf is similar to Baqiye. The root is in the shape of a lump with nodes. It looks like Baqi, but it is red. It tastes like Shuyu. It is also called Yuyuliang. This is because the legend goes that when the Great King Yu was traveling in the mountains, he got very hungry and there was nothing to eat. He picked up this herb and ate it, hence the name (“cereal



陶氏此说，即今土茯苓也。故今尚有仙遗粮、冷饭团之名，亦其遗意。陈藏器本草草禹余粮，苏颂图经猪苓下刺猪苓，皆此物也，今皆并之。茯苓、猪苓、山地栗，皆象形也。俗又名过冈龙，谬称也。

### 【集解】

〔藏器曰〕草禹余粮生海畔山谷。根如盖连缀，半在土上，皮如茯苓，肉赤味涩。人取以当谷食，不饥。〔颂曰〕施州一种刺猪苓，蔓生。春夏采根，削皮焙干。彼土人用傅疮毒，殊效。〔时珍曰〕土茯苓，楚、蜀山箐中甚多。蔓生如蕤，茎有细点。其叶不对，状颇类大竹叶而质厚滑，如瑞香叶而长五六寸。其根状如菝葜而圆，其大若鸡鸭子，连缀而生，远者离尺许，近或数寸，其肉软，可生啖。有赤白二种，入药用白者良。按中山经云：鼓镗之山有草焉，名曰荣草，其叶如柳，其本如鸡卵，食之已风。恐即此也。昔人不知用此。近时弘治、正德间，因杨梅疮盛行，率用轻粉药取



left by the Great King Yu”). According to what Tao Hongjing said, this is merely Tufuling. Therefore, the drug also has names such as Xianyuliang (“cereal left by immortals”) or Lengfantuan (“cold rice ball”). Caoyuliang recorded in *Bencao Shiyi* and Cizhuling in the entry of Zhuling/polyporus/agaric recorded in *Tujing Bencao* of Su Song are the same thing. So, they are removed to join this clause. The names such as Fuling, Zhuling and Shandili are all given to depict its similarity to such things. It is colloquially called Guoganglong, a name without too much meaning.

### [Previous Explanations]

Chen Cangqi: Caoyuyuliang grows in mountain valleys close to the sea. The roots are like cups and half of them are above the soil. Its peel looks like Fuling. Its flesh is red, with an astringent taste. People eat it as food. After eating it, the person no longer feels hungry.

Su Song: There is herb called Cizhuling in Shizhou. It is a creeping herb. Collect the root in spring and summer. Peel it and bake it dry. Local people use it to treat sores and pyogenic infection. It is very effective.

Li Shizhen: Tufuling grows in large quantity in the forests in mountain valleys of Hubei and Sichuan. It is a creeping herb, similar to Chuancai/herba braseniae/watershield. There are small dots on the stem and leaf. Its leaves do not grow in pairs. It looks like big bamboo leaf, but is thick and slippery. It is similar to Ruixiang/foolium daphne odorae/leaf of winter daphne and about five to six *cun* long. Its root is similar to Baiqi, but round. The big ones look like chicken and duck eggs. Such roots are connected with each other, and can extend several *cun* to a *chi*. Its flesh is soft and can be eaten fresh. There are two species: One is red and the other white. For medical use, the white is better.

The book *Zhongshan Jing*: In Gudeng Mountain, there is a kind of herb, which is called Rongcao. Its leaf is similar to Liuye/foolium salicis baryloniae/leaf of Babylon weeping willow. Its root looks like a chicken egg. It has the function of dispersing the invading pathogenic Wind. And this can merely be Tufuling. But people did not know this before. In recent time in the years of the reign titles of Hongzhi and Zhengde, syphilitic skin lesion was spreading all over. Qingfen/calomelas/calomel had been adopted



效，毒留筋骨，溃烂终身，至人用此，遂为要药。诸医无从考证，往往指为萆薢及菝葜。然其根苗迥然不同，宜参考之。但其功用亦颇相近，盖亦萆薢、菝葜之类也。

### 根【气味】

甘、淡，平，无毒。

〔时珍曰〕忌茶茗。

### 【主治】

食之当谷不饥，调中止泄，健行不睡藏器。健脾胃，强筋骨，去风湿，利关节，止泄泻，治拘挛骨痛，恶疮痈肿。解汞粉、银朱毒时珍。

### 【发明】

〔机曰〕近有好淫之人，多病杨梅毒疮，药用轻粉，愈而复发，久则肢体拘挛，变为痈漏，延绵岁月，竟致废笃。



to treat the disease. It was effective. But the toxin remained in the bones and tendons. Ulceration ensued and lasted as long as one's lifetime. After Tufuling had been used by very talented doctors, people began to cherish the drug. Doctors who do not study the drugs carefully would take Bixie and Baqi as Tufuling. But their roots and seedlings are not the same. Caution should be given in the choice of drugs. But anyway, their therapeutic functions are more or less similar to each other. Tufuling is a kind of herb similar to Bixie and Baqi.

### TUFULING GEN

Rhizome of glabrous greenbrier

*Rhizoma smilacis*

#### [Quality and Taste]

It is sweet, tasteless, plain and nontoxic.

Li Shizhen: Tea is prohibited.

#### [Indications]

Chen Cangqi: After eating it, the person will not feel hungry. It regulates the interior, stops diarrhea, and keeps the person to work diligently without sleep.

Li Shizhen: It replenishes the Spleen and Stomach, strengthens tendon and bone, disperses invading pathogenic Wind and Humidity, stops diarrhea, and relieves pain in the bone with contraction and spasms. It also treats malignant sores, carbuncle and swelling, and detoxifies Gongfen/calomelas/calomel and Yinzhu (vermilion).

#### [Explication]

Wang Ji: A person who indulges in sex may be infected by syphilitic skin lesions. Qingfen/calomelas/calomel is often used to treat the disease. The ailment will subside for a while and then attack again. The patient has contracted limbs with carbuncle and fistula. After a long time, the patient ends up in a fatal condition. Treatment is as follows:

Three *liang* of Tubixie (Tufuling),





惟锉土萆薢三两，或加皂荚、牵牛各一钱，水六碗，煎三碗，分三服，不数剂，多瘥。盖此疾始由毒气干于阳明而发，加以轻粉燥烈，久而水衰，肝挟相火来凌脾土。土属湿，主肌肉，湿热郁蓄于肌腠，故发为痲肿，甚则拘挛，内经所谓湿气害人皮肉筋骨是也。土萆薢甘淡而平，能去脾湿，湿去则营卫从而筋脉柔，肌肉实而拘挛痲漏愈矣。初病服之不效者，火盛而湿未郁也。此药长于去湿，不能去热，病久则热衰气耗而湿郁为多故也。〔时珍曰〕杨梅疮古方不载，亦无病者。近时起于岭表，传及四方。盖岭表风土卑炎，岚瘴熏蒸，饮啖辛热，男女淫猥。湿热之邪积蓄既深，发为毒疮，遂致互相传染，自南而北，遍及海宇，然皆淫邪之人病之。其类有数种，治之则一也。其证多属厥阴、阳明



one *qian* of Zaojia/fructus gleditsiae/fruit of Chinese honey locust, and one *qian* of Qianniuzi/semen pharbitidis/pharbitis seed.

Stew the above drugs in six bowls of water until half is left. Take the decoction in three draughts. After several doses, the syndrome will be gone. Pathology: When toxin is invading the Greater Yang Channel, it arouses such pathological changes. But the disease is treated by Qingfen/calomelas/calomel, a very drying drug. After a long period of time, Water will be exhausted. Enhanced by the Xianghuo (the ministerial Fire), the Liver is encroaching the Spleen Earth. The latter pertains to Humidity and controls muscle and flesh. When the Spleen loses its control of the Humidity factor, it accumulates together with Heat in the muscle and Couli (striae of skin and muscle, the interstices). This will induce carbuncle and swelling with contractions and spasms. *Huangdi Neijing (Canon of Medicine of the Yellow Emperor)* says that excessive Humidity damages one's skin, flesh, tendon and bone. Tufuling, sweet, tasteless and plain, is good to eliminate the invading Humidity in the Spleen. Once Humidity is done away with, Ying (nutrient essence in blood) and Weiqi (body resistance) will resume their balance and muscle will become solid. Thus, tendons will return to normal and the contractions, spasms, carbuncle and fistula will all be gone. At first, after having the drug, it might not be effective. This is because there is only rampage of Fire, but Humidity has not yet accumulated. This drug is good to eliminate Humidity, but cannot eliminate Heat. But after a long time, when Heat is reduced and qi exhausted, Humidity will be accumulating. Then, this drug will be effective.

Li Shizhen: Syphilitic skin lesion was not recorded in ancient books, as there was no such disease at that time. Recently, the disease has spread from south of the Five Ridges to all over the country. This is because in the area south of the Five Ridges, the weather is hot and people are surrounded by miasma and epidemics. People also indulge in hot food and run wild in sex. The accumulation of pathogenic Heat and Humidity will induce pyogenic infection. After that the lesion spreads from the south to the north and all over the country. But normally, only those who indulge in excessive sex will be affected. There are several types of such disease. But treatment is the same: The ailment is always connected with the Greater



二经，而兼乎他经。邪之所在，则先发出，如兼少阴、太阴则发于咽喉，兼太阳、少阳则发于头耳之类。盖相火寄于厥阴，肌肉属于阳明故也。医用轻粉、银朱劫剂，五七日即愈。盖水银性走而不守，加以盐、矾升为轻粉、银朱，其性燥烈，善逐痰涎。涎乃脾之液，此物入胃，气归阳明，故涎被劫，随火上升，从喉颊齿缝而出，故疮即干痿而愈。若服之过剂，及用不得法，则毒气窜入经络筋骨之间，莫之能出。痰涎既去，血液耗涸，筋失所养，营卫不从。变为筋骨挛痛，发为痈毒疔漏。久则生虫为癣，手足皴裂，遂成废痼。惟土茯苓气平味甘而淡，为阳明本药。能健脾胃，去风湿。脾胃健则营卫从，风湿去则筋骨利，故诸证多愈，此亦得古人未言之妙也。今医家有搜风解毒汤，治杨梅疮，不犯轻粉。病深者月余，浅者半月即愈。服轻粉药筋骨挛痛、瘫



Yin and Greater Yang Channels, but may be complicated with other Channels. When pathogenic factors have accumulated some time, it will disperse from the throat if the ailment is complicated with the Lesser Yin and Initial Yin Channels. If it is complicated with the Initial Yang and Lesser Yang Channels, the ailment will occur first in the head or ear. At such a time, Xianghuo is accumulated at the Greater Yin Channel and muscle pertains to the Greater Yang. Doctors would normally use Qingfen and Yinzhu (vermillion). After five to seven days, the syndrome seems to be gone. Qingfen is made of Gong/hydrargyrum/mercury, which is a fast moving drug, with salt and Baifan/alumen/alum. Yinzhu is also a dry and drastic drug. It is good to disperse phlegm and saliva. Saliva is the liquid of the Spleen. When Qingfen and Yinzhu are taken, it functions on the Greater Yang Channel. Saliva is exhausted. Pathogenic Fire will ascend and leak out from throat or teeth. Sores will become dried and withered. The syndrome is thus gone. But if the drugs are overdosed or not used properly, pathogenic toxin will run into the tendons, bones or channels and collaterals, and it will become difficult to drive them out. After phlegm and saliva are dispersed, blood is exhausted. Thus, the tendons will lose their nourishment, and Ying and Weiqi lose their balance. So pain and contraction of the tendons and bones begin, followed by sores, carbuncle, pyogenic infection, malnutrition and fistula. After a long time, tinea will occur, as well as chapped hands and feet. Tufuling, sweet, tasteless and plain, is a drug functioning on the Greater Yang Channel. It is good to replenish the Spleen and Stomach and disperse pathogenic Wind and Humidity. Once the spleen and Stomach are replenished, the Ying and Weiqi will resume their harmonious relationship and when Wind and humidity are dispersed, tendons and bones will resume their normal condition. And all the accompanying symptoms will subside. This is something that has not been explored by ancient scholars. Now there is a prescription called Soufeng Jiedu Tang, which is designed to treat syphilitic skin lesion. But Qingfen is not used. For a chronic and prolonged ailment, one month of medication is required. For a lesser case, half a month will be enough to finish the disease. This treatment is also applicable to those suffering from contraction and pain of the tendons and bones or even paralysis due to use of Qingfen. Prescription:

痰不能动履者，服之亦效。其方用土茯苓一两，薏苡仁、金银花、防风、木瓜、木通、白鲜皮各五分，皂荚子四分，气虚加人参七分，血虚加当归七分，水二大碗煎饮，一日三服。惟忌饮茶及牛、羊、鸡、鹅、鱼肉、烧酒、法面、房劳。盖秘方也。

### 【附方】

新六。（略）





One *liang* of Tufuling,  
five *fen* of Yiyiren/semen coicis/coix seed,  
five *fen* of Jinyinhua/flos lonicerae/honeysuckle flower,  
five *fen* of Fangfeng/radix ledebouriellae/root of divaricate saposnik-  
ovia,  
five *fen* of Mugua/fructus chaenomelis/fruit of common flowering  
quince,  
five *fen* of Mutong/caulis akebiae/akebia stem,  
five *fen* of Baixianpi/cortex dictamni radicis/root-bark of dessefruit pit-  
tany,  
four *fen* of Zaojia/fructus gleditsiae/fruit of Chinese honey locust, and  
adding seven *fen* of Renshen/radix ginseng/ginseng root if there is de-  
ficiency of qi, and  
seven *fen* of Danggui/radix angelicae sinensis/root of Chinese angelica  
if there is blood deficiency.

Stew the above drugs in two big bowls of water to make a decoction.  
Take the decoction three times a day. Taboo: drinking of tea, beef, mutton,  
chicken and goose meat, fish, alcohol, noodles and sex.

This is a treasured secret prescription.

**[Prescriptions]**

Six prescriptions collected recently.



## 白敛（本经下品）

### 【释名】

白草本经。白根别录。兔核本经。猫儿卵纲目。昆仑别录。

〔宗奭曰〕白敛，服饵方少用，惟敛疮方多用之，故名白敛。〔时珍曰〕兔核、猫儿卵，皆象形也。昆仑，言其皮黑也。

### 【集解】

〔别录曰〕白敛生衡山山谷。二月、八月采根，曝干。〔弘景曰〕近道处处有之。作藤生，根如白芷，破片竹穿，



## BAILIAN

Japanese ampelopsis

*Ampelopsis japonica* (Thunb.) Mak.

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

### [Explanation of Names]

BAICAO

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

BAIGEN

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

TUHE

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

MAO'ERLUAN

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

KUNLUN

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

Kou Zongshi: Bailian is not a drug of common use in prescriptions for internal medicine. But it is often used in drugs designed for treatment of sores. So it is named Bailian (“white drug that astringes”).

Li Shizhen: Tuhe (“rabbit testis”) and Mao’erluan (“cat testis”) are names depicting the shape of the drug. Kunlun is a name depicting its black color.

### [Previous Explanations]

Bailian grows in the valleys of Hengshan Mountain. Collect the root in the second and eighth months and dry in the sun.

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

Tao Hongjing: The herb is found everywhere in nearby places. It is a





日干。〔恭曰〕根似天门冬，一株下有十许根，皮赤黑，肉白，如芍药，不似白芷。〔保昇曰〕蔓生，枝端有五叶，所在有之。〔颂曰〕今江淮及荆、襄、怀、孟、商、齐诸州皆有之。二月生苗，多在林中作蔓，赤茎，叶如小桑。五月开花，七月结实。根如鸡鸭卵而长，三五枚同一窠，皮黑肉白。一种赤敛，花实功用皆同，但表里俱赤尔。

### 根【气味】

苦，平，无毒。

〔别录曰〕甘，微寒。〔权曰〕有毒。〔之才曰〕代赭为之使。反乌头。

### 【主治】

痈肿疽疮，散结气，止痛除热，目中赤，小儿惊痫温



creeping herb. Its root is similar to Baizhi/radix angelicae dahuricae/root of dahuriae angelica. Cut the root into slices and penetrate them with a bamboo stripe. Dry the drug in the sun.

Su Gong: Its root is similar to Tianmendong. Under one herb, there are more than 10 roots, which are red-black outside and white inside. It looks like Shaoyao rather than Baizhi.

Han Baosheng: It is a creeping herb. There are five leaves on top of the twig. The herb can be found everywhere.

Su Song: Now the herb can be found in Jiang and Huai areas and in Jingzhou, Xiangzhou, Huaizhou, Mengzhou, Shangzhou and Qizhou. In the second month, the seedling begins to germinate. Vines creep along trees in a forest. The stem is red and the leaf is similar to small Sangye/fo-  
lium mori/mulberry leaf. The flower blooms in the fifth month and fruit is borne in the seventh month. The root looks like a long egg. Three to five roots flock together. It is black outside and white inside. There is another kind called Chilian. It has the same flower and fruit. But the inside and outside are all red.

## BAILIAN GEN

Root of Japanese ampelopsis  
Radix ampelopsis

### [Quality and Taste]

It is bitter, plain and nontoxic.

It is sweet and slightly cold.

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

Zhen Quan: It is toxic.

Xu Zhicai: Daizheshi/haematitum/hematite can be used as its guiding drug. It is mutually inhibiting to Wutou/radix aconite/Sichuan aconite root.

### [Indications]

It is good for treating carbuncle, swelling, phlegmon and sores. It disperses accumulation of qi, relieves pain, eliminates pathogenic Heat, and diminishes pink eye. It is also good for treating infantile convulsion,

疰，女子阴中肿痛，带下赤白本经。杀火毒别录。治发背瘰疬，面上疮疮，肠风痔漏，血痢，刀箭疮，扑损，生肌止痛大明。解狼毒毒时珍。

### 【发明】

〔弘景曰〕生取根捣，傅痛肿，有效。〔颂曰〕今医治风及金疮、面药方多用之。往往与白及相须而用。





epilepsy and pyrexial malaria. It relieves pain and swelling in a woman's pudenda and treats leucorrhea with bloody and whitish discharge.

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

It kills the toxin of Fire.

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

Da Ming: It is good for treating lumbar dorsal carbuncle and scrofula, and facial vesicle. It stops hematochezia due to attack of pathogenic Wind into the intestine, hemorrhoid and fistula, dysentery with bloody discharge. It heals an incised wound caused by an arrowhead and knife and physical injury, helps growth of muscle and stops pain.

Li Shizhen: It detoxifies toxin of Langdu/radix euphorbiae et stelleriae/ root of fischer euphorbia.

#### [Explication]

Tao Hongjing: Pound the fresh root and apply it to treat carbuncle and swelling. It is effective.

Su Song: The drug is often used in treating diseases caused by invasion of pathogenic Wind, an incised wound and in making drugs treating facial diseases. It is often used together with Baiji/rhizome bleuntilae/tuber of common bleuntila.



## 山豆根 (宋开宝)

### 【释名】

解毒纲目。黄结纲目。中药

〔颂曰〕其蔓如大豆，因以为名。

### 【集解】

〔颂曰〕山豆根，生剑南及宜州、果州山谷，今广西亦有，以忠州、万州者为佳。苗蔓如豆，叶青，经冬不凋，八月采根。广南者如小槐，高尺余，石鼠食其根。故岭南人捕鼠，取肠胃曝干，解毒攻热效。

### 【气味】

甘，寒，无毒。

〔时珍曰〕按沈括笔谈云：山豆根味极苦，本草言味甘，大误矣。



## SHANDOUGEN

Tonkin sophora

*Sophora tonkinensis* Gapnep.

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

### [Explanation of Names]

JIEDU

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

HUANGJIE

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

ZHONGYAO

Su Song: Its vine is similar to that of Dadou/soybean. So it is named as Shandougen (“root of mountain soybean”).

### [Previous Explanations]

Su Song: It grows in the mountain valleys in Jiannan, Yizhou and Guozhou. Now it is also found in Guangxi. That produced in Zhongzhou and Wenzhou is the best. Its seedling and vine are similar to those of soybean. The leaf is blue-green and does not wither in winter. Collect the root in the eighth month. The herb growing in Guangnan looks like a small pagoda tree and is about one *chi* tall. Shishu, a kind of rat, eats its root. Therefore people living in areas south of the Five Ridges catch the rat and take out its intestine and stomach. When the things are dried, they can be used to detoxify toxins and eliminate Heat. They are effective.

### [Quality and Taste]

It is sweet, cold and nontoxic.

Li Shizhen: Shen Kuo in his *Mengxi Bitan* said that Shandougen was very bitter. But *Shen Nong Bencao Jing* recorded it as being sweet. Shen



### 【主治】

解诸药毒，止痛，消疮肿毒，发热咳嗽，治人及马急黄，杀小虫开宝。含之咽汁，解咽喉肿毒，极妙苏颂。研末汤服五分，治腹胀喘满。酒服三钱，治女人血气腹胀，又下寸白诸虫。丸服，止下痢。磨汁服，止卒患热厥心腹痛，五种痔痛。研汁涂诸热肿秃疮，蛇狗蜘蛛伤时珍。

### 【附方】

旧十，新三。（略）



Kuo was wrong.

### [Indications]

It neutralize the toxins of various drugs. It stops pain, eliminates toxin of sores and swelling, and relieves fever and coughing. It is effective to treat acute jaundice of both man and horse. It kills small worms.

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

Su Song: Hold one drug in the mouth and swallow the juice to treat inflammation and pain in the throat. It works miraculously.

Li Shizhen: Grind the drug into powder and take five *fen* with hot water to treat abdominal distention with asthma and fullness. Take three *qian* of the powder with wine to treat abdominal pain and distention of a woman due to disorder of the blood and qi. It kills tapeworm and other worms. Make pills with the drug. It is good to stop dysentery. Grind the drug to get juice. Drink the juice to treat collapse with cold extremities due to excessive Heat and with epigastric and abdominal pain. It relieves pain in five kinds of hemorrhoids. Grind the drug to get juice to apply to treat sores due to invading pathogenic Heat and tinea capitis, bites of a snake, dog and spider.

### [Prescriptions]

Ten prescriptions collected previously, and three prescriptions collected recently.





## 白药子 (唐本草)

### 【集解】

〔恭曰〕白药子出原州。三月生苗，叶似苦苣。四月抽赤茎，长似壶卢蔓。六月开白花。八月结子，亦名瓜蒌。九月叶落枝折，采根洗切，日干，根皮黄色，名白药子。〔颂曰〕今夔、施、合州、江西、岭南亦有之。江西出者，叶似乌柏，子如绿豆，至八月变成赤色，治马热方用之。

### 根【气味】

辛，温，无毒。

〔权曰〕苦、冷。



## BAIYAOZI

Oriental stephania

*Stephania cepharantha* Hayata

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

### [Previous Explanations]

Su Gong: Baiyaozi is produced in Yuanzhou. The herb has seedling in the third month. Its leaf is similar to *Kuju/herba sonchi oleracei*/herb of common saw thistle. A red stem grows in the fourth month, which is as long as *Hulu/caulis largenariae depressae*/vine of depressed bottle gourd. In the sixth month, a white flower blooms. In the eighth month, fruit is borne. It is also called Gualou. In the ninth month, the leaf falls off and the twig withers. Collect the root at this time. Wash and cut it into pieces, and then dry it in the sun. The root bark is yellow. It is called Baiyaozi.

Su Song: Now the drug is also found in Kuizhou, Shizhou, Hezhou, Jiangxi and the area south of the Five Ridges. The herb from Jiangxi has a leaf similar to *Wujiuye/folium sapii radicis*/leaf of Chinese tallow tree. Its seed is similar to *Lüdou/semen phaseoli radiati*/green gram. It turns red in the eighth month, and is used in treating horse fever.

### BAIYAOZI GEN

Root of oriental stephania

*Radix stephaniae cepharanthae*

### [Quality and Taste]

It is pungent, warm and nontoxic.

Zhen Quan: It is bitter and cold.



### 【主治】

金疮生肌唐本。消肿毒喉痹，消痰止嗽，治渴并吐血大明。治喉中热塞不通，咽中常痛肿甄权。解野葛、生金、巴豆、药毒。刀斧折伤，干末傅之，能止血、痛马志。散血降火，消痰解毒时珍。

### 【附方】

旧三，新九。（略）

### [Indications]

It is good for treating an incised wound and helping muscle growth.

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

Da Ming: It treats throat inflammation and pyogenic infection, dissolves phlegm, stops coughing, quenches thirst and stops hematemesis.

Zhen Quan: It is good for treating suffocation and hot feeling in the throat, or swelling and pain.

Ma Zhi: It detoxifies toxin of Gouwen/herba gelsemimi elegantis/herb of graceful Jessamine, gold, Badou/fructus crotonis/croton seed and other drugs. Its powder can be applied to treat an incised wound due to the cut of a knife or axe. It stops bleeding and relieves pain.

Li Shizhen: It disperses blood stasis and brings down Fire, dissolves phlegm and detoxifies toxin.

### [Prescriptions]

Three prescriptions collected previously, and nine prescriptions collected recently.





## 威灵仙（宋开宝）

### 【释名】

〔时珍曰〕威，言其性猛也。灵仙，言其功神也。

### 【集解】

〔志曰〕出商州上洛山及华山并平泽，以不闻水声者良。生先于众草，方茎，数叶相对。冬月丙丁戊己日采根用。〔保昇曰〕九月末至十二月，采根阴干。余月并不堪采。〔颂曰〕今陕西及河东、河北、汴东、江湖州郡皆有之。初生作蔓，茎如钗股，四棱。叶似柳叶，作层，每层六七叶，如车轮，有六层至七层者。七月内生花六出，浅紫或碧白色。作穗似莆台子，亦有似菊花头者。实青色。根稠密多须



## WEILINGXIAN

Chinese clematis

*Clematis chinensis* Osbeck

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

### [Explanation of Names]

Li Shizhen: Wei means a character depicting its strong function; and Lingxian, the drug working miraculously.

### [Previous Explanations]

Ma Zhi: The herb grows in Shangluo Mountain of Shangzhou, Huashan Mountain, the plains and marshes. That found in a location where the splashing sound of water is not heard is the best. The seedling germinates earlier than all the other herbs. Its stem is square. Several leaves grow together in opposition. Collect the root on the Bing, Ding, Wu and Ji days in winter.

Han Baosheng: Collect the root of the herb from the end of the ninth month to the 12th month. It should not be collected in other months.

Su Song: Now the drug is produced in Shaanxi, Hedong, Hebei, Biandong, Jiangzhou and Huzhou. The vine grows at the beginning. The stem is square and looks like a hairpin. The leaf is similar to *Liuye/folium salicis baryloniae*/leaf of Babylon weeping willow, flocking together with six to seven layers of leaves. The whole thing looks like a wheel. There can be as many as six to seven such wheels of leaves. In the seventh month, a flower with six petals blooms. It is light purple, blue-green and white. The flowers form a spike in the shape of Putaizi. There is also a kind similar to chrysanthemum. The fruit is blue-green. Multiple fibrous fine roots flock together in a similar way to millet roots. They decay at the end. Collect the root in the ninth month.



似谷，每年朽败，九月采根。〔时珍曰〕其根每年旁引，年深转茂。一根丛须数百条，长者二尺许。初时黄黑色，干则深黑，俗称铁脚威灵仙以此。别有数种，根须一样，但色或黄或白，皆不可用。

### 根【气味】

苦，温，无毒。

〔元素曰〕味甘纯阳，入太阳经。〔杲曰〕可升可降，阴中阳也。〔时珍曰〕味微辛、咸，不苦。忌茗、面汤。

### 【主治】

诸风，宣通五脏，去腹内冷滞，心膈痰水，久积癥瘕，痲痺气块，膀胱宿脓恶水，腰膝冷疼，疗折伤。久服无有温疫疰开宝。推新旧积滞，消胸中痰唾，散皮肤大肠风邪李杲。



Li Shizhen: The root of this herb grows longer each year and will develop extensively. Under one root, there could be several hundred fibrous roots, some as long as two *chi*. At first, it is yellow-black and will turn black when dried. Such a drug is called Tiejiaoweilingxian (“Weilingxian with iron feet”). There are also other kinds of the herb. The root and the fibrous roots are the same, yellow or white, and are not good for medical use.

### WEILINGXIAN GEN

Root of Chinese clematis  
Radix clematidis

#### [Quality and Taste]

It is bitter, warm and nontoxic.

Zhang Yuansu: Sweet, it is a drug of pure Yang and functions on the Initial Yang Channel.

Li Gao: It is a drug with both ascending and descending tendencies. It is Yang in Yin.

Li Shizhen: It is slightly pungent, salty and not bitter. Tea and water in which noodles have been boiled are prohibited.

#### [Indications]

It is good for dispersing the invading pathogenic Wind of various types. It facilitates the function of the Five Viscera, and dissolves cold accumulation in the abdomen, phlegm and fluid retention in the epigastrium and diaphragm, chronic stagnation and hard mass, lump in the shape of a hanging noose and mass due to stagnation of qi. It eliminates prolonged pus and malignant Water accumulation in the Urinary Bladder, warms the waist and knee and relieves pain. It is good for treating fractures and physical injuries. Long-term use prevents attack of epidemic febrile disease and malaria.

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

Li Gao: It pushes away new and chronic accumulation and assemblage, and eliminates phlegm and saliva accumulating in the chest. It disperses invading pathogenic Wind resting with the skin and in the Large Intestine.





### 【发明】

〔颂曰〕唐贞元中，嵩阳子周君巢作威灵仙传云：威灵仙去众风，通十二经脉，朝服暮效。疏宣五脏冷脓宿水变病，微利，不泻人。服此四肢轻健，手足微暖，并得清凉。先时，商州有人病手足不遂，不履地者数十年。良医殫技莫能疗。所亲置之道旁，以求救者。遇一新罗僧见之，告曰：此疾一药可活，但不知此土有否？因为之入山求索，果得，乃威灵仙也。使服之，数日能步履。其后山人邓思齐知之，遂传其事。此药治丈夫妇人中风不语，手足不遂，口眼喎斜，言语蹇滞，筋骨节风，绕脐风，胎风头风，暗风心



**[Explication]**

Su Song: In the reign period of Zhenyuan of the Tang Dynasty (618-907), Zhou Junchao, Taoist name Songyangzi, wrote in his book *Weilingxian Zhuan* (*Biography of Weilingxian*):

Weilingxian is good for dispersing invading pathogenic Wind of various kinds. It facilitates the function of the 12 Channels. If the drug is taken in the morning, it begins to work in the evening. It disperses cold pus, prolonged fluid retention and pathological changes in the Five Viscera. It induces a slightly loose stool, but it does not hurt the person. After having this drug for a period of time, the person will feel swift and mighty movement of the extremities. There is slight warmth on the hands and feet. It brings coolness in a hot day. It is recorded that in Shangzhou, there was a patient who had been suffering from paralysis of the extremities for several dozen years, and the patient had not touched the ground ever since. Doctors tried everything without success. His relative took him to the roadside wishing to find someone who could treat him. One day, a monk from Korea came by, and, after seeing the patient, said there was a drug that could be used to treat the disease. But he did not know whether this drug could be found at that place. The family members of the patient requested the monk earnestly. So the monk promised to find the drug in a nearby mountain, and found it. The drug was Weilingxian. After several days of treatment, the patient began to walk by himself. Later Deng Siqu, a hermit in the mountain, learnt of this and spread the knowledge. This drug has a very wide spectrum of therapeutic functions. They are listed below:

- Apoplexy with aphasia and paralysis of the extremities, with deviation of the mouth and eye and slurred speech;
- arthritis due to attack of pathogenic Wind to the bone tendon;
- neonatal tetanus, infantile spasm;
- severe intermittent headache;
- hidden invasion of pathogenic Wind;
- invasion of pathogenic Wind into the Heart;
- mania due to invading pathogenic Wind;
- leprosy;



风，风狂大风，皮肤风痒，白癞风，热毒风疮，头旋目眩，手足顽痹，腰膝疼痛，久立不得，曾经损坠，臀腰痛，肾脏风壅，伤寒瘴气，憎寒壮热，头痛流涕，黄疸黑疸，头面浮肿，腹内宿滞，心头痰水，膀胱宿脓，口中涎水，冷热气壅，肚腹胀满，好吃茶滓，心痛，注气膈气，冷气攻冲，脾肺诸气，痰热咳嗽气急，坐卧不安，气冲眼赤，攻耳成脓，阴汗盗汗，大小肠秘，服此立通，气痢痔疾，瘰疬疥癣，妇人月水不来，动经多日，气血冲心，产后秘涩，孩子无辜，并皆治之。其法：采得根阴干，月余捣末。温酒调一钱匕，



- itching of skin due to invading pathogenic Wind;
- vitiligo;
- pyogenic infection and sore due to invading pathogenic Wind;
- vertigo and blurred vision;
- arthralgia and numbness in extremities;
- pain in lumbar region and knee that cannot stand for a long time;
- lumbago due to physical injury;
- accumulation of excessive pathogenic Wind in the Kidney;
- febrile disease caused by Cold and miasma;
- fever and chills;
- headache with sniveling;
- jaundice and black jaundice;
- puffy head and face;
- prolonged accumulation in the abdomen;
- accumulation of phlegm and fluid retention in the epigastrium;
- prolonged pus accumulation in the Urinary Bladder;
- profuse salivation;
- stagnation of gas of cold and hot nature;
- abdominal distention and fullness;
- addiction to dregs of tea;
- heart pain;
- wandering pain and pent-up gas in diaphragm;
- rushing of cold gas;
- pent-up gas in the Spleen and Lung;
- coughing with dyspnoea due to phlegm and Heat;
- restlessness and listlessness;
- inflammation of the eye and pus in the ear;
- night sweats and sweat of Yin type;
- constipation (can be dredged through right away by having this drug);
- dysentery with flatus and hemorrhoid;
- scrofula, scabies and tinea;
- menopause;
- profuse menstruation that has lasted many days;

空腹服之。如人本性杀药，可加及六钱。利过两行则减之，病除乃停药。其性甚善，不触诸药，但恶茶及面汤，以甘草、卮子代饮可也。又以一味洗焙为末，以好酒和令微湿，入在竹筒内紧塞，九蒸九曝。如干，添酒洒之。以白蜜和丸梧子大。每服二十至三十丸，温酒下。崔元亮海上集验方著其详如此。〔恭曰〕腰肾脚膝积聚，肠内诸冷病，积年不瘥者，服之无不立效。〔宗奭曰〕其性快，多服疏人五脏真气。〔震亨曰〕威灵仙属木，治痛风之要药也，在上下者皆宜，服之尤效。其性好走，亦可横行，故崔元亮言其去众风，通十二经脉，朝服暮效。凡采得闻流水声者，知其性好





- abdominal pain of a woman due to disorder of blood and qi that has rushed up to the heart;
- constipation in puerperium; and infantile malnutrition of unknown cause.

### [Preparation]

Dry the drug in the shade. After one month, pound it into powder. Wash down one *qianbi* per dose with wine before meal. If the patient has to be treated with heavy dosage, it can go up to six *qian*. After having two loose stools, reduce the dosage. When the syndrome is gone, stop taking the drug. This is a drug with mild functions and does not run counter to other drugs. But it is incompatible to tea and water in which noodles have been boiled. Decoction of Gancao/radix glycyrrhizae/liquorice root and Zhizi/fructus gardeniae/fruit of cape jasmine can be taken as a substitute for tea. Another way of preparation: Wash the drug and bake it. Grind it into powder. Blend the powder with wine of good quality and insert it into a bamboo tube while it is still warm. Seal the tube and steam it. Then, take it out and dry it in the sun. Repeat that nine times. When the drug is too dry, add more wine into it. Finally, blend the powder with white honey and make pills the size of a parasol seed. Take 20 to 30 pills per dose with warm wine. This is a detailed description of the efficacy of the drug recorded from Cui Yuanliang's *Haishang Jiyang Fang*.

— *Haishang Jiyang Fang*.

Su Gong: This drug is very effective in treating the following diseases:

- Accumulation and pathological changes in the lumbar region, the Kidney, the feet and knees; and
- cold pathogens in the intestines that has lasted for years.

Kou Zongshi: The drug moves fast within the body. If it is taken too much, it will purge the Zhenqi (original Vital Energy) of the Five Viscera.

Zhu Zhenheng: Weilingxian pertains to the Wood element. It is a drug especially effective in treating migratory arthralgia. It is applicable no matter what the pathological condition at the upper or the lower portion of body. It moves both vertically and horizontally. That is why Cui Yuanliang said that it is good to disperse invading pathogenic Wind of various kinds.

走也，须不闻水声者乃佳。〔时珍曰〕威灵仙气温，味微辛咸。辛泄气，咸成泄水。故风湿痰饮之病，气壮者服之有捷效。其性大抵疏利，久服恐损真气，气弱者亦不可服之。

【附方】

旧四，新一十五。（略）



It dredges through the 12 Channels. If the drug is taken in the morning, it begins to work in the evening. A drug growing in a location when the splashing sound of water can be heard is of fast moving tendency. That growing in a place where the splashing sound of water is not heard is a better drug.

Li Shizhen: Weilingxian is warm in quality, slightly pungent and salty in taste. Pungent as it is, it purges qi. And salty as it is, it removes fluid retention. So, it is a drug with dispersing and purging tendency. An overdose may consume the Zhenqi. People with debilitated qi should not take it.

**[Prescriptions]**

Four prescriptions collected previously, and  
15 prescriptions collected recently.





## 茜草（本经上品）

### 【释名】

蒨音茜。茅蒐音搜。茹蓐音如间。地血别录。染绯草蜀本。血见愁土宿。风车草土宿。过山龙补遗。牛蔓

〔时珍曰〕按陆佃云：许氏说文言蒐乃人血所化，则草鬼为蒐以此也。陶隐居本草言东方有而少，不如西方多，则





## QIANCAO

Indian madder

*Rubia cordifolia* L.

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

### [Explanation of Names]

QIAN

MAOSOU

RULÜ

DIXUE

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

RANFEICAO

— *Shu Bencao* (*Materia Medica of the Shu State*).

XUEJIANCHOU

— *Tusu Bencao*.

FENGCHECAO

— *Tusu Bencao*.

GUOSHANLONG

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

NIUMAN

Li Shizhen: Lu Dian: According to Xu Shen's *Shuowen Jiezi* (*Book of Philology* by Xu Shen), Sou is evolved from human blood. So the herb is called (Mao) Sou. Tao Hongjing said that Qiancao can be found in large quantity in the western part of the country. It is only found in small quantity in the East, so it is named Qian\*.

\*Qian: The character is formed by a radical of grass at the upper part and a character "west" under it.



西草为茜，又以此也。陆玕云：齐人谓之茜，徐人谓之牛蔓。又草之盛者为蒨，牵引为茹，连覆为蒨，则蒨、茹蒨之名，又取此义也。人血所化之说，恐亦俗传耳。土宿真君本草云：四补草，其根茜草也。一名西天王草，一名四岳近阳草，一名铁塔草、风车儿草。〔藏器曰〕有名未用，苗根，即茜根也。茜、苗二字相似，传写之误尔？宜并之。

### 【集解】

〔别录曰〕茜根生乔山川谷。二月、三月采根曝干。又曰：苗根生山阴谷中。蔓草木上，茎有刺，实如椒。〔弘景曰〕此即今染绛茜草也。东间诸处乃有而少，不如西多。诗云茹蒨在阪者是也。〔保昇曰〕染绯草，叶似枣叶，头尖下阔，茎叶俱涩，四五叶对生节间，蔓延草木上。根紫赤色，所在皆有，八月采。〔颂曰〕今圃人亦作畦种蒨。故史记云，千亩阝、茜，其人与千户侯等，言其利厚也。〔时



Lu Ji: People in the qi area call the herb Qian and people in the Xu area call it Niuman. The herb is prosperous, so it is called Qian. The names such as Qian and Rulü describe the shape of the herb. As to the belief that the herb is evolved from human blood, it could simply be hearsay.

The book *Tusu Zhenjun Bencao*: The root of Sibuciao is called Qiancao. The herb has other names: Xitianwangcao, or Siyuejinyangcao, or Tietacao, or Fengche'ercao.

Chen Cangqi: In the category of a drug with its name recorded but not yet in use, there is an entry Miaogen. It should be Qiangen (root of Indian madder). It should be Qiangen (root of Indian madder). As the two characters Qian and Miao are similar to each other, it could be a copying mistake and both of them should be included in the same clause.

### [Previous Explanations]

Qiancao grows in the valleys of Qiaoshan Mountain. Collect the root in the second and third months and dry in the sun. According to another record, Miaogen\* grows in the valleys of Shanyin Mountain. It is a creeping herb and spreads on a wood. Its stem is covered with thorns and its fruit is similar to Huajiao.

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

Tao Hongjing: This is simply Ranjiangqiancao (Qiancao). In the eastern part of the country, the herb is not found in large quantity, but it is in the west. As the poem goes: Lüru is found on the mountain slope. And that is an early mention of this herb.

Han Baosheng: The leaf of Ranfeicao (Qiancao) is similar to Zaoye/fo-  
lium jujubae/Chinese date leaf. It is pointed at the tip and wide at the base. The stem and leaf are astringent. Four to five leaves grow in opposition between the nodes. It creeps along wood and grass. Its root is purple-red. The herb can be found everywhere. Collect it in the eighth month.

\*See explanation of Chen Cangqi in the above text.



珍曰]茜草十二月生苗，蔓延数尺。方茎中空有筋，外有细刺，数寸一节。每节五叶，叶如乌药叶而糙涩，面青背绿。七八月开花，结实如小椒大，中有细子。

### 根【修治】

[斆曰]凡使，用铜刀子槐砧上锉，日干，勿犯铅铁器。勿用赤柳草根，真相似，只是味酸涩。误服令人患内障眼，速服甘草水解之，即毒气散。

### 【气味】

苦，寒，无毒。

[权曰]甘。[大明曰]酸。入药炒用。[震亨曰]热。[元素曰]微酸、咸，温。阴中之阴。[别录曰]苗根：咸，平，无毒。[之才曰]畏鼠姑。汁，制雄黄。



Su Song: Now the herb is also planted in cultivated land. In *Shi Ji (Records of the Historian)*, it is recorded that those who plant 1,000 *mu*\* of Zhizi or Qiancao are as rich as a marquis.

Li Shizhen: Qiancao begins to have a seedling in the 12th month, and the vine develops several *chi* long. The stem is square, hollow inside and with fiber. There are fine thorns on it. Between nodes several *cun* long there are five leaves. Its leaf is similar to Wuyaoye/foolium linderæ/leaf of combined spicebush. But it is rough on the surface with blue-green color on the face and green on the back. The flower blooms in the seventh and eighth months. The fruit is as small as Chinese prickly ash and has fine seeds in it.

## QIANCAOGEN

Root of Indian madder

Radix rubiae

### [Preparation]

Lei Xiao: File the drug with copper iron on a chopping board made of wood of pagoda tree and dry in the sun. Do not use any iron or lead object. Do not mix the drug with Chiliucaogen, which is very similar to this herb but sour and astringent. If Chiliucaogen is taken, it will induce nebula in the eye. Detoxify with a decoction of Gancao/radix glycyrrhizae/licuorice root, which will disperse the toxin.

### [Quality and Taste]

It is bitter, cold and nontoxic.

Zhen Quan: It is sweet.

Da Ming: It is sour. The drug should be stir-fried before it is used as a drug.

Zhu Zhenheng: It is hot in quality.

Zhang Yuansu: It is slightly sour, salty and warm. It is a drug of Yin in Yin.

Miaogen: It is salty, plain and nontoxic.

\*One *mu* = 1/15 hectare.



### 【主治】

寒湿风痹，黄疸，补中本经。止血，内崩下血，膀胱不足，踉跄蛊毒。久服益精气，轻身。可以染绛。又苗根：主痹及热中伤跌折别录。治六极伤心肺，吐血泻血甄权。止鼻洪尿血，产后血运，月经不止，带下，扑损淤血，泄精，痔瘘疮疖排脓。酒煎服大明。通经脉，治骨节风痛，活血行血时珍。

### 【发明】

〔藏器曰〕茜草主蛊毒，煮汁服。周礼：庶氏掌除蛊



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

Xu Zhicai: It is incompatible to Shugu.\* Its juice controls Xionghuang/realgar/red orpiment.

### [Indications]

It is good for treating arthralgia due to invading pathogenic Cold, Humidity and Wind. It also treats jaundice and tonifies the interior.

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

It stops bleeding. It is good for treating metrorrhagia and metrostaxis. It tones the insufficient condition of the Urinary Bladder, and treats paralysis with faltering steps, and Gudu. Long-term use makes one feel happy and vigorous and energetic. It can be used to as a crimson dyestuff. Miao-gen is good for treating arthralgia with interior Heat, physical damage and injuries.

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

Zhen Quan: It is good for treating Liuji (six exhaustions).\*\* It stops hematemesis and hematochezia due to damaged Heart and Lung.

Da Ming: It stops epistaxis and hematuria, treats puerperal vertigo due to blood disorder, incessant menstrual bleeding and leucorrhea, removes blood stasis due to physical injury, and purges Jing. It also treats hemorrhoid and fistula, sores and furuncles, and dispels pus. Stew the drug in wine to make a decoction.

Li Shizhen: It facilitates the function of the Channels, relieves pain in arthritis, and activates blood circulation.

\*Shugu may refer either to Mudanpi/cortex moutan radices/tree peony bark or Shufu/armadillidium vulgare/pill bug.

\*\*The six exhaustions: The exhaustion of qi, the exhaustion of blood, the exhaustion of tendons, the exhaustion of bones, the exhaustion of muscles and the exhaustion of Jing (Vital Essence). All are syndromes reflecting total exhaustion.





毒，以嘉草攻之。嘉草者，蓼荷与茜也，主蛊为最。〔震亨曰〕俗人治痛风，用草药取速效。如石丝为君，过山龙等佐之。皆性热而燥，不能养阴，却能燥湿病之浅者。湿痰得燥而开，淤血得热而行，故亦暂效。若病深而血少者，则愈劫愈虚而病愈深矣。〔时珍曰〕茜根赤色而气温，味微酸而带咸。色赤入营，气温行滞，味酸入肝而咸走血，手足厥阴血分之药也，专于行血活血。俗方用治女子经水不通，以一两煎酒服之，一日即通，甚效。名医别录言其久服益精气轻身，日华子言其泄精，殊不相合，恐未可凭。

【附方】

旧三。新八。（略）



### [Explication]

Chen Cangqi: Qiancao is good for treating Gudu. Stew the drug to make a decoction. Take the decoction. The book *Zhou Li (Rites of the Zhou Dynasty)* tells of a Mr. Shu, an official in charge of treatment of Gudu who used Jiacao to treat the disease. This refers to Ranghe/rhizoma zingiberis miogae/rhizome of mioga ginger and Qiancao. Such are the best drugs for treatment of Gudu.

Zhu Zhenheng: Local people treat migratory arthralgia with herbal drugs. They use Shisi as the principal drug assisted by Guoshanlong (Qiancao). Such drugs are hot and dry in quality. They cannot nourish Yin, but they can dry up the pathogenic Humidity that is not yet deeply penetrating. When pathogenic Humidity and phlegm are attacked by such a dry drug, they may dissolve and blood stasis may be removed by the hot quality of the drugs. So the drug can work temporarily. But if used to treat a syndrome of long history with scanty blood, it will bring the condition more deficient and the syndrome will penetrate even deeper, becoming more and more difficult to treat.

Li Shizhen: Qiangen is red and warm in quality. It is slightly sour and salty. Red as it is, it is a drug that functions on Ying (nutrient essence in blood) system. Warm as it is, it disperses accumulation and stagnation. As it is sour, it functions on the Liver. And as it is also salty, it works on the blood system. It is a drug functioning on the blood system of the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. It is especially effective in activating and motivating blood circulation. Local people use the drug to treat menopause. Stew one *liang* of Qiancao in wine to make a decoction. Menstruation will resume after one dose. It is proven very effective. But in *Mingyi Bielu*, the drug is described as enabling one to feel happy and vigorous and energetic after long-term use. And in *Da Ming Rihua Bencao* it says the drug purges Jing. Such descriptions are not reasonable and should not be relied on.

### [Prescriptions]

Three prescriptions collected previously, and eight prescriptions collected recently.

## 防己（本经中品）

### 【释名】

解离本经。石解

〔时珍曰〕按东垣李杲云：防己如险健之人，幸灾乐祸，能首为乱阶；若善用之，亦可御敌。其名或取此义。解离，因其纹解也。

### 【集解】

〔别录曰〕防己生汉中川谷。二月、八月采根，阴干。  
〔当之曰〕其茎如葛蔓延。其根外白内黄，如桔梗，内有黑纹如车辐解者，良。〔弘景曰〕今出宜都、建平。大而青白色、虚软者好，黑点木强者不佳。服食亦须之。〔颂曰〕今黔中亦有之。但汉中出者，破之文作车辐解，黄实而香，茎





## FANGJI

Four-stamen stephania

*Stephania tetrandra* s. Moore

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

### [Explanation of Names]

JIELI

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

SHIJIE

Li Shizhen: Fangji is a drug that works forcibly, but may lose control and cause trouble if not used properly. If it is used in a suitable way, it can work effectively. The meaning of the name is expressed in its name Fangji.

### [Previous Explanations]

Fangji grows in the mountain valley in Hanzhong. Collect the root in the second and eighth months and dry in the shade.

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

Li Dangzhi: Its stem looks like *Ge/caulis peurariae*/stem of lobed kudzu vine and spreads about. Its root is white outside and yellow inside, similar to *Jiegeng/radix platycodi/platycodon* root. If there is a black design like a wheel with spokes in the heart, it is a good-quality drug.

Tao Hongjing: Now the drug is produced in Yidu and Jianping. The root that is big, blue-white, and soft is of superior quality. That with black dots and woody quality is not a good drug. It is a drug used also by alchemists to make tonics.

Su Song: Now the drug is also produced in Qianzhong (Guizhou). But that produced in Hanzhong has a wheel spoke design. It is yellow, solid and fragrant. Its stem and branch are tender. Its seedling and leaf are somehow



梗甚嫩，苗叶小类牵牛。折其茎，一头吹之，气从中贯，如木通然。他处者青白虚软，又有腥气，皮皱，上有丁足子，名木防己。苏恭言木防己不任用。而古方张仲景治伤寒有增减木防己汤，及防己地黄汤、五物防己汤、黄芪六物等汤。孙思邈治遗尿小便涩，亦有三物木防己汤。〔藏器曰〕如陶所说，汉木二防己，即是根苗为名。

### 【修治】

〔斆曰〕凡使勿用木条，色黄、腥、皮皱、上有丁足子，不堪用。惟要心有花文黄色者，细锉，以车前草根相对蒸半日，晒干取用。〔时珍曰〕今人多去皮锉，酒洗晒干用。

### 【气味】

辛，平，无毒。

〔别录曰〕苦，温。〔普曰〕神农：辛。黄帝、岐伯、桐君：苦，无毒。李当之：大寒。〔权曰〕苦，有小毒。



similar to Qianniu/pharbitis. When a segment of the stem is blown front one end, wind can pass to the other end, simply like Mutong/caulis akebiae/akebia stem. That produced in other places has a blue-white soft and loose root with a fishy smell and creases. There are small scars on the root. This is called Mufangji. Su Gong said that Mufangji is not good for medical use, but there are ancient prescriptions, such as Master Zhang Zhongjing's classical prescriptions, which used it. Such prescriptions include:

Mufangji Tang,  
Fangji Dihuang Tang,  
Wuwu Fangji Tang, and  
Huangqi Liuwu Tang.

In Sun Simiao's prescription designed to treat enuresis and dysuria, there is Sanwu Mufangji Tang.

Chen Cangqi: As described by Tao Hongjing, the two species, Hanfangji and Mufangji, are differentiated by their seedlings and roots.

#### [Preparation]

Lei Xiao: Do not use the drug that is woody, of yellow color and with a fishy smell, creased bark and scars. Such a drug is no good for medical use. The root that has designs and with a yellow heart is good for medical purpose. File the drug into small pieces, blend with Cheqiancaogen/radix plantaginis/plantain root and steam them for half a day, then dry it.

Li Shizhen: Now the processing is as follows: Peel off the bark and file it. Wash it with wine and dry it in the sun.

#### [Quality and Taste]

It is pungent, plain and nontoxic.

It is bitter and warm.

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

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

Zhen Quan: It is bitter and slightly toxic.

Zhang Yuansu: It is very bitter, pungent and cold. It is a drug of Yin

〔元素曰〕大苦、辛，寒。阴也，泄也。〔之才曰〕殷藁为之使。杀雄黄毒。恶细辛。畏葶藶、女菀、鹵碱。伏消石。

### 【主治】

风寒温疟，热气诸痢，除邪，利大小便本经。疗水肿风肿，去膀胱热，伤寒寒热邪气，中风手脚挛急，通腠理，利九窍，止泄，散痈肿恶结，诸痼疥癣虫疮别录。治湿风，口面喎斜，手足拘痛，散留痰，肺气喘嗽甄权。治中下湿热肿，泄脚气，行十二经元素。木防己：主治男子肢节中风，毒风不语，散结气拥肿，温疟风水肿，治膀胱甄权。





with purging function.

Xu Zhicai: Yinnie can be used as its guiding drug. It kills toxin of Xionghuang/realgar/red orpiment. It is mutually inhibiting to Xixin/herba asari/herb of Manchurian wild ginger. It is incompatible to Bixie/rhizoma dioscoreae hypoglaucac/rhizome of hypoglaucous yam, Nüwan/herba turczaniowiae fastigiatae/herb of common turczaniowia and Lujian/crystallus bitter/bittern crystal. It oppresses Xiaoshi/sal nitri/niter.

### [Indications]

It is good for treating pyrexial malaria due to attack of pathogenic Wind and Cold, and epilepsy due to attack of pathogenic Heat. It disperses pathogenic factors, facilitates stool and urination.

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

It is good for treating edema due to Water retention and invading pathogenic Wind. It eliminates Heat in the Urinary Bladder, and treats febrile disease caused by Cold with chills and fever and invasion of pathogenic factors. It treats apoplexy with contraction of the hands and feet, dredges through the Couli and nine orifices, stops diarrhea, and disperses carbuncle and swelling with malignant accumulation. It is effective to treat sores, scabies and tinea.

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

Zhen Quan: It treats deviation of the face and mouth with contraction and pain in the hands and feet due to attack of pathogenic Wind and Humidity, disperses remaining phlegm retention, and relieves coughing and asthma due to Lung disorder.

Zhang Yuansu: It is good for treating swelling due to accumulation of pathogenic Humidity and Heat in the middle and lower portions. It purges pathogenic factors of beriberi, and facilitates the function of the 12 Channels.

Zhen Quan: Mufangji is good for treating attack of pathogenic Wind to the limbs and joints of a man with aphasia due to attack of toxic wind. It disperses accumulation of qi with carbuncle and swelling. It also treats pyrexial malaria, edema due to attack of pathogenic Wind, and diseases of the Urinary Bladder.





### 【发明】

〔弘景曰〕防己是疗风水要药。〔藏器曰〕治风用木防己，治水用汉防己。〔元素曰〕去下焦湿肿及痛，并泄膀胱火邪，必用汉防己、草龙胆为君，黄檗、知母、甘草佐之，防己乃太阳本经药也。〔杲曰〕本草十剂云：通可去滞，通草、防己之属是也。夫防己大苦寒，能泻血中湿热，通其滞塞，亦能泻大便，补阴泻阳，助秋冬、泻春夏之药也。比之于人，则险而健者也。幸灾乐祸，能首为乱阶。然善用之，亦可敌凶突险。此瞑眩之药也，故圣人存而不废。大抵闻其臭则可恶，下咽则令人心心烦乱，饮食减少。至于十二经有湿热壅塞不通，及下注脚气，除膀胱积热而庇其基本，非此药不可，真行经之仙药，无可代之者。若夫饮食劳倦，阴虚生内热，元气谷食已亏，以防己泄大便，则重亡其血，此不



**[Explication]**

Tao Hongjing: Fangji is a very important drug in the treatment of diseases caused by invasion of pathogenic Wind and fluid retention.

Chen Cangqi: When pathogenic Wind is to be dispersed, use Mufangji. If edema is to be tackled, use Hanfangji/radix aristolochiae heterophyllae/root of yellow mouth Dutchman's pipe.

Zhang Yuansu: To eliminate edema and pain in the lower portion due to excessive Humidity, and to purge Fire in the Urinary Bladder, Hanfangji and Longdan/radix gentianae/Chinese gentian must be used. They should be assisted by:

Huangbai/cortex phellodendri/bark of Chinese cork tree,  
Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena, and  
Gancao/radix glycyrrhizae/licuorice root.

Fangji is a drug that functions on the Initial Yang Channel.

Li Gao: In the "10 functions of the prescriptions" in *Shen Nong Bencao Jing*, it is said that when the pathological condition needs to be dredged through, Tongcao and Fangji should be used. Fangji, very bitter and cold, is a drug that can purge pathogenic Humidity and Heat in the blood. It dredges through accumulation and stagnation. It is also effective to loosen the bowels. It is a drug that tones Yin and purges Yang, a drug that is reinforcing in autumn and winter and purging in spring and summer. It is something that can bring trouble. But if it is used in the right way, it becomes a drug that works mightily and fiercely. This is a drug that can cause vertigo and blurred vision. It will induce nausea as it is smelt, and if it is taken, it causes restlessness, irritation and lack of appetite. But when the 12 Channels get blocked with invading pathogenic Humidity and Heat, or with beriberi due to down flowing of such pathogens, or when the Urinary Bladder is invaded by accumulation of Heat, Fangji must be used. It is a really effective drug in facilitating the normal flow of the Channels. There is no drug that can be used as its substitute. But it cannot be used in either of the following conditions:

— The patient is suffering from overstrain and general fatigue with improper intake of food, he will have interior Heat due to the Yin deficiency



可用一也。如人大渴引饮，是热在上焦肺经气分，宜渗泄，而防己乃下焦血分药，此不可用二也。外伤风寒，邪传肺经，气分湿热，而小便黄赤，乃至不通，此上焦气病，禁用血药，此不可用三也。大抵上焦湿热者皆不可用。下焦湿热流入十二经，致二阴不通者，然后审而用之。

【附方】

旧三，新九。（略）



condition. When his Yuanqi is in a debilitated condition with poor appetite, if Fangji is used to cause a loose stool, it will exhaust the blood. This is a malpractice.

— If the patient has great thirst, it shows that pathogenic Heat is resting with the qi system of the Lung at the Shangjiao. Drugs that drain the Humidity should be given. But Fangji should not be given, as it is a drug that purges the blood at the Xiajiao. This again is a malpractice.

— When the patient has been exposed to wind and cold with pathogenic factors transmitted to the Lung Channel, it will cause prevalence of pathogenic Humidity and Heat at the qi system with reddish and brown urine or even dysuria, it shows that this is a disease of the qi system at the Shangjiao. Drug to treat blood disorders should not be given. And this is another case when Fangji should not be given.

Generally speaking, Fangji is not applicable to treat a syndrome due to invasion of pathogenic Humidity and Heat at the Shangjiao. When pathogenic Humidity and Heat have flowed downward to the 12 Channels causing constipation and dysuria, Fangji can be used. But caution is needed in diagnosing the overall symptoms and signs.

### [Prescriptions]

Three prescriptions collected previously, and nine prescriptions collected recently.

## 通草（本经中品）

### 【释名】

木通士良。附支本经。丁翁吴普。万年藤甄权。子名燕覆

〔时珍曰〕有细细孔，两头皆通，故名通草，即今所谓木通也。今之通草，乃古之通脱木也。宋本草混注为一，名实相乱，今分出之。

### 【集解】

〔别录曰〕通草生石城山谷及山阳。正月、二月采枝，阴干。〔弘景曰〕今出近道。绕树藤生，汁白。茎有细孔，两头皆通。含一头吹之，则气出彼头者良。或云即葛藤茎也。〔恭曰〕此物大者径三寸，每节有二三枝，枝头有五





## TONGCAO

Manchurian Dutchman's pipe  
*Aristolochia manshuriensis* Kom

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

### [Explanation of Names]

MUTONG

— *Shixing Bencao*.

FUZH

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

DINGWENG

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

WANNIANTENG

— Zhen Quan.

YANFU (the fruit)

Li Shizhen: The stem of the drug is empty inside, so it is called Tongcao ("penetrating herb"). This is merely Mutong of today. And Tongcao we use today is simply Tongtuomu of ancient times. In *Song Bencao*, both drugs were put together. Now they are divided into two separate drugs.

### [Previous Explanations]

Tongcao grows in the mountain valleys in Shicheng and Shanyang. Collect the stem in the first and second months; dry it in the shade.

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

Tao Hongjing: Now the drug is also produced in nearby places. It creeps along the tree. Its juice is white. In the stem, there is a fine hole all the way through. Such a drug is of good quality. Some say this is simply Futengjing.



叶。子长三四寸，核黑瓢白，食之甘美。南人谓为燕覆子，或名乌覆子。遇七八月采之。〔藏器曰〕江东人呼为畜葛子，江西人呼为拿子，如箕袋，瓢黄子黑，食之去皮。苏云色白者，乃猴葛也。〔颂曰〕今泽、潞、汉中、江淮、湖南州郡亦有之。藤生，蔓大如指，其茎干大者径三寸。一枝五叶，颇类石韦，又似芍药，三叶相对。夏秋开紫花，亦有白花者。结实如小木瓜，食之甘美，即陈士良本草所谓桴椌子也。其枝今人谓之木通，而俗间所谓通草，乃通脱木也。古方所用通草，皆今之木通，其通脱木稀有用者。或以木通为葡萄苗者，非矣。按张氏燕吴行纪载：扬州甘泉东院两廊前有通草，其形如椿，少叶，子垂梢际，如苦楝。与今所说不同，或别一物也。〔时珍曰〕今之木通，有紫、白二色：紫者皮厚味辛，白者皮薄味淡。本经言味辛，别录言味甘，是二者皆能通利也。



Su Gong: The big one may be three *cun* in diameter. In each node there are two to three branches. And on top of the branch, there are five leaves. The fruit is three to four *cun* long. The kernel is black and the pulp is white. It is sweet and delicious. People in the south call it Yanfuzi or Wufuzi. Collect it in the seventh and eighth months.

Chen Cangqi: People in Jiangdong call it Xufuzi, while people in Jiangxi call it Nazi. It looks like a sack of abacus with yellow pulp and a black seed. Peel it and eat the pulp. Su Gong said that the pulp is white. That is Houfu.

Su Song: Now the herb is also found in Zezhou, Luzhou, Hanzhong, Jiang and Huai and Hunan. It is a creeping herb with its stem as thick as a finger. The big one can have a stem as thick as three *cun* in diameter. On each branch there are five leaves, looking like Shiwei/*folium pyrrrosiae*/leaf of Japanese felt fern or Shaoyao/peony. Three leaves grow in opposition. A purple flower blooms in summer and autumn. There is also a species that has a white flower. The fruit looks like a small *Mugua/fructus chaenomelis*/fruit of common flowering quince, which is sweet and delicious. This is described and named by Chen Shiliang as Futanzi. The branch is now called Mutong and it is colloquially called Tongcao. It is Tongtuomu. Tongcao used by ancient people is simply Mutong used by doctors of today. Tongtuomu is actually seldom used today. Some say that Mutong is the seedling of grape, which is incorrect. Mr. Zhang in his book *Yanwu Xingji* said: In the eastern courtyard of Ganquan Temple in Yangzhou, Tongcao grows along the corridors, looking like Chinese toona. There are very few leaves and the fruit is hung on the tip of the branch in the shape of *Kulianzi/fructus meliae azedarach*/fruit of chinaberry. This description does not conform with what is described here as Tongcao. It may be another herb.

Li Shizhen: Mutong we have now has two species: One is purple and the other white. The purple one has thick bark and a pungent taste and the white one has thin bark and a plain taste. In *Shen Nong Bencao Jing* it says the drug is pungent and in *Mingyi Bielu* it is recorded as sweet. Both drugs have the dredging-through function.





### 【气味】

辛，平，无毒。〔别录曰〕甘。〔叔曰〕微寒。〔普曰〕神农、黄帝：辛。雷公：苦。〔杲曰〕味甘而淡，气平味薄。降也，阳中阴也。

### 【主治】

除脾胃寒热，通利九窍血脉关节，令人不忘，去恶虫本经。疗脾疸，常欲眠，心烦哆，出音声，治耳聋，散痈肿诸结不消，及金疮恶疮，鼠痿踠折，鼈鼻瘕肉，堕胎，去三虫别录。治五淋，利小便，开关格，治人多睡，主水肿浮大甄叔。利诸经脉寒热不通之气孟诜。理风热，小便数急疼，小腹虚满，宜煎汤并葱食之，有效士良。安心除烦，止渴退热，明耳目，治鼻塞，通小肠，下水，破积聚血块，排脓，治疮疖，止痛，催生下胞，女人血闭，月候不匀，天行时



### [Quality and Taste]

It is pungent, plain and nontoxic.

It is sweet.

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

Zhen Quan: It is slightly cold.

Wu Pu: It is pungent according to Shen Nong and the Yellow Emperor. It is bitter according to Lei Gong.

Li Gao: It is sweet and plain. It is a drug with plain quality and thin taste, a drug with descending tendency, and a drug of Yin in Yang.

### [Indications]

It disperses pathogenic Cold and Heat in the Spleen and Stomach, facilitates functions of the nine orifices, blood and joints, consolidates one's memory, and kills malignant worms.

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

It is good for treating jaundice due to Spleen disorder. It drives away drowsiness, eliminates retching and restlessness, brightens one's voice, treats deafness, disperses carbuncle and swelling and accumulation, treats incised wounds and malignant sores, fistula, paralysis and fracture, eliminates polyp in the nostril, promotes abortion and treats Three Worms (ascariasis, teniasis and oxyuriasis).

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

Zhen Quan: It treats five types of stranguria and facilitates urination. It treats dysuria and vomiting, drives away drowsiness, and eliminates puffy edema.

Meng Xian: It facilitates the qi flow in Channels when it is obstructed by pathogenic Cold and Heat. It eliminates invading pathogenic Wind and Heat.

Chen Shiliang: It treats incontinence with pain and lower abdominal pain due to deficiency. Stew the drug to make a decoction. Take the decoction with Cong/herba allii fistulosi/fistular onion. It is effective.

Da Ming: It pacifies the mind and eliminates restlessness. It quenches thirst and eliminates fever, brightens the eye and sharpens the hearing. It treats a stuffy nose and dredges through the Small Intestine. It disperses

疾，头痛目眩，羸劣乳结，及下乳大明。利大小便，令人心宽，下气藏器。主诸瘰疮，喉痹咽痛，浓煎含咽珣。通经利窍，导小肠火呆。

### 【发明】

〔呆曰〕本草十剂，通可去滞，通草、防己之属是也。夫防己大苦寒，能泻血中湿热之滞，又通大便。通草甘淡，能助西方秋气下降，利小便，专泻气滞也。肺受热邪，津液气化之原绝，则寒水断流；膀胱受湿热，癃闭约缩，小便不通，宜此治之。其症胸中烦热，口燥舌干，咽干，大渴引饮，小便淋漓，或闭塞不适，胫痠脚热，并宜通草主之。凡气味与之同者，茯苓、泽泻、灯草、猪苓、琥珀、瞿麦、车





fluid retention, dissolves hard mass and removes blood stasis. It dispels pus and treats sores and furuncle. It relieves pain, promotes baby delivery and descent of the placenta, and treats the menopause, irregular menstruation, epidemics with headache and vertigo. It improves a debilitated and emaciated condition, and treats accumulation in the breast and promotes lactation.

Chen Cangqi: It facilitates stool and urination, brings down the adverse ascending of gas and makes one feel happy and relaxed.

Li Xun: It is good for treating various fistula and inflammation and pain in the throat. Stew the drug to make a dense juice. Hold it in the mouth and swallow slowly.

Li Gao: It facilitates the functions of the Channels and orifices. It leads out Fire in the Small Intestine.

#### [Explication]

Li Gao: In the “10 functions of the prescriptions” in *Bencao*, it says that drugs with dredging functions can eliminate the accumulation and stagnation. Tongcao and Fangji are such drugs. Fangji, very bitter and cold, is good to bring down the pathogenic Humidity and Heat in the blood and loosen the bowels. Tongcao, sweet and plain, is good to assist the autumn qi of the west to descend, and smooth urination. It is a drug that purges the stagnation of qi. When the Lung is invaded by pathogenic Heat, the source of vaporization of qi is exhausted. Thus, cold Water loses its origin and the Urinary Bladder is invaded by pathogenic Humidity and Heat. Fluid retention occurs there, causing dysuria consequently. To treat such a case, Tongcao is the right cure. The drug is also good for treating a syndrome with the following symptoms and signs: fever in the chest with restlessness, parched oral cavity and dried throat, great thirst and urinary dripping, or with dysuria, and hot feeling in the tibia and feet. Tongcao can be prescribed. Drugs with similar quality and taste with Tongcao all have the function of draining urine and dispersing the stagnation of qi. The following are such drugs:

Fuling/poria/Indian bread,

Zexie/rhizoma alismatis/rhizome of oriental water plantain,

Dengxincao/medulla junci/rush,

前子之类，皆可以渗湿利小便，泄其滞气也。又曰：木通下行，泄小肠火，利小便，与琥珀同功，无他药可比。〔时珍曰〕木通手厥阴心包络、手足太阳小肠、膀胱之药也。故上能通心清肺，治头痛，利九窍；下能泄湿热，利小便，通大肠，治遍身拘痛。本经及别录皆不言及利小便治淋之功，甄权、日华子辈始发扬之。盖其能泄丙丁之火，则肺不受邪，能通水道。水源既清，则津液白化，而诸经之湿与热，皆由小便泄去。故古方导赤散用之，亦泻南补北、扶西抑东之意。杨仁斋直指方言：人遍身胸腹隐热，疼痛拘急，足冷，皆是伏热伤血。血属于心，宜木通以通心窍，则经络流行也。





Zhuling/polyporus/agaric,  
Hupo/succinum/amber,  
Qumai/herba dianthi/herb of lilac pink, and  
Cheqianzi/semen plantaginis/plantain seed.

It is also recorded that Mutong is a drug with descending tendency and is good to purge Fire in the Small Intestine and facilitate urination. It is a drug with similar functions to Hupo/succinum/amber. No other drug can have such therapeutic functions.

Li Shizhen: Mutong is a drug that functions on the following Channels:  
Pericardium Channel of Hand Greater Yin,  
Liver Channel of Foot Greater Yin,  
Small Intestine Channel of Hand Initial Yang, and  
Urinary Bladder of Foot Initial Yang.

Therefore, this drug is good to ascend to clean the Heart and Lung so as to treat headache and facilitate the nine orifices; and it is also good to purge pathogenic Humidity and Heat so as to facilitate urination, loosen the bowels, plus contractions and pain all over body. But in *Shen Nong Bencao Jing* and *Mingyi Bielu*, the function of facilitating urination and eliminating stranguria is not mentioned. Only with Zhen Quan and Da Ming did such functions begin to be recorded. As the drug is able to purge the Fire of Bing and Ding,\* the Lung will be free from attacks of pathogens. It will be able to facilitate the Water duct. Once the Water source is cleared up, Jinye (body fluid) will be evolved automatically and this will enable the invading pathogenic Humidity and Heat to be dispersed together with urine. That is why in the ancient prescription Daochi San,\*\* the drug is used. In this prescription, the strategy of purging the south, tonifying the north, assisting the west and curbing the east\*\*\* is used. Yang Renzhai in his book *Zhizhi*

\*The Fire of Bing indicates the heat in the Small Intestine Channel of Hand Initial Yang, and the Fire of Ding represents the Heat in the Heart Channel of Hand Lesser Yin.

\*\*Daochi San:

Shengdihuang/radix rehmanniae/root of rehmannia,  
Gancao/radix glycyrrhizae/licuorice root, and  
Tongcao.

\*\*\*This can be understood as “purging Heart Fire, tonifying Water, assisting the Lung and curbing the Liver.”



【附方】

旧三，新一。（略）

根

〔主治〕项下瘰疬甄叔。

子

〔气味〕甘，寒，无毒。〔洗日〕平。南人多食之，北人不知其功。

〔主治〕厚肠胃，令人能食，下三焦恶气，续五脏断绝气，使语声足气，通十二经脉。和核食之孟诜。除三焦客热，胃口热闭，反胃不下食士良。止渴，利小便时珍。



*Fang* said: When there is a vague hot feeling in the chest, abdomen and all over the body with pain and contraction and cold feet, it is a syndrome with hidden Heat and damage of blood. As the blood is controlled by the Heart, Mutong should be used to dredge through the Heart orifice so as to facilitate the flow in the Channel and Collateral.

**[Prescriptions]**

Three prescriptions collected previously, and one prescription collected recently.

**TONGCAOGEN**

Root of Manchurian Dutchman's pipe  
Radix aristolochiae manshuriensis

**[Indications]**

Zhen Quan: It is good for treating goiter and tumor in the neck.

**TONGCAOZI**

Seed of Manchurian Dutchman's pipe  
Semen aristolochiae manshuriensis

**[Quality and Taste]**

It is sweet, cold and nontoxic.

Meng Xian: It is plain. People in the south eat it. But people in the north do not know its function.

**[Indications]**

Meng Xian: It strengthens the function of the Stomach and Intestine, thus whetting the appetite. It disperses malignant gas resting with the Sanjiao, reinforces the evanescent qi in the Five Viscera, makes one to talk in a loud voice, and dredges through the 12 Channels. Eat the thing together with the kernel.

Chen Shiliang: It clears guest Heat in the Sanjiao, whets the appetite when the Stomach is invaded by pathogenic Heat causing regurgitation.

Li Shizhen: It quenches thirst and facilitates urination.





## 钓藤（别录下品）

### 【释名】

〔弘景曰〕出建平。亦作吊藤。疗小儿，不入余方。  
〔时珍曰〕其刺曲如钓钩，故名。或作吊，从简耳。

### 【集解】

〔恭曰〕钓藤出梁州。叶细长，其茎间有刺，若钓钩。  
〔颂曰〕今秦中兴元府有之。三月采。〔宗奭曰〕湖南、湖北、江南、江西山中皆有之。藤长八九尺或一二丈，大如拇指，其中空。小人用致酒瓮中，盗取酒，以气吸之，涓涓不断。〔时珍曰〕状如葡萄藤而有钩，紫色。古方多用皮，后世多用钩，取其力锐尔。



## DIAOTENG\*

Gambirplant

*Uncaria rhynchophylla* (Miq.) Jacks.

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

### [Rectification]

This drug is removed from the “Category of Woods” to join this category.

### [Explanation of Names]

Tao Hongjing: The drug is produced in Jianping. It is also called Diaoteng (吊藤). It is a drug treating infantile diseases, but not used in other prescriptions.

Li Shizhen: There are thorns in the shape of hooks on the stem. So it is named Diaoteng. Diao means hook.

### [Previous Explanations]

Su Gong: Diaoteng is produced in Liangzhou. Its leaf is thin and long. In the stem, there are thorns in the shape of hooks.

Su Song: Now the drug is produced in Xingyuanfu in the Qin area. Collect it in the third month.

Kou Zongshi: The drug is also produced in the mountains in Hunan, Hubei, Jiangnan and Jiangxi. Vines can be as long as eight to nine *chi*, or even 10 to 20 *chi*, as thick as a thumb. The vine is hollow inside. A mean person may use the stem to suck wine from the wine jar.

Li Shizhen: Its vine looks like that of grape, but it has hooks. It is purple. In ancient prescriptions, the bark of vine is used. But in later time, it is

\*Also named Gouteng.



### 【气味】

甘，微寒，无毒。

〔保昇曰〕苦。〔权曰〕甘，平。〔时珍曰〕初微甘，后微苦，平。

### 【主治】

小儿寒热，十二惊痫别录。小儿惊啼，瘵疢热拥，客忤胎风甄权。大人头旋目眩，平肝风，除心热，小儿内钓腹痛，发斑疹时珍。

### 【发明】

〔时珍曰〕钓藤，手足厥阴药也。足厥阴主风，手厥阴主火。惊痫眩运，皆肝风相火之病。钓藤通心包于肝木，风静火息，则诸证自除。或云：入数寸于小麦中蒸熟，喂马易肥。



the hook that is used as a drug, as it has the strongest function.

### [Quality and Taste]

It is sweet, slightly cold and nontoxic.

Han Baosheng: It is bitter.

Zhen Quan: It is sweet and plain.

Li Shizhen: It tastes slightly sweet at first and then turns slightly bitter.

It is plain.

### [Indications]

It is good for treating infantile disease with chills and fever and 12 kinds of epilepsy and convulsion

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

Zhen Quan: It is good for treating infantile convulsion with crying, contraction, spasm and fever. It treats Kewu (infantile convulsive seizure due to fright) and infantile spasm.

Li Shizhen: It is good for treating adult vertigo with blurred vision. It oppresses the excessive Liver Wind, eliminates Heat in the Heart, and treats infantile convulsion with visceral colic due to invasion of Cold and skin rash.

### [Explication]

Li Shizhen: Diaoteng is a drug that functions on the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. The Liver Channel of Foot Greater Yin invites invasion of pathogenic Wind, and the Pericardium Channel of Hand Greater Yin invites the invading pathogenic Heat. Such diseases as convulsions epilepsy, vertigo and blurred vision originate from the Xianghuo (ministerial Fire) and invading pathogenic Wind in the Liver. Diaoteng is a drug that links the Pericardium Channel of Hand Greater Yin to the Liver Wood. Once pathogenic Wind is oppressed and Fire put out, all the corresponding symptoms will subside. Some say: Insert several *cun* of the drug in Xiaomai/seed of wheat and steam. Feed it to a horse to facilitate it gaining weight.

## 络石（本经上品）

### 【释名】

石鲛本经。吴普作鲛石。石龙藤别录。悬石同。耐冬恭。云花普。云英普。云丹普。石血恭。云珠别录。又名略石、领石、明石、石磋。





## LUOSHI

Confederate jasmine

*Trachelospermum jasminoides* (Lind.)

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

### [Explanation of Names]

SHILING

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

LINGSHI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

SHILONGTENG

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

XUANSHI

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

NAIDONG

— Su Gong.

YUNHUA

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

YUNYING

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

YUNDAN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

SHIXUE

— Su Gong.

YUNZHU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

LUESHI



〔恭曰〕俗名耐冬。以其包络石木而生，故名络石。山南人谓之石血，疗产后血结，大良也。

### 【集解】

〔别录曰〕络石生太山川谷，或石山之阴，或高山岩石上，或生人间。五月采。〔弘景曰〕不识此药，方法无用者。或云是石类，既生人间，则非石，犹如石斛等系石为名耳。〔恭曰〕此物生阴湿处，冬夏常青，实黑而圆，其茎蔓延绕树石侧。若在石间者，叶细厚而圆短；绕树生者，叶大而薄。人家亦种之为饰。〔保昇曰〕所在有之，生木石间，凌冬不雕，叶似细橘叶。茎节着处，即生根须，包络石旁。花白子黑。六月、七月采茎叶，日干。〔藏器曰〕在石者良，在木者随木性有功，与薜荔相似。更有石血、地锦等十余种藤，并是其类。大略皆主风血，暖腰脚，变白不老。苏



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

LINGSHI

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

MINGSHI

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

SHICUO

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

Su Gong: It is colloquially called Naidong (“resistant to cold”). As its vine and leaf envelop rock or wood, it is called Luoshi (“enveloping the rock”). People of Shannan call it Shixue. It is very effective in dissolving accumulation of blood in puerperium.

### [Previous Explanations]

Luoshi grows in the valleys of Taishan Mountain, or on the shady side of rocky mountains, or close to rocks on a high mountain, or in places close to human habitation. Collect it in the fifth month.

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

Tao Hongjing: The drug is not known as there is no record of its utilization. Some say it is a kind of stone. Since it grows close to human habitats, it must not be stone. It should be an herb close to rock and stone, similar to Shihu/herba dendrobii/dendrobium stem.

Su Gong: The herb grows in shady and humid places. It is green in summer as well as in winter. Its fruit is round and black. Its vine envelops a tree or rock. If the herb grows close to rock, then its leaf is fine, thick, round and short. That enveloping a tree has a big, thin leaf. People plant the herb in the garden as an ornamental plant.

Han Baosheng: The herb can be found everywhere. It grows among rocks and woods and does not wither in winter. The leaf is similar to the fine leaf of orange. At the node of the stem, fibrous roots grow and envelop the rock. Flower is white and the fruit is black. Collect the stem and leaf in the sixth and seventh months and dry in the sun.

Chen Cangqi: The herb that is attached to rock is the best drug. That attaching to woods has similar functions with the wood. It is similar to Bili/ficus pumila/climbing fig. There are more than 10 species, such as Shixue





恭言石血即络石，殊误矣。络石叶圆正青。石血叶尖，一头赤色。〔时珍曰〕络石贴石而生。其蔓折之有白汁。其叶小于指头，厚实木强，面青背淡，涩而不光。有尖叶、圆叶二种，功用相同，盖一物也。苏恭所说不误，但欠详耳。

### 茎叶【修治】

〔雷曰〕凡采得，用粗布揩去毛了，以熟甘草水浸一伏时，切晒用。

### 【气味】

苦，温，无毒。

〔别录曰〕微寒。〔普曰〕神农：苦，小温。雷公：苦，平，无毒。扁鹊、桐君：甘，无毒。〔当之曰〕大寒。药中君也。采无时。〔时珍曰〕味甘、微酸，不苦。〔之才曰〕杜仲、牡丹为之使。恶铁落。畏贝母、菖蒲。杀殷蘖毒。



and Dijin. Such creeping herbs are of the same category. Generally speaking, their therapeutic functions are similar: Good to disperse invading Wind into the blood, warm the lumbar region and feet, turn white hair black. Su Gong said that Shixue was simply Luoshi, but this is not correct. Luoshi has a round and blue-green leaf. But Shixue has a pointed leaf of red color.

Li Shizhen: Luoshi creeps along the rock. When its stem is broken, white juice seeps out. Its leaf is smaller than the tip of a thumb. But it is thick, solid and woody. Its front side is blue-green and pale at the back. It is rough, not lustrous. There are two species. One has a pointed leaf and the other a round leaf. Both have the same therapeutic functions, as they are actually the same thing. What Su Gong said is correct.

### LUOSHI JING and YE

Stem and leaf of confederate jasmine

Caulis et folium trachelospermi

#### [Preparation]

Lei Xiao: Wipe away the hair with a piece of rough cloth. Soak the drug in decoction of Zhigancao/radix glycyrrhizae preparata/liquorice root prepared for a full day. Cut it into pieces and dry in the sun.

#### [Quality and Taste]

It is bitter, warm and nontoxic.

It is slightly cold.

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

Wu Pu: It is bitter and slightly warm according to Shen Nong; bitter, plain and nontoxic according to Lei Gong; and sweet and nontoxic according to Bian Que and Tong Jun.

Li Dangzhi: It is very cold. It is a monarch drug. There is no definite time for collection.

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

Xu Zhicai: Duzhong/cortex eucommiae/eucommia bark and Mudanpi/cortex moutan radiceis/tree peony bark can be its guiding drugs. It is mutually inhibiting to Tieluo/scobis/iron filings. It is incompatible to Beimu/bulbus



### 【主治】

风热死肌痈伤，口干舌焦，痈肿不消，喉舌肿闭，水浆不下本经。大惊入腹，除邪气，养肾，主腰骶痛，坚筋骨，利关节。久服轻身明目，润泽好颜色，不老延年。通神别录。主一切风，变白宜老藏器。蝮蛇疮毒，心闷，服汁并洗之。刀斧伤疮，傅之立瘥恭。

### 【发明】

〔时珍曰〕络石性质耐久，气味平和。神农列之上品，李当之称为药中之君。其功主筋骨关节风热痈肿，变白耐老。即医家鲜知用者，岂以其近贱而忽之耶？服之当浸酒耳。仁存堂方云：小便白浊，缘心肾不济，或由酒色，遂至



fritillaria thunbergii cirrhosa/bulb of thunberg tendrilleat fritillary and Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag. It kills the toxin of Yinnie.

### [Indications]

It is good for treating carbuncle and incised wound with dead muscle due to invading pathogenic Wind and Heat. It treats parched mouth and tongue, and protracted carbuncle and swelling. It eliminates throat inflammation hampering intake of water or food.

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

It is good for dispersing penetration of great convulsions into the abdomen. It disperses pathogenic factors, nourishes the Kidney, relieves pain in the lumbar region and the thigh, and facilitates movement of the joints. Long-term use makes one feel happy and vigorous and brightens one's eye. It is moistening. It keeps one looking young and pretty and enables one to enjoy long life with greater intelligence.

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

Chen Cangqi: It disperses the invading pathogenic Wind of all sorts. It turns white into black and is a good tonic for the aged.

Su Gong: It detoxifies the bite of a poisonous snake and pyogenic infection with a suffocating feeling. Drink the juice of the drug and wash the affected part with it. Apply it to an incised wound due to an attack of knife and axe. It works immediately.

### [Explication]

Li Shizhen: Luoshi is a drug with persistent functions, moderate taste and quality. It is recorded as a drug in the class of superior quality in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. Li Dangzhi called it the monarch drug. Its principal therapeutic function is to treat carbuncle and swelling of joints, bones and tendons due to attack of pathogenic Wind and Heat. It turns white hair black. But most doctors do not know how to use it. They neglect it as something very common. When the drug is to be taken, soak it in wine. In the book *Rencuntang Fang*, it is recorded: Urine with white and turbid discharge is due to disconnection of the Heart and Kidney,

已甚，谓之上淫。盖有虚热而肾不足，故土邪干水。史载之言夏则土燥水浊，冬则土坚水清，即此理也。医者往往峻补，其疾反甚。惟服博金散，则水火既济，源洁而流清矣。用络石、人参、茯苓各二两，龙骨煨一两，为末。每服二钱，空心米饮下，日二服。

【附方】

旧一，新二。（略）



or due to overexertion of sex. The syndrome may become very serious. It is called Shangyin. This is a condition with insufficient condition of the Kidney with invading pathogenic Heat. It is a condition with invasion of pathogenic factors of the Earth (Spleen) to the Water (Kidney).

Shi Zaizhi: In summer, when the Earth (Spleen) is dry, Water (urine) will be turbid. And in winter, when the Earth is solid, Water will be lucid. Generally, doctors will treat the case by giving a tonic in big dosage. But this will only worsen the case. Bojin San should be taken to connect the Water (Kidney) and the Fire (Heart). Once the source is cleared, the flow (urine) will become clear. Prescription:

Two *liang* of Luoshiteng,  
two *liang* of Renshen/radix ginseng/ginseng root.  
two *liang* of Fuling/poria/Indian bread, and  
one *liang* of Longgu/os draconis/dragon's bone, calcined.

Grind into powder and take two *qian* per dose with rice soup before meal, two times a day.

#### [Prescriptions]

One prescription collected previously, and  
two prescriptions collected recently.



## 忍冬（别录上品）

### 【释名】

金银藤纲目。鸳鸯藤纲目。鹭鸶藤纲目。老翁须纲目。  
左缠藤纲目。金钗股纲目。通灵草土宿。蜜桶藤

〔弘景曰〕处处有之。藤生，凌冬不雕，故名忍冬。

〔时珍曰〕其花长瓣垂须，黄白相半，而藤左缠，故有金





## RENDONG

Honeysuckle

*Lonicera japonica* Thunb.,

*Lonicera hypoglauca* Miq.,

*Lonicera confusa* DC.,

*Lonicera dasystyla* Rehd.

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

### [Explanation of Names]

JINYINTENG

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

YUANYANGTENG

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

LUSITENG

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

LAOWENGXU

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

ZUOCHANTENG

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

JINCHAIGU

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

TONGLINGCAO

— *Tusu Bencao*.

MITONGTENG

Tao Hongjing: The herb is found everywhere. It is a creeping herb that does not wither in winter, so it is called Rendong (“sustaining winter”).

Li Shizhen: The flower has long petals with hanging tassels, half yellow and half white. Its vine winds leftward. It has such names as Jinyinteng (“gold and silver rattan”), Yuanyangteng (“lucky bird rattan”). Jinchaigu is





银、鸳鸯以下诸名。金钗股，贵其功也。土宿真君云：蜜桶藤，阴草也。取汁能伏硫制汞，故有通灵之称。

### 【集解】

〔别录曰〕忍冬，十二月采，阴干。〔恭曰〕藤生，绕覆草木上。茎苗紫赤色，宿蔓有薄皮膜之，其嫩蔓有毛。叶似胡豆，亦上下有毛。花白蕊紫。今人或以络石当之，非矣。〔时珍曰〕忍冬在处有之。附树延蔓，茎微紫色，对节生叶。叶似薜荔而青，有涩毛。三四月开花，长寸许，一蒂两花二瓣，一大一小，如半边状，长蕊。花初开者，蕊瓣俱色白；经二三日，则色变黄。新旧相参，黄白相映，故呼金银花，气甚芬芳。四月采花，阴干；藤叶不拘时采，阴干。

### 【气味】

甘，温，无毒。

〔权曰〕辛。〔藏器曰〕小寒。云温者，非也。

### 【主治】

寒热身肿。久服轻身长年益寿别录。治腹胀满，能止气



a name depicting its function.

The book *Tusu Bencao*: Mitongteng is a Yin herb. Its juice can oppress Liuhuang/sulfur and Gong/hydrargyrum/mercury, so it is also called Tonglingcao.

### [Previous Explanations]

Collect Rendong in the 12th month and dry in the shade.

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

Su Gong: It is a creeping herb and spreads over trees and other herbs. Its stem and seedling are red-purple. A thin bark covers the old stem. There is hair on the tender stem. The leaf is similar to a garden pea, but it is covered with hair on both sides. The flower is white with a purple pistil. Now merchants use Luoshiteng as a substitute, which is wrong.

Li Shizhen: Rendong can be found everywhere. It creeps along a tree and spreads about. The stem is slightly purple and the leaves grow in opposition. The leaf is similar to Bili (Mulian), but it is blue-green, with rough hair. In the third and fourth months, a flower blooms about one *cun* long. Two flowers each with two petals grow on one calyx. One is bigger and the other smaller, each constituting half of the flower. It has a long pistil. At first, the pistil and petals are all white. After two to three days, they turn yellow. When new and old flowers flock together, they present a mixed yellow and white picture. So it is called Jinyinhua (“gold and silver flowers”). It is a very fragrant flower. Collect the flower in the fourth month. There is no definite time for collection of the stem and leaf. Dry in the shade.

### [Quality and Taste]

It is sweet, warm and nontoxic.

Zhen Quan: It is pungent.

Chen Cangqi: It is slightly cold. It is wrong to say it is warm.

### [Indications]

It is good for treating swelling of the body with chills and fever. Long-term use makes one feel happy and vigorous and able to enjoy a long life.

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



下澝甄叔。热毒血痢水痢，浓煎服藏器。治飞尸遁尸，风尸沉尸，尸注鬼击，一切风湿气，及诸肿毒，痈疽疥癣，杨梅诸恶疮，散热解毒时珍。

### 【发明】

〔弘景曰〕忍冬，煮汁酿酒饮，补虚疗风。此既长年益寿，可常采服，而仙经少用。凡易得之草，人多不肯为之，更求难得者，贵远贱近，庸人之情也。〔时珍曰〕忍冬，茎叶及花，功用皆同。昔人称其治风除胀，解痢逐尸为要药，而后世不复知用；后世称其消肿散毒治疮为要药，而昔人并未言及。乃知古今之理，万变不同，未可一辙论也。按陈自明外科精要云：忍冬酒，治痈疽发背，初发便当服此，其效甚奇，胜于红内消。洪内翰迈、沈内翰括诸方，所载甚详。



Zhen Quan: It is good for treating abdominal distention. It stops flatus in watery dysentery.

Chen Cangqi: It is good for treating watery and bloody dysentery due to attack of pathogenic Heat and toxin. Stew the drug to get dense decoction.

Li Shizhen: It is effective to treat Feishi (a dangerous and severe disease attacked suddenly), Shizhu (consumptive end infectious disease) and Guiji (ghost stroke) and disperse all kinds of pathogenic Wind and Humidity. It is also good for treating pyogenic infections of all kinds, carbuncle, phlegmon, scabies and tinea, syphilitic skin lesion and various malignant sores. It disperses invading pathogenic Heat and detoxifies toxin.

### [Explication]

Tao Hongjing: Stew Rendong to make a decoction, or brew wine with the drug to tone deficiency and disperse invading pathogenic Wind. It is beneficial to the health, so it can be taken regularly for a long time. But this drug is not very often used by alchemists. This is because when the drug is in easy reach, people tend to neglect its real value. They prefer things that are not easy to get, and cherish things from afar to near at hand. This is a normal for mediocre people.

Li Shizhen: The stem, leaf end flower all have the same therapeutic functions. In ancient times, doctors used it as a principal drug to disperse the invading pathogenic Wind, eliminate distention, stop dysentery and treat Shizhu. But in later times, people did not use it as such a drug. Doctors tend to use it for external use to eliminate swelling and detoxify the toxin in skin sores. But ancient doctors did not mention such uses of the drug. From this it is easy to understand that theory changes from time to time and should not be taken as the same all the time. Chen Ziming in his work *Waiké Jingyao* said: Rendong Jiu (Wine of Rendongteng) is good for treating lumbar dorsal carbuncle and phlegmon. It should be taken right at the onset of the disease. Thus it gives miraculous effect, which is even more effective than Hongneixiao (Heshouwu). This is recorded in detail in Hong Mai and Shen Kuo's works. Also recorded in detail are its effects in treating lumbar dorsal carbuncle and phlegmon in the works written by a

如痲医丹阳僧、江西僧鉴清、金陵王琪、王尉子骏、海州刘秀才纯臣等，所载疗痲疽发背经效奇方，皆是此物。故张相公云，谁知至贱之中，乃有殊常之效，正此类也。

【附方】

旧一，新十七。（略）



monk in Danyang, Monk Jianqing of Jiangxi, Doctor Wang Qi and Doctor Wang Wei (Zijun) of Jinling, Doctor Liu Chunchen of Haizhou and others. So Mr. Zhang once said: It's surprising that a drug within easy reach should have such miraculous effects. And he meant Rendong.

**[Prescriptions]**

One prescription collected previously, and  
17 prescriptions collected recently.





## 天仙藤（宋图经）

### 【集解】

〔颂曰〕生江淮及浙东山中。春生苗蔓，延作藤。叶似葛叶，圆而小，有白毛，四时不凋。根有须。夏月采取根苗。南人多用之。

### 【气味】

苦，温，无毒。

### 【主治】

解风劳，同麻黄。治伤寒，发汗。同大黄，堕胎气苏颂。流气活血，治心腹痛时珍。

### 【附方】

新六。（略）



## TIANXIANTENG

Dutchman's pipe

*Aristolochia debilis* Sieb. et Zuce.,

*Aristolochia contorta* Bge.

— *Tujing Bencao (Illustrated Materia Medica)*.

### [Previous Explanations]

Su Song: It grows in the mountains of the valleys of the Yangtze and Huaihe rivers and in eastern Zhejiang. The seedling and stem begin to grow in spring and a vine develops. The leaf is similar to Geyu. It is round and small and covered with white hair. It is evergreen. The root is attached with fibrous roots. Collect the root and seedling in summer. People in the south use the drug quite often.

### [Quality and Taste]

It is bitter, warm and nontoxic.

### [Indications]

Su Song: It is good for treating consumptive disease due to attack of pathogenic Wind. Used together with Mahuang/herba ephedrae/ephedra, it is effective to induce perspiration to treat febrile disease caused by Cold. Used together with Dahuang/radix et rhizoma rhei/rhubarb, it promotes an abortion.

Li Shizhen: It facilitates the flow of qi and activates blood circulation. It is effective to treat pain in the epigastrium and abdomen.

### [Prescriptions]

Six prescriptions collected recently.



## 泽泻（本经上品）

### 【释名】

水泻本经。鹄泻本经。及泻别录。滫音俞。芒芋本经。

禹孙

〔时珍曰〕去水曰泻，如泽水之泻也。禹能治水，故曰禹孙。余未详。

### 【集解】

〔别录曰〕泽泻生汝南池泽。五月采叶，八月采根，九月采实，阴干。〔弘景曰〕汝南郡属豫州。今近道亦有，不





## ZEXIE

Oriental water plantain

*Alisma orientalis* (Sam.) Juzep.

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

### [Explanation of Names]

SHUIXIE

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

HUXIE

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

JIXIE

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

SHU

MANGYU

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

YUSUN

Li Shizhen: Xie means to purge the water. The term Zexie means “water purged from the lake.” As the Great Yu was one who controlled floods, so the drug is also called Yusun (meaning “grandson of the Yu”). The meaning of other names is not known.

### [Previous Explanations]

Zexie grows in the lake and marshland in Runan. Collect the leaf in the fifth month, the root in the eighth month and the fruit in the ninth month. Dry it in the shade.

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

Tao Hongjing: Runan Prefecture belongs to Yuzhou. Although the drug is now also found in nearby places, it is not good for medical use.



堪用。惟用汉中、南郑、青州、代州者。形大而长，尾间必有两歧为好。此物易朽蠹，常须密藏之。丛生浅水中，叶狭而长。〔恭曰〕今汝南不复采，惟以泾州、华州者为善。〔颂曰〕今山东、河、陕、江、淮亦有之，汉中者为佳。春生苗，多在浅水中。叶似牛舌，独茎而长。秋时开白花，作丛似谷精草。秋末采根暴干。

### 根

〔修治〕〔斲曰〕不计多少，细锉，酒浸一宿，取出暴干，任用。

〔气味〕甘，寒，无毒。〔别录曰〕咸。〔权曰〕苦。〔元素曰〕甘，平。沉而降，阴也。〔杲曰〕甘、咸，寒，降，阴也。〔好古曰〕阴中微阳。入足太阳、少阴经。〔扁



That which is produced in Hanzhong, Nanzheng, Qingzhou and Daizhou, however, is good for use. An herb that is big and long, with two forks at the end, is regarded as a good quality drug. However, it rots easily so must be stored with great care. The herb grows in tussock in water, and the leaf is narrow and long.

Su Gong: Now the drug is no longer produced in Runan, and that from Jingzhou and Huazhou is the best.

Su Song: Now the drug is also produced in Shandong, Henan, Shaanxi, Jiangsu and the Huaihe River valley. But the best quality drug is from Hanzhong. Seedlings begin to grow in spring in shallow water. The leaf is in the shape of a cattle's tongue. It has only one stem, which is long. In autumn, a white flower blooms. It grows in tussock similar to Gujingcao/herba eriocauli/herb of buerger pipewort. Collect the root in late autumn and dry in the sun.

## ZEXIEGEN

Rhizome of oriental water plantain

Rhizoma alismatis

### [Preparation]

Lei Xiao: File any quantity of the drug into small pieces and soak in wine overnight; then, dry it in the sun.

### [Quality and Taste]

It is sweet, cold and nontoxic.

It is salty.

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

Zhen Quan: It is bitter.

Zhang Yuansu: It is sweet and plain. It has a sinking and descending tendency, a drug of Yin.

Li Gao: It is sweet, salty, cold and descending, a drug of Yin.

Wang Haogu: It is a drug of Yin with slight Yang. It functions on the Urinary Bladder of the Foot Initial Yang and Kidney Channel of Foot Lesser Yin.



鹄曰]多服，病人眼。〔之才曰〕畏海蛤、文蛤。

〔主治〕风寒湿痹，乳难，养五脏，益气力，肥健，消水。久服，耳目聪明，不饥延年，轻身面生光，能行水上本经。补虚损五劳，除五脏痞满，起阴气，止泄精消渴淋漓，逐膀胱三焦停水别录。主肾虚精自出，治五淋，利膀胱热，宣通水道甄权。主头旋耳虚鸣，筋骨挛缩，通小肠，止尿血，主难产，补女人血海，令人有子大明。入肾经，去旧水，养新水，利小便，消肿胀，渗泄止渴元素。去胛中留垢，心下水痞李杲。渗湿热，行痰饮，止呕吐泻痢，疝痛脚气时珍。



Bian Que: Over-use of the drug will cause eye trouble.

Xu Zhicai: It is incompatible to Haige/concha cyclinae/clam shell and Wenge/concha meretricis seu cyclinae/clam shell.

### [Indications]

It is good for treating arthralgia due to attack of pathogenic Wind, Cold and Humidity. It promotes lactation. It nourishes the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), strengthens the body and encourages weight gain. It purges water retention. Long-term use of the drug sharpens the hearing and brightens the eye. The patient will not feel hungry. There will be a feeling of happiness and vigor, and the complexion will be brighter. The person feels as if he can walk on water.

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

It is good for tonifying general debility and consumptive diseases. It eliminates stagnation of qi (Vital Energy) of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It reinforces Yin, stops seminal emission, treats diabetes and stranguria, and purges water retention in the Urinary Bladder and Sanjiao (the Three-Jiao, the Three Warmers, the Three Portions of Body Cavity).

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

Zhen Quan: It stops seminal emission due to Kidney deficiency, treats five kinds of stranguria, purges pathogenic Heat resting with the Urinary Bladder, and facilitates function of the water duct.

Da Ming: It is good for stopping vertigo with tinnitus. It straightens contracted and spasmodic tendons and bones, dredges the Small Intestine, stops hematuria, promotes baby delivery, tonifies the sea of blood of woman and helps conception.

Zhang Yuansu: It functions on the Kidney, purges the obstinate water retention, nourishes the fresh water, facilitates urination, eliminates edema and swelling, drains water and quenches thirst.

Li Gao: It purges retained dirt in the Urinary Bladder and stagnation of qi (Vital Energy) due to excessive water in the epigastrium.

Li Shizhen: It drains pathogenic Humidity and Heat, disperses phlegm retention, and stops vomiting, nausea and dysentery. It is also good to treat



〔发明〕〔颂曰〕素问治酒风身热汗出，用泽泻、朮；深师方治支饮，亦用泽泻、朮，但煮法小别尔。张仲景治杂病，心下有支饮苦冒，有泽泻汤，治伤寒有大小泽泻汤、五苓散辈，皆用泽泻，行利停水，为最要药。〔元素曰〕泽泻乃除湿之圣药，入肾经，治小便淋漓，去阴间汗。无此疾服之，令人目盲。〔宗奭曰〕泽泻之功，长于行水。张仲景治水蓄渴烦，小便不利，或吐或泻，五苓散主之，方用泽泻，故知其长于行水。本草引扁鹊云：多服病人眼。诚为行去其水也。凡服泽泻散人，未有不小便多者。小便既多，肾气焉得复实？今人止泄精，多不敢用之。仲景八味丸用之者，亦



hernia and beriberi.

**[Explication]**

Su Song: In *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*, Zexie/rhizoma alismatis/rhizome of oriental water plantain and Zhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes are recorded for treating alcoholism accompanied by invading pathogenic Wind with body fever and perspiration. In the book *Shenshi Fang*, the same Zexie and Zhu are used to treat Zhiyin (fluid-retention in the chest and hypochondrium). But the ways of stewing the drugs are slightly different. In the book *Jinkui Yaolue (Synopsis of Prescriptions of the Golden Chamber)*, Master Zhang Zhongjing had a prescription known as Zexie Tang (Decoction of Zexie) to treat Zhiyin with vertigo. In the treatment of febrile disease caused by Cold, there is Da Zexie Tang (Decoction of Greater Zexie), Xiao Zexie Tang (Decoction of Minor Zexie/rhizoma alismatis/rhizome of oriental water plantain) and Wuling San (Powder of Five Drugs including Fuling/poria/Indian bread and Zhuling/polyporus/agaric). In all the above prescriptions, Zexie/rhizoma alismatis/rhizome of oriental water plantain is always used. It is a very effective drug in activating the Water circulation or purging the Water retention.

Zhang Yuansu: Zexie is a very effective drug in the dispersion of pathogenic Humidity. It functions on the Kidney Channel, treats stranguria with urinary dripping and eliminates sweat in the genitalia. If the person is not suffering from such diseases, he still takes the drug. However, it may lead to blindness.

Kou Zongshi: Zexie is especially effective in purging water retention. Master Zhang Zhongjing prescribed Wuling San\* to treat fluid retention

\*Wuling San:

Zhuling/polyporus/agaric,

Fuling/poria/Indian bread,

Zexie/rhizoma alismatis/rhizome of oriental water plantain,

Guizhi/ramulus cinnamomi/cassia twig, and

Baizhu/rhizoma atractylodis macrocephalae/rhizome of large-head atractylodes.



不过引接桂、附等，归就肾经，别无他意。〔好古曰〕本经云久服明目，扁鹊云多服昏目，何也？易老云：去胷中留垢，以其味咸能泻伏水故也。泻伏水，去留垢，故明目；小便利，肾气虚，故昏目。〔王履曰〕寇宗奭之说，王好古黜之。窃谓八味丸以地黄为君，余药佐之，非止补血，兼补气也，所谓阳旺则能生阴血也。地黄、山茱萸、茯苓、牡丹皮





with thirst, restlessness and dysuria, with vomiting or diarrhea. In this prescription, Zexie was used to purge the fluid retention. In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, Bian Que was quoted as saying that over-use of the drug will cause eye trouble because the drug purges pathogenic Water. After taking the drug, the patient has ample micturation. After this, the Kidney is purged.\* Nowadays doctors dare not use the drug in the treatment of seminal emission. Master Zhang Zhongjing used the drug in Bawei Dihuang Wan.\*\* It was used as a guiding drug to lead Rougui/cortex Cinnamomi/cassia bark and Fuzi/radix Aconiti lateralis/daughter root of common monkshood to function on the Kidney Channel.

Wang Haogu: In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, it is recorded that long-term use of the drug brightens the eye. But Bian Que is quoted as saying over-use causes eye diseases. Why?

Wang Lü: Wang Haogu denied Kou Zongshi's analysis. My understanding is as follows: in Bawei Dihuang Wan, Dihuang/radix rehmanniae/root of rehmannia is used as the principal drug. All the other drugs perform auxiliary functions. It is a prescription that tonifies not only the blood, but also qi. In this way, when Yang is becoming strong, Yin blood will be produced consequently. Drugs, such as Dihuang/radix rehmanniae/root of rehmannia, Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry, Fuling/

\*Once the Kidney is purged, it will affect the condition of the eye, as the latter is connected with the former pathologically.

\*\*Bawei Dihuang (Jinkui Shenqi) Wan:

Shoudihuang/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,

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.



皆肾经之药，附子、官桂乃右肾命门之药，皆不待泽泻之接引而后至也。则八味丸之用此，盖取其泻肾邪，养五脏，益气力，起阴气，补虚损五劳之功而已。虽能泻肾，从于诸补药群众之中，则亦不能泻矣。〔时珍曰〕泽泻气平，味甘而淡。淡能渗泄，气味俱薄，所以利水而泄下。脾胃有湿热，则头重而目昏耳鸣。泽泻渗去其湿，则热亦随去，而土气得令，清气上行，天气明爽，故泽泻有养五脏、益气力、治头旋、聪明耳目之功。若久服，则降令太过，清气不升，真阴



poria/Indian bread and Mudanpi/cortex moutan radicis/tree peony bark, all exert influence on the Kidney Channel. Both Fuzi/radix Aconiti lateralis/daughter root of common monkshood and Rougui/cortex cinnamomi/cassia bark are drugs functioning on the Mingmen (Gate of Life, the right kidney). Therefore all of the above drugs need not have the guiding function of Zexie to act on the Kidney Channel. When Zexie is used in this prescription, it is designed to purge the pathogenic factors resting with the Kidney. In this way, the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) are nourished, the physique strengthened and Yin is mobilized. Therefore it is a drug to counteract general debility and consumptive diseases of five types. Although it is a drug that can purge the Kidney, it does not function as such when it is used together with so many tonifying drugs.

Li Shizhen: Zexie, plain in quality, sweet and plain in taste, is good to drain the water. As the drug is thin in both quality and taste, it is effective to motivate and purge fluid retention. When the Spleen and Stomach are invaded by pathogenic Humidity and Heat, dim vision and tinnitus will ensue. When Zexie is used, it drains Humidity. In this way, Heat will also disappear. Thus, when the Earth element (the Spleen and Stomach) is freed from pathogenic factors, it enables the lucid qi (Vital Energy) to ascend normally. When such condition prevails, the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) are nourished and the physique is restored. Vertigo will disappear, the eye will be brighter and hearing sharper. But if it is taken over a long period of time, the descending tendency is too much stressed, lucid qi will be hampered in its ascending movement. When pure Yin is consumed and brought down, the eye will be affected. In Master Zhang Zhongjing's Bawei Dihuang Wan, Zexie is used to purge the pathogenic factors resting with the Urinary Bladder. It is not used as a guiding drug. This is a principle maintained by ancient doctors: When tonics are used, drugs of purgation of pathogenic factors must be used simultaneously. Once the pathogenic factors are purged, it provides a much better condition for the tonics to function. This is a strategy to work at both ends, a very subtle practice. But later, doctors did not understand this and wanted to use



潜耗，安得不目昏耶？仲景地黄丸用茯苓、泽泻者，乃取其泻膀胱之邪气，非引接也。古人用补药必兼泻邪，邪去则补药得力，一辟一阖，此乃玄妙。后世不知此理，专一于补，所以久服必致偏胜之害也。

〔正误〕〔弘景曰〕仙经服食断谷皆用之。亦云身轻，能步行水上。〔颂曰〕仙方亦单服泽泻一物，捣筛取末，水调，日分服六两，百日体轻而健行。〔时珍曰〕神农书列泽泻于上品，复云久服轻身，面生光，能行水上。典术云：泽泻久服，令人身轻，日行五百里，走水上。一名泽芝。陶、苏皆以为信然。愚窃疑之。泽泻行水泻肾，久服且不可，又安有此神功耶？其谬可知。

〔附方〕旧三，新四。(略)



the tonics only. Long-term use of tonics (without the regulating agents of purgation) will accumulate and finally cause trouble.

### [Corrections]

Tao Hongjing: Taoist alchemists use the drug to make tonics or drugs to replace food. It is said that the drug makes one feel light and able to walk on water.

Su Song: Taoist alchemists also use Zexie as the only drug in one prescription. Pound the drug and screen it to get fine powder. Blend the powder with water and take six *liang* per day in several draughts. After 100 days of such treatment, the patient will feel energetic and walk strongly.

Li Shizhen: In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* Zexie is listed as a drug of superior class, and long-term use makes one feel light in movement with bright complexion and able to walk on water.

The book *Dian Shu*: Long-term use of Zexie makes one feel light in movement and able to walk 500 *li* within a day. It is also called Zezhi. Both Tao Hongjing and Su Song believed the recordings in the previous books. But I would rather doubt their correctness. Zexie is a drug that activates water circulation and purges the Kidney. It should not be taken over a long period of time. How could it have such miraculously effects as stated above? It is obvious what was recorded was not reliable at all.

### [Prescriptions]

Three prescriptions collected previously, and  
four prescriptions collected recently.

### ZEXIEYE

Leaf of oriental water plantain  
Folium alismatis

### [Quality and Taste]

It is salty, plain and nontoxic.



## 叶

〔气味〕咸，平，无毒。

〔主治〕大风，乳汁不出，产难，强阴气。久服轻身别录。壮水脏，通血脉大明。

## 实

〔气味〕甘，平，无毒。

〔主治〕风痹消渴，益肾气，强阴，补不足，除邪湿。久服面生光，令人无子别录。

〔发明〕〔时珍曰〕别录言泽泻叶及实，强阴气，久服令人无子；而日华子言泽泻催生，补女人血海，令人有子，



### [Indications]

It is good for treating leprosy. It promotes baby delivery and lactation, and enhances Yin qi (Vital Energy). Long-term use of the drug makes one feel happy and vigorous.

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

Da Ming: It strengthens the Water Viscus (the Kidney) and activates blood circulation.

### ZEXIESHI

Fruit of oriental water plantain

Fructus alismatis

### [Quality and Taste]

It is sweet, plain and nontoxic

### [Indications]

It treats arthralgia due to invading pathogenic Wind and diabetes reinforces the Kidney qi (Vital Energy), enhances Yin, tonifies insufficiency, and disperses the invading pathogenic Humidity. Long-term use of the drug gives one a brightened face, but causes infertility.

### [Explication]

Li Shizhen: In *Mingyi Bielu (Records of Famous Doctors)*, it is recorded that the leaf and fruit of Zexie enhances Yin and long-term use causes infertility. But in *Da Ming Rihua Bencao (Materia Medica by Da Ming)*, it says that Zexie actually promotes baby delivery and tonifies the sea of blood of woman, making her more productive. The above two analyses seem to differ from each other. This is because when Zexie is used together with tonics, it can disperse the pathogenic Humidity, Heat and dirt from the Xiajiao (the lower-jiao, the lower warmer). Once pathogenic factors are dispersed, Yin reinforced and the sea of blood cleared, it aids conception. But, if the drug is taken over a long period, it will purge



似有不同。既云强阴，何以令人无子？既能催生，何以令人有子？盖泽泻同补药，能逐下焦湿热邪垢，邪气既去，阴强海净，谓之有子可也；若久服则肾气大泄，血海反寒，谓之无子可也。所以读书不可执一。



the Kidney, and the sea of blood will be cool. This is not a condition conducive to conception. So when reading such a text, one should be aware of such differences.



## 羊蹄（本经下品）

### 【释名】

蓄别录。秃菜弘景。败毒菜纲目。牛舌菜同羊蹄大黄庚辛玉册。鬼日本经。东方宿同。连虫陆同。水黄芹俗。子名金荞麦

〔弘景曰〕今人呼为秃菜，即蓄字音讹也。〔时珍曰〕





## YANGTI

Japanese dock

*Rumex japonicus* Houtt.,

*Rumex nepalensis* Spr.

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

### [Explanation of Names]

XU

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

TUCAI

— Tao Hongjing.

BAIDUCAI

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

NIUSHECAI

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

YANGTIDAHUANG

— *Gengxin Yuce*.

GUIMU

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

DONGFANGSU

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

LIANCHONGLU

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

SHUIHUANGQIN

— a colloquial name.

JINQIAOMAI (the seed).

Tao Hongjing: Now people call it Tucai, a corruption of the character Xu.



羊蹄以根名，牛舌以叶形，名秃菜以治秃疮名也。诗小雅云：言采其蓫。陆玑注云：蓫即蓄字，今之羊蹄也。幽州人谓之蓫。根似长芦菔而茎赤。亦可淪为茹，滑美。郑樵通志指蓫为尔雅之菲及蕒者，误矣。金荞麦以相似名。

### 【集解】

〔别录曰〕羊蹄生陈留川泽。〔保昇曰〕所在有之，生下湿地。春生苗，高者三四尺。叶狭长，颇似莴苣而色深。茎节间紫赤。开青白花成穗，结子三棱，夏中即枯。根似牛蒡而坚实。〔宗奭曰〕叶如菜中波棱，但无歧而色差青白，叶厚，花与子亦相似。叶可洁擦瑜石。子名金荞麦，烧炼家用以制铅、汞。〔时珍曰〕近水及湿地极多。叶长尺余，似牛舌之形，不似波棱。入夏起苔，开花结子，花叶一色。夏至即枯，秋深即生，凌冬不死。根长近尺，赤黄色，如大黄胡萝卜形。



Li Shizhen: The name Yangti (meaning “sheep’s trotter”) is given in accordance with the shape of the root. The name Niushecai (meaning “herb of ox tongue”) is given to describe the shape of the leaf. Tucai (meaning “tinea herb”) tells of its therapeutic effect of curing tinea. In the *Xiao Ya Book of Songs*, it is recorded: Collect the herb Zhu. Lu Ji annotated: Zhu as Xu, or Yangti, of today. People in Youzhou call the herb Zhu. Its root looks like the long Lufu (*Huluba/radix trigonellae*/root of common fenugreek). Its stem is red, and it is slippery and delicious. It can be pounded into paste. Zheng Qiao in his book *Tong Zhi* said: Zhu is just the Fei and Fen in the book *Er Ya*. But this is not correct. The name Jinqiaomai is given to depict its similarity to Qiaomai.

### [Previous Explanations]

Yangti grows in the mountain valley and marshland in Chenliu.

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

Han Baosheng: The herb is found everywhere on swampy land. In spring, its seedling begins to germinate and the herb develops to three to four *chi* tall. The leaf is long and narrow, which looks like *Wuju/caulis et folium lactucae sativae*/stem and leaf of garden lettuce. But it is dark green. It is purple-red between the nodes of the stem. A blue-green and white flower blooms and forms a spike. The fruit is triangular shape. The herb withers in the middle of summer. The root is similar to *Niubanggan/radix arctii*/root of great burdock. But it is solid.

Kou Zongshi: The leaf looks like *Bocai/herba spinaciae*/spinach. But there is no fork and it is slightly blue-green and white. The leaf is thick. Flower and seed are also similar to spinach. The leaf can be used to wipe clean *Toushi*. The seed is called *Jinqiaomai*. Taoist alchemists use it to control *Qian/plumbum/lead* and *Gong/hydrargyrum/mercury*.

Li Shizhen: The herb is found in bulk quantity in swamp and locations close to water. The leaf is about a *chi* long in the shape of an ox tongue. It does not look like *Bocai/herba spinaciae*/spinach. In summer, a calyx grows and the flower blooms. The seed is borne then. Both flower and leaf are green. The herb withers in the solar term of the Summer Solstice (June 21). The herb begins to grow in late autumn and will keep green in winter.



## 根

〔气味〕苦，寒，无毒。〔恭曰〕辛、苦，有小毒。

〔时珍曰〕能制三黄、砒石、丹砂、水银。

〔主治〕头秃疥瘙，除热，女子阴蚀本经。浸淫疽痔，杀虫别录。疗蛊毒恭。治癣，杀一切虫。醋磨，贴肿毒大明。捣汁二三匙，入水半盏煎之，空腹温服，治产后风秘，殊验宗爽。

〔发明〕〔震亨曰〕羊蹄根属水，走血分。〔颂曰〕新



The root is one *chi* long of red-yellow color, looking like a Huluobo/radix dauci sativae/carrot.

## YANGTIGEN

Root of Japanese dock  
Radix rumicis Japonica

### [Quality and Taste]

It is bitter, cold and nontoxic.

Su Gong: It is pungent, bitter and slightly toxic.

Li Shizhen: It can be used in alchemical processing to control Xionghuang/realgar/red orpiment, Cihuang/orpimentum/orpiment, Liuhuang/sulfur, Pishi/arsenicum/arsenic, Dansha/cinnabaris/cinnabar and Shuiyin/hydrargyrum/mercury.

### [Indications]

It treats tinea capitis, scabies and itching. It eliminates pathogenic Heat, and treats erosion of the vulva.

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

It treats the spreading of phlegm and hemorrhoid. It kills worms.

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

Su Gong: It is good for treating Gudu (disease due to noxious agents produced by various parasites).

Da Ming: It treats tinea and kills all sorts of worms. Grind the drug with vinegar and apply onto the locus to treat pyrogenic infection.

Kou Zongshi: It is good for treating puerperal constipation due to invading pathogenic Wind. Preparation: Pound the drug to get two to three spoons of juice. Blend it with half a cup of water and stew it. Take the warm decoction before meals. It is proven very effective.

### [Explication]

Zhu Zhenheng: Yangtigen pertains to the Water element and functions on the blood system.

Su Song: Grind the newly collected root with vinegar and apply it to





采者，磨醋涂癣速效。亦煎作丸服。采根不限多少，捣绞汁一大升，白蜜半升、同熬如稠饴，更用防风末六两，搜和令可丸，丸如梧子大。用栝楼、甘草煎酒下三二十九，日二三服。

【附方】旧六，新七。（略）

叶

〔气味〕甘，滑，寒，无毒。

〔主治〕小儿疳虫，杀胡夷鱼、鲑鱼、檀胡鱼毒，作菜。多食，滑大腑大明。〔时珍曰〕胡夷、鲑鱼皆河豚名。檀胡未详。作菜，止庠。不宜多食，令人下气洗。连根烂蒸一碗食，治肠痔泻血甚效时珍。

〔附方〕旧一。（略）



treat tinea. It works effectively in a short time. Or stew the drug and then make pills in the following way: Pound the root and squeeze to get one big *sheng* of juice. Stew the juice with half a *sheng* of white honey until it is good enough to make pills. Also add in six *liang* of powder of Fangfeng/radix ledebouriellae/root of divaricated saposchnikovia. Make pills the size of a parasol seed. Wash down 20 to 30 pills per dose with a decoction made of wine in which Gualou/fructus trichosanthis/snake gourd fruit and Gancao/radix glycyrrhizae/licuorice root have been stewed. Take the drug two to three times a day.

### [Prescriptions]

Six prescriptions collected previously, and seven prescriptions collected recently.

### YANGTIYE

Leaf of Japanese dock  
Folium rumicis Japonica

### [Quality and Taste]

It is sweet, slippery, cold and nontoxic

### [Indications]

Da Ming: It is effective to treat infantile mal-nutrition due to worms. It detoxifies toxins of Huyiyu, Guiyu and Tanhuyu. It can be cooked like a vegetable. If it is taken in large quantity, it will loosen the bowel.

Li Shizhen: Huyiyu and Guiyu are the names of Hetun/musculus fugu/globefish muscle. Tanhuyu is also a kind of fish.

Meng Xian: It can be eaten as a cooked vegetable. It eliminates itching. But it should not be consumed too much, lest it brings down qi.

Li Shizhen: Steam the drug (with root) in a bowl until it is well done. Use it to treat hemorrhoid with hematochezia due to attack of pathogenic Wind on the intestine. It is very effective.

### [Prescriptions]

One prescription collected previously.

## 菖蒲（本经上品）

### 【释名】

昌阳本经。尧韭普。水剑草

〔时珍曰〕菖蒲，乃蒲类之昌盛者，故曰菖蒲。又吕氏春秋云：冬至后五十七日，菖始生。菖者百草之先生者，于是始耕。则菖蒲、昌阳又取此义也。典术云：尧时天降精于庭为韭，感百阴之气为菖蒲。故曰尧韭。方士隐为水剑，因叶形也。

### 【集解】

〔别录曰〕菖蒲生上洛池泽及蜀郡严道。一寸九节者





## CHANGPU

Grassleaf sweetflag

*Acorus gramineus* Soland.

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

### [Explanation of Names]

CHANGYANG

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

YAOJIU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

SHUIJIANCAO

Li Shizhen: Changpu is a kind of cattail that prospers, hence its name meaning “prosperous cattail.”

The book *Lü Shi Chunqiu* (*Spring and Autumn Annals*): Changpu begins to germinate 57 days after the Winter Solstice (December 21), so it is a drug that grows earlier than all other herbs. From then on, farming activity begins.

The book *Dian Shu*: In ancient Yao times, the essence of Heaven descended into the courtyard and turned into a kind of leek. Nourished by all the Yin qi (Vital Energy), it turned into Changpu. So it is also called Yaojiu (meaning “leek of Yao time”). Taoist alchemists call it Shuijian (meaning “water sword”) to depict the shape of its leaf.

### [Previous Explanations]

Changpu grows in ponds and marshland in Shangluo and Yandao in Sichuan. The drug that has nine nodes within one *cun* of stem is the best. That with its root exposed is not good for medical use. Collect the root in the fifth or 12th month of the year and dry in the shade.



良。露根不可用。五月、十二月采根，阴干。〔弘景曰〕上洛郡属梁州，严道县在蜀郡，今乃处处有。生石磧上，概节为好。在下湿地，大根者名昌阳，不堪服食。真菖蒲叶有脊，一如剑刃，四月、五月亦作小厘花也。东间溪泽又有名溪荪者，根形气色极似石上菖蒲，而叶正如蒲，无脊。俗人多呼此为石上菖蒲者，谬矣。此止主咳逆，断蚤虱，不入服食用。诗咏多云兰荪，正谓此也。〔大明曰〕菖蒲，石涧所生坚小，一寸九节者上。出宣州。二月、八月采。〔颂曰〕处处有之，而池州、戎州者佳。春生青叶，长一二尺许，其叶中心有脊，状如剑。无花实。今以五月五日收之。其根盘屈有节，状如马鞭大。一根旁引三四根，旁根节尤密，亦有一寸十二节者。采之初虚软，曝干方坚实。折之中心色微赤，嚼之辛香少滓。人多植于干燥砂石土中，腊月移之尤易活。黔蜀蛮人常将随行，以治卒患心痛。其生蛮谷中者尤



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

Tao Hongjing: Shangluo Prefecture is a place in Liangzhou, and Yandao County is in Sichuan. Now the herb can be found everywhere. It grows in sandy land and flourishes in damp places. That with more nodes is better in quality. That with big root is called Changyang, which is not good for medical use. The leaf of genuine Changpu has a spine in the midline making it similar to a real sword. In the fourth or fifth month, a small flower blooms. There is a kind of herb called Xisun in eastern stream and marshland, which looks like Shishang Changpu [meaning “Changpu growing among stones (sand)”]. Its leaf is similar to cattail, but there is no spine. Although local people call it Shishang Changpu, it is not Changpu at all. This is a drug that is used only to stop coughing with dyspnoea and kill fleas and lice. It can be used to make tonics. As ancient poems always mentioned orchid and Sun (aromatic plant), and the latter is just this herb.

Da Ming: Changpu growing in the stream with a rocky bottom is small and solid. That with nine nodes within one *cun* is the best drug. It is produced in Xuanzhou. Collect the drug in the second or eighth month of the year.

Su Song: The herb is now found everywhere. That produced in Chizhou and Rongzhou is the best. A blue-green leaf grows in spring. It develops one to two *chi* long. In the midline of the leaf there is a spine, and the whole leaf looks like a sword. There is no flower or fruit. Collect the root on the fifth day of the fifth month of the year. Its root curls up with nodes and is as big as a horsewhip. There are three or four smaller roots attached to the principal one. On the lateral roots there are more nodes each shorter than the previous. And there are even ones with 12 nodes within one *cun*. When the root is first collected, it is loose and soft. After being dried in the sun, it becomes hard and solid. When it is broken, it is slightly red in the heart. When it is chewed, it is pungent and fragrant and with few dregs. People plant the herb in dry sandy and stony land. It is easier for the herb to grow if transplantation takes place in the 12th month of the year. Native people in Guizhou and Sichuan always take the drug with them when they are traveling for fear of a heart attack. The herb growing in a remote mountain valley is of even better quality. That planted by farmers is fairly good



佳。人家移种者亦堪用，但干后辛香坚实不及蛮人持来者。此皆医方所用石菖蒲也。又有水菖蒲，生溪涧水泽中，不堪入药。今药肆所货，多以二种相杂，尤难辨也。〔承曰〕今阳羨山中生水石间者，其叶逆水而生，根须络石，略无少泥土，根叶极紧细，一寸不啻九节，入药极佳。二浙人家，以瓦石器种之，旦暮易水则茂，水浊及有泥滓则萎。近方多用石菖蒲，必此类也。其池泽所生，肥大节疏粗慢，恐不可入药。唯可作果盘，气味不烈而和淡尔。〔时珍曰〕菖蒲凡五种：生于池泽，蒲叶肥，根高二三尺者，泥菖蒲，白菖也；生于溪涧，蒲叶瘦，根高二三尺者，水菖蒲，溪荪也；生于水石之间，叶有剑脊，瘦根密节，高尺余者，石菖蒲也；人家以砂栽之一年，至春剪洗，愈剪愈细，高四五寸，叶如韭，根如匙柄粗者，亦石菖蒲也；甚则根长二三分，叶长寸



for medical use, but after the drug is dried, it is not as pungent and fragrant as the one taken by the native people from Guizhou and Sichuan. All the above-mentioned are drugs used in medicine as Shichangpu (meaning “Changpu of stone”). Another kind growing in water is called Shuichangpu (meaning “Changpu in water”) is not good for medical use. In pharmacies now, merchants mix both of the drugs together. It is very difficult to differentiate one from the other.

Chen Cheng: The herb is found in streams with a rocky bottom in the valley of Yangxian Mountain. Its leaf grows in the direction against the current. Fibrous roots envelop the stones, so there is no mud on the roots. Both root and leaf are solid and fine. Within one *cun*, there are at least nine nodes. Such a drug is very good to be used medically. People in Zhejiang grow the herb in pots or a stone basin. The water in the basin must be very clean. If the water inside is turbid with mud, the plant will wither. Doctors use Shichangpu in their prescriptions. The herb growing in ponds and marshland has a thick and loose root and fewer nodes, so it is no good for medical use. It can be used in the preparation of fruit tidbits, as it is not that strong in its flavor.

Li Shizhen: There are five species of Changpu:

One: An herb growing in ponds and marshland with a fat leaf and root two to three *chi* long is called Nichangpu (meaning “mud Changpu”). It is Baichang.

Two: An herb growing in streams and rivers in mountain valleys with a thin leaf and root two to three *chi* long is called Shuichangpu (meaning “water Changpu”). It is Xisun.

Three: An herb growing between rocks and water with a leaf having a spine in the midline and a thin root with intense nodes one *chi* long is Shichangpu (meaning “stone Changpu”).

Four: An herb that has been cultivated by farmers for a year. The herb is cut short and washed in a spring. The more times it is cut, the thinner it becomes. It is four to five *cun* tall and its leaf is similar to Jiucai/foium allii tuberosi/leaf of tuber onion. The root is as thick as the handle of spoon. This is also Shichangpu.

Five: An herb with a root as short as two or three *fen* and a one-inch





许，谓之钱蒲是矣。服食入药须用二种石菖蒲，余皆不堪。此草新旧相代，四时常青。罗浮山记言：山中菖蒲一寸二十节。抱朴子言：服食以一寸九节紫花者尤善。苏颂言：无花实。然今菖蒲，二三月间抽茎开细黄花成穗，而昔人言菖蒲难得见花，非无花也。应劭风俗通云：菖蒲放花，人得食之长年。是矣。

### 根

〔修治〕〔斲曰〕凡使勿用泥菖、夏菖二件，如竹根鞭，形黑、气秽味腥。惟石上生者，根条嫩黄，坚硬节稠，一寸九节者，是真也。采得以铜刀刮去黄黑硬节皮一重，以嫩桑枝条相拌蒸熟，暴干锉用。〔时珍曰〕服食须如上法制。若常用，但去毛微炒耳。



leaf is called Qianpu.

Only the two Shichangpu (No. 3 and No. 4) are good for medical use, and the rest are no good. This herb keeps green in all seasons, and a new leaf grows to replace the old ones.

The book *Luofushan Ji*: Changpu in the mountains has 20 nodes within one *cun*.

The book *Baopuzi*: Herbs with nine nodes within one *cun* and with a purple flower are the best for medical use.

Su Song: The Bencao works say that there is no flower or fruit. But now, it is found that in the second or third month of the year, a stem grows out and small yellow flower blooms and forms a spike. This is because it is not easy to find the flowers. So ancient people said that there was no flower.

Ying Shao in his work *Fengsu Tong* said: When Changpu has flowers, get it and take it. Such a drug prolongs life.

## CHANGPUGEN

Root (rhizome) of grassleaf sweetflag

Radix (rhizoma) acori graminei

### [Preparation]

Lei Xiao: Nichang and Xiachang should not be used. Roots of such drugs are similar to bamboo root in shape, but are black, with a bad, fishy smell. Use the drug that grows among the stones. Its root is tender yellow, solid with more nodes. The genuine drug has nine nodes within one *cun*. First scrub off the yellow and black bark from the root with a copper knife. Then blend it with tender Sangzhi/ramulus mori/mulberry twig. Steam them until they are well done. Dry the drug in the sun. File it into small pieces.

Li Shizhen: If the drug is to be used in the processing of alchemic tonics, it should be prepared in the above-mentioned method. If the drug is to be used in making up medical prescriptions, it only needs to be peeled and slightly stir-fried.



〔气味〕辛，温，无毒。〔叔曰〕苦、辛，平。〔之才曰〕秦皮、秦艽为之使。恶地胆、麻黄。〔大明曰〕忌饴糖、羊肉。勿犯铁器，令人吐逆。

〔主治〕风寒湿痹，咳逆上气，开心孔，补五脏，通九窍，明耳目，出音声。主耳聋痛疮，温肠胃，止小便利。久服轻身，不忘不迷惑，延年。益心智，高志不老本经。四肢湿痹，不得屈伸，小儿温症，身积热不解，可作浴汤别录。治耳鸣头风泪下，鬼气，杀诸虫，恶疮疥瘙甄权。除风下气，丈夫水脏，女人血海冷败，多忘，除烦闷，止心腹痛，霍乱转筋，及耳痛者，作末炒，乘热裹置甚验大明。心积伏



### [Quality and Taste]

It is pungent, warm and nontoxic.

Zhen Quan: It is bitter, pungent and plain

Xu Zhicai: Qinpi/cortex fraxini/ash bark and Qinjiao/radix gentianae/root of gentian can be used as its guiding drugs. It is mutually inhibiting to Didan/meloe corvinus/round-necked blister beetle and Mahuang/herba Ephedrae/ephedra.

Da Ming: Yitang/saccharum granorum/malt extract and mutton are prohibited. Do not use iron objects in the processing, as this causes vomiting and nausea.

### [Indications]

It is good for treating arthralgia due to an attack of pathogenic Wind, Cold and Humidity. It stops coughing with dyspnoea, opens up the Heart orifice, tonifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), dredges the nine orifices, brightens the eye, sharpens the hearing and enlarges the voice. It treats deafness with carbuncle and sore, warms the Intestine and Stomach and stops incontinence. Long-term use of the drug makes one feel happy and vigorous, have a good memory and spirit and enjoy a long life. It invigorates wisdom and maintains long life.

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

It is good for treating arthralgia due to attack of pathogenic Humidity of the extremities that hampers the movement. It treats infantile pyrexial malaria with persistent body fever. It can be used to prepare bathing water.

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

Zhen Quan: It treats tinnitus and severe intermittent headache with the shedding of tears, disperses Guiqi (illusion due to mental disorder), kills worms, and treats malignant sore, scabies with itching.

Da Ming: It disperses invading pathogenic Wind, brings down adverse ascending of gas, cold and debilitated condition of Kidney of man and sea of blood (uterus) of woman. It treats amnesia, relieves restlessness and suffocation, stops epigastric and abdominal pain, cholera with spasms, and relieves pain in the ear. Grind the drug into powder; stir-fry it and apply to the affected part while the drug is fairly hot. It is proven very effective.



梁好古。治中恶卒死，客忤癫痫，下血崩中，安胎漏，散痈肿。捣汁服，解巴豆、大戟毒时珍。

〔发明〕〔颂曰〕古方有单服菖蒲法。蜀人治心腹冷气挡痛者，取一二寸捶碎，同吴茱萸煎汤饮之。亦将随行，卒患心痛，嚼一二寸，热汤或酒送下，亦效。〔时珍曰〕国初周颠仙对太祖高皇帝常嚼菖蒲饮水。问其故。云服之无腹痛之疾。高皇御制碑中载之。菖蒲气温味辛，乃手少阴、足厥阴之药。心气不足者用之，虚则补其母也。肝苦急以辛补之，是矣。道藏经有菖蒲传一卷，其语粗陋。今略节其要云：菖蒲者，水草之精英，神仙之灵药也。其法采紧小似鱼鳞者一斤，以水及米泔浸各一宿，刮去皮切，暴干捣筛，



Wang Haogu: It is good for treating accumulation in the Heart with mass in the epigastrium.

Li Shizhen: It treats Zhong'e (syncope due to attack of fright and noxious factors), Kewu (infantile convulsive seizure due to fright), depressive psychosis and epilepsy. It stops metrorrhagia and metrostaxis, soothes the fetus, and disperses carbuncle and swelling. Pound the drug to get juice. Drink the juice to detoxify Badou/fructus crotonis/croton seed and Daji/radix euphorbiae pekinensis/root of peking euphorbia.

### [Explication]

Su Song: In ancient prescriptions, there is a method of taking Changpu independently. In Sichuan, doctors treat epigastric and abdominal referred pain with cold feeling with the following: pound one or two *cun* of Changpu into small pieces. Stew it together with Wuzhuyu/fructus evodiae/fruit of medicinal evodiae to make a decoction. Take on journeys and, when heart pain strikes, chew one or two *cun* and wash down with hot water or wine. It is effective.

Li Shizhen: At the time when Emperor Taizu reigned, there was a Taoist whose name was Zhou. While he was with the emperor, Zhou always chewed a piece of Changpu and drank water to wash it down. When asked why, the Taoist told the emperor that abdominal pain could be avoided by chewing Changpu. This matter was recorded in the royal stone tablet. Changpu, a drug with warm quality and pungent taste, is a drug that functions on the Heart Channel of Hand Lesser Yin and Liver Channel of Foot Greater Yin. It can be used to tonify the insufficient condition of the Heart. This follows the principle of "tonifying the mother when the son is deficient".\* When the Liver is in a strained condition, tonify it with a drug of

\*In the promoting relationship of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), the Liver is the mother Viscus of the Heart Viscus as shown in the following pattern:

Liver -> Heart -> Spleen -> Lung — Kidney -> Liver.

(mother) (son)

(mother) (son)

.....



以糯米粥和匀，更入熟蜜搜和，丸如梧子大，稀葛袋盛，置当风处令干。每旦酒、饮任下三十丸，临卧更服三十丸。服至一月，消食；二月，痰除；服至五年，骨髓充，颜色泽，白发黑，落齿更生。其药以五德配五行：叶青，花赤，节白，心黄，根黑。能治一切诸风，手足顽痹，瘫缓不遂，五劳七伤，填血补脑，坚骨髓，长精神，润五脏，裨六腑，开胃口，和血脉，益口齿，明耳目，泽皮肤，去寒热，除三尸九虫，天行时疾，瘴疫瘦病，泻痢痔漏，妇人带下，产后血运。并以酒服。河内叶敬母中风，服之一年而百病愈。寇天师服之得道，至今庙前犹生菖蒲。郑鱼、曾原等，皆以服



pungent taste. There is one volume named *Changpu Zhuan* (*Treatise on Changpu*) in the *Dao Zang Jing* (*Collected Works of Taoist Classics*), but it is not a very well written treatise. Its main content can be summarized as follows: Changpu is the essence of aquatic herbs, a drug that works wonders bestowed on us by the immortals. Preparation: Collect one *jin* of Changpu that is small with its bark covered with a fish scales design. Soak it in water for one night and then soak it in water in which rice has been washed for another night. Peel off the bark and cut it into pieces. Dry the drug in the sun. Pound it and screen it to get powder. Blend it with porridge made of Nuomi/*oryza glutinosae*/polished glutinous rice and add in refined honey to make pills the size of a parasol seed. Keep the pills in a sack made of fiber of lobed kudzu vine and hang it over a well-ventilated place. Take 30 pills per dose every morning with wine or rice soup. After taking the drug for one month, indigestion will be gone, and after two months, phlegm is eliminated. After taking the drug for five years, the bone marrow will be filled, the complexion will be bright, white hair will turn black and teeth will grow again where they had previously fallen out. The five virtues (colors) of the drug correspond to the Five Elements: Leaf is blue-green (corresponding to Wood), flower is red (corresponding to Fire), node is white (corresponding to Metal), heart is yellow (corresponding to Earth) and root is black (corresponding to Water). It is good to disperse the invading pathogenic Wind of all sorts. It treats arthralgia and numbness of the extremities, paralysis, five overstrains and seven impairments. It fills the blood, tonifies the brain, consolidates bone marrow, invigorates the spirit, moistens the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), reinforces the Six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao), whets the appetite, harmonizes the blood, protects the mouth and teeth, brightens the eye and sharpens the hearing, and moistens the skin. It is also good to treat chills and fevers; treat three kinds of Shizhu (consumptive and infectious disease); and it can also kill nine kinds of worms. It is effective to treat epidemics, miasma and general emaciation. It stops diarrhea and dysentery, and heals hemorrhoid with fistula. It treats leukorrhea and puerperal vertigo due to blood disorder. Take the drug with wine. The mother of Mr. Ye Jing of Hebei was once attacked by apoplexy. She took





此得道也。又按葛洪抱朴子云：韩众服菖蒲十三年，身上生毛，冬袒不寒，日记万言。商丘子不娶，惟食菖蒲根，不饥不老，不知所终。神仙传云：咸阳王典食菖蒲得长生。安期生采一寸九节菖蒲服，仙去。又按臞仙神隐书云：石菖蒲置一盆于几上，夜间观书，则收烟无害目之患。或置星露之下，至旦取叶尖露水洗目，大能明视，久则白昼见星。端午日以酒服，尤妙。苏东坡云：凡草生石上，必须微土以附其根。惟石菖蒲濯去泥土，渍以清水，置盆中，可数十年不枯。节叶坚瘦，根须连络，苍然于几案间，久更可喜。其延年轻身之功，既非昌阳可比；至于忍寒淡泊，不待泥土而



this drug for a year and recovered from all her ailments. Taoist master Kou completed his study of Taoism and attained the Way while he was taking the drug. Even up to this day, Changpu is planted in his temple. Taoists Zhen Yu and Zeng Yuan all attained the Way after taking the drug regularly.

The book *Baopuzi*: Taoist Han Zhong, after taking Changpu for 13 years, grew hair all over his body and felt no cold in winter even when he was stripped to the waist. He could memorize an article of 10,000 characters within a single day. Taoist Shang Qiuzi never married and ate only Changpu. But he never felt hungry and retained a youthful appearance. Nobody knew how long he had lived.

The book *Shenxian Zhuan (Biographies of the Immortals)*: Prince Dian of Xianyang took Changpu regularly and lived to a ripe old age. Taoist An Qisheng collected Changpu regularly, attained the Way and became an immortal.

The book *Shenyin Shu of Qu Xian*: Place a basin of Changpu on a stand close to a desk. In this way, the eye will be protected when one who is reading at night (with smoke from the lamp or candle). Another way of eye protection: place the basin of Changpu in the open at night. Collect the dew on the tip of the leaf and use it to wash the eyes. This will brighten them significantly. If this practice can be maintained for long-term, the person will be able to see the stars in the daytime. It works even better if the drug is taken with wine on the fifth day of the fifth month.

Su Dongpo: Normally when a herb is planted in a basin of stones, there should be some soil to enable the roots to become established. But Changpu is different: When the herb is placed in a basin of water with no soil, it can grow for several dozen years. Its node and leaf are solid and thin. Its roots and fibrous roots are intertwined and stand proudly on your desk or stand. You will like it very much. It is a drug good to prolong one's life span and make one feel happy and vigorous. Changyang\* is beyond compare. As to its quality of sustaining one in cold and poverty (with only water), how could Changyang compare?

\*One species of the herb.

生，又岂昌阳所能仿佛哉？〔杨士瀛曰〕下痢禁口，虽是脾虚，亦热气闭隔心胸所致。俗用木香失之温，用山药失之闭。惟参苓白术散加石菖蒲，粳米饮调下。或用参、苓、石莲肉，少入菖蒲服。胸次一开，自然思食。

〔附方〕旧十，新一十七。（略）



Yang Shiying: Although fasting dysentery is due to deficient condition of the Spleen, another factor is the accumulation of pathogenic Heat resting in the chest and Heart hampering the normal function. Generally, Muxiang/*radix aucklandiae*/costus root is given to dredge out the accumulation. But the drug is a bit warm. If Shanyao/*rhizoma dioscoreae*/rhizome of common yam is used, it may lead to stagnation. The correct treatment of such a syndrome is the adoption of Shen Ling Baizhu San (Powder of Renshen/*radix ginseng*/ginseng root, Fuling/*poria*/Indian bread and Baizhu/*rhizoma atractylodis macrocephalae*/rhizome of large head *atractylodes*) and adding Changpu. Or the following drugs can be prescribed:

Renshen,

Fuling,

Lianzi/*semen nelumbinis*/lotus seed, and

Changpu (small dosage).

Once the chest accumulation is opened up, the patient will feel hungry.

#### [Prescriptions]

Ten prescriptions collected previously, and

17 prescriptions collected recently.





## 香蒲（本经上品） 蒲黄（本经上品）

### 【释名】

甘蒲苏恭。醮石吴普。花上黄粉名蒲黄。

〔恭曰〕香蒲即甘蒲，可作荐者。春初生，取白为菹，亦堪蒸食。山南人谓之香蒲，以菖蒲为臭蒲也。蒲黄即此蒲之花也。

### 【集解】

〔别录曰〕香蒲生南海池泽。蒲黄生河东池泽，四月采



## XIANGPU, PUHUANG

Herb of cattail

Herba typhae

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

PUHUANG

Cattail pollen

Pollen typhae

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

### [Explanation of Names]

GANPU

— Su Gong.

JIAOSHI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

PUHUANG (pollen)

Su Gong: Xiangpu is just Ganpu, something people use to make mats. In early spring when the seedlings grow, people collect the white bud and process it to take as vegetable. It is also good to steam the herb for eating. People living in the south call it Xiangpu (meaning “cattail with fragrant smell”) and call Changpu as Choupu (meaning “cattail with bad smell”). Puhuang/pollen typhae/cattail pollen is the pollen of this herb.

### [Previous Explanations]

Xiangpu grows in the pond and marsh in Nanhai. Puhuang grows in the ponds and marshes in Hedong. Collect the drug in the fourth month of the year.



之。〔颂曰〕香蒲，蒲黄苗也。处处有之，以泰州者为良。春初生嫩叶，未出水时，红白色茸茸然。取其中心入地白藕，大如匕柄者，生啖之，甘脆。又以醋浸，如食笋，大美。周礼谓之蒲蒹，今人罕有食之者。至夏抽梗于丛叶中，花抱梗端，如武士棒杵，故俚俗谓之蒲槌，亦曰蒲厘花。其蒲黄，即花中蕊屑也。细若金粉，当欲开时便取之。市廛以蜜搜作果食货卖。〔时珍曰〕蒲丛生水际，似莞而褊，有脊而柔，二三月苗。采其嫩根，淪过作鲈，一宿可食。亦可炸食、蒸食及晒干磨粉作饼食。诗云：其蔌伊何？惟笋及蒲。是矣。八九月收叶以为席，亦可作扇，软滑而温。

### 【正误】

〔弘景曰〕香蒲方药不复用，人无采者，南海人亦不复识。江南贡菁茅，一名香茅，以供宗庙缩酒。或云是薰草，又云是燕麦，此蒲亦相类耳。〔恭曰〕陶氏所引菁茅，乃三脊茅也。香茅、燕麦、薰草，野俗皆识，都非香蒲类也。



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

Su Song: Xiangpu is the seedling of Puhuang. It is found everywhere. The herb produced in Taizhou is the best. Tender seedlings grow in early spring. Before the seedling emerges from the water, it is red and white and hairy. Collect the seedling and the linking white root in the earth as big as a spoon handle. Fresh items can be eaten directly. It is sweet and crispy. Also soak it in vinegar. This is delicious, similar to *Zhusun/gemma bambusae/bamboo shoot*. In the book *Zhou Li (Rites of the Zhou Dynasty)* this was recorded as Puju, which is no longer eaten by people today. In summer, a stem grows out among the leaves. Around the top there is a flower bud that looks like the pestle of a warrior. It is colloquially called Puguan or Puli-hua. Puhuang is the pollen within the flower. It is as fine as gold powder. Collect the pollen when the bud is going to bloom. Merchants preserve this with honey and sell it as tidbits.

Li Shizhen: Xiangpu grows in tussock in water close to a bank. It looks like Guan (*Baizhi/radix Angelicae dahuricae/root of dahuricae angelica*), but it is flatter, soft and with a spine in the midline of the leaf. Collect the seedling in the second and third months of the year. Collect the tender root and use it in the processing of fish. Leave it overnight and take it the next day. It can also be processed by stir-frying and steaming. Or dry the drug in the sun and grind it into powder. Make pies with the powder. As an ancient poem goes, "What is the Ce (a kind of food)? It is *Zhusun/gemma bambusae/bamboo shoot* and Pu." And this Pu is just Xiangpu. Collect the leaf in the eighth or ninth month of the year. It can be used to make mats or fans. It is soft, slippery and warm.

### [Corrections]

Tao Hongjing: Xiangpu is no more used as medicine. Nobody collects the herb and people in Nanhai do not know of it now. In areas south of the Yangtze River there is a kind of herb called Gongqingmao or Xiangmao. It is something used to blend in wine in ancestral worship. Some say it is Xuncao, or Yanmai. But anyway, this is an herb similar to Xiangpu.

Su Gong: What Tao Hongjing talked about as (Gongqingmao is actually Sanjimao) Xiangmao, Yanmai and Xuncao are wild herbs all people





## 蒲葍

一名蒲笋食物。蒲儿根野菜谱。

〔气味〕甘，平，无毒。〔时珍曰〕寒。

〔主治〕五脏心下邪气，口中烂臭，坚齿明目聪耳。久服轻身耐老本经。去热燥，利小便宁原。生啖，止消渴汪颖。补中益气，和血脉正要。捣汁服，治妊妇劳热烦躁，胎动下血时珍。出产乳。

## 蒲黄本经上品

〔修治〕〔斆曰〕凡使勿用松黄并黄蒿。其二件全似，只



know. They are not in the same category of Xiangpu.

### PURUO (PUSUN)

— *Shiwu Bencao (Food Materia Medica by Wang Ying)*.

PU'ERGEN

— *Yecai Pu*.

Seedling of cattail

Gemma typhae

### [Quality and Taste]

It is sweet, plain and nontoxic

Li Shizhen: It is cold.

### [Indications]

It disperses invasion of pathogenic factors in the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) and the epigastrium. It treats ulceration with smell in the oral cavity. It consolidates teeth, brightens the eye and sharpens the hearing. Long-term use of the drug makes one feel happy and vigorous and able to enjoy a long life.

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

Ning Yuan: It disperses pathogenic Dryness and Heat and facilitates urination.

Wang Ying: Eat the fresh herb to quench thirst in diabetes.

It tonifies the interior and reinforces qi. It harmonizes the blood.

— *Yinshan Zhengyao*.

Li Shizhen: Pound the drug to get juice and take to eliminate fever and restlessness in the consumptive disease of pregnant woman. It relieves threatened abortion with vaginal bleeding.

— *Chan Ru*.

### PUHUANG

Cattail pollen

Pollen typhae

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



是味阻及吐人。真蒲黄须隔三重纸焙令色黄，蒸半日，却再焙干用之妙。〔大明曰〕破血消肿者，生用之；补血止血者，须炒用。

〔气味〕甘，平，无毒。

〔主治〕心腹膀胱寒热，利小便，止血，消瘀血。久服轻身益气力，延年神仙本经。治痢血，鼻衄吐血，尿血泻血，利水道，通经脉，止女子崩中甄叔。妇人带下，月候不匀，血气心腹痛，妊妇下血坠胎，血运血症，儿枕急痛，颠扑血闷，排脓，疮疖游风肿毒，下乳汁，止泄精大明。凉血活血，止



*Great Herbal*).

**[Preparation]**

Lei Xiao: Do not use Songchuang/Pollen pini/pine pollen and Huangchao/pollen of sweet wormwood), which are very similar to Puhuang/pollen typhae/cattail pollen, but smell bad and arouse nausea. Wrap Puhuang with three folds of paper and bake it until the drug turns yellow and then steam it. Again, it should be baked until it is completely dry. Then it is good for medical use.

Da Ming: Use the raw drug if it is desired to activate the blood to eliminate swelling. When the drug is to be used to stop bleeding and tonify the blood, the drug should be stir-fried.

**[Quality and Taste]**

It is sweet, plain and nontoxic.

**[Indications]**

It disperses invading pathogenic Cold and Heat resting in the Urinary Bladder and in the Heart and abdomen. It facilitates urination, stops bleeding and removes blood stasis. Long-term use of the drug makes one feel happy and vigorous, enhances strength, and prolongs the life span so that one can become immortal.

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

Zhen Quan: It is good for treating dysentery with hematochezia, epistaxis and hematocephsis, hematuria and fecal bleeding. It facilitates the Water duct, dredges the Channels and stops metrorrhagia of woman.

Da Ming: It is good for treating leukorrhea and irregular menstruation, abdominal and epigastric pain of woman due to disorder of blood and qi. It soothes a threatened abortion with vaginal bleeding, treats vertigo due to blood disorder and hard mass due to blood accumulation, relieves after-pains, removes blood stasis due to physical damage, dispels pus and treats sores, furuncles, wandering erysipelas and pyrogenic infection. It promotes lactation and stops seminal emission.

Li Shizhen: It cools and activates blood. It stops pains in the epigas-



心腹诸痛时珍。

〔发明〕〔弘景曰〕蒲黄，即蒲厘花上黄粉也。甚疗血。仙经亦用之。〔宗奭曰〕汴人初得，罗去滓，以水调为膏，擘为块。人多食之，以解心脏虚热，小儿尤嗜之。过月则燥，色味皆淡，须蜜水和。不可多食，令人自利，极能虚人。〔时珍曰〕蒲黄，手足厥阴血分药也，故能治血治痛。生则能行，熟则能止。与五灵脂同用，能治一切心腹诸痛，详见禽部寒号虫下。按许叔微本事方云：有士人妻舌忽胀满口，不能出声。一老叟教以蒲黄频掺，比晓乃愈。又芝隐方云：宋度宗欲赏花，一夜忽舌肿满口。蔡御医用蒲黄、干姜



trium and abdomen.

**[Explication]**

Tao Hongjing: Puhuang is the pollen in Pulihua (Xiangpu/herba typhae/herb of cattail). It is a wonderful drug in treatment of blood disorders. Taoist alchemists also use the drug.

Kou Zongshi: People in Bianliang screen the newly collected pollen and blend the powder with water to make an ointment. It is dried and cut into small segments. People eat this to eliminate the invading pathogenic Heat in the Heart in a deficient condition. Infants like it very much. After one month, the drug will become very dry with much less taste and worse color, and should be blended with honey and water to refresh it. This drug should not be over-used, otherwise it will cause loose stool and consume one's vital resistance and causing debilitation.

Li Shizhen: Puhuang/pollen typhae/cattail pollen is a drug that functions on the blood system of the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. So it is a drug that can treat blood disorders and relieve pain. When the drug is used raw, it activates blood. And when it is prepared, it stops bleeding. Used together with Wulingzhi/faeces trogopterori/trogopterus dung, it is good to treat all kinds of epigastric and abdominal pains. For details, see the explanations of Hanhaochong. The following case was recorded in *Benshi Fang (Effective Prescriptions for Universal Relief)* of Xu Shuwei: The wife of a scholar suddenly began suffering from a swollen tongue filling the oral cavity, making it impossible to utter a word. An old man told her to rub the tongue with powder of Puhuang repeatedly. She did so and recovered the next morning. The book *Zhiyin Fang* records that the Emperor Duzong of the Song Dynasty (960-1279) was going to his imperial garden to appreciate his flowers. But his tongue suddenly swelled and filled his mouth at night. Cai, a doctor from the imperial hospital, prepared the following drugs:

Puhuang, and

Ganjiang/rhizoma zingiberis/dried ginger.

An equal amount of these drugs was ground into powder, which was used to rub the tongue. The emperor got well after that. From the above

末等分，干搽而愈。据此二说，则蒲黄之凉血活血可证矣。盖舌乃心之外侯，而手厥阴相火乃心之臣使，得干姜是阴阳相济也。

〔附方〕旧十四，新十一。（略）



cases, it is easy to understand the function of Puhuang in activating and cooling the blood. The tongue is the outer manifestation of the Heart. The ministerial Fire is the guide of Pericardium Channel of Hand Greater Yin. When Ganjiang/rhizoma zingiberis/dried ginger is used together with Puhuang, it is aimed to achieve a balance of Yin and Yang of both drugs.

**[Prescriptions]**

Fourteen prescriptions collected previously, and  
11 prescriptions collected recently.







## 菰 (别录下品)

### 【释名】

茭草说文。蒋草

〔时珍曰〕按许氏说文菰本作茭，从瓜谐声也。有米谓之雕菰，已见谷部菰米下。江南人呼菰为茭，以其根交结也。蒋义未详。

### 【集解】

〔保昇曰〕菰根生水中，叶如蔗、荻，久则根盘而厚。夏月生菌堪啖，名菰菜。三年者，中心生白苔如藕状，似小儿臂而白软，中有黑脉，堪啖者，名菰首也。〔藏器曰〕菰首小者，擘之内有黑灰如墨者，名乌郁，人亦食之。晋张翰



## GU

Few-flower red rice

*Zizania caduciflora* (Turcz.) Hand. Mazz.

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

### [Explanation of Names]

JIAOCAO

— *Shuowen Jiezi* (*Book of Philology* by Xu Shen).

JIANGCAO

Li Shizhen: In *Shuowen Jiezi* (*Book of Philology* by Xu Shen), the drug was recorded as Gu (菰). The fruit is called Diaogu. It is recorded as Gumi in the “Category of Vegetable”. People in the area south of the Yangtze River call it Jiao (a character similar to another character meaning intertwine), as the roots of the herb intertwine with each other. The meaning of the name Jiangcao is unknown.

### [Previous Explanations]

Han Baosheng: Gugen grows in water. Its leaf is similar to Ganzhe/caulis saccharum sinensis/sweet cane stem or Luwei/caulis phragmitis/reed stem. The roots grow thicker and intertwine with each other gradually. In summer, a kind of mushroom-like fruit grows. It is edible and is called Gucai. After three years, a white stem grows in the center of the herb, which is similar to Ou/rhizoma nelumbinis/lotus rhizome. It looks like the arm of an infant. It is white and soft with black veins in it. The one that is edible is called Gushou.

Chen Cangqi: The small Gushou with ink-like black veins is called Wuyu, which is also edible. Zhang Han of the Jin Dynasty (265-420) thought that Chun and Gu produced in the Wu area was this herb.



思吴中菰、菰，即此也。〔颂曰〕菰根，江湖陂泽中皆有之。生水中，叶如蒲、苇辈，刈以秣马甚肥。春末生白茅如笋，即菰菜也，又谓之茭白，生熟皆可啖，甜美。其中心如小儿臂者，名菰手。作菰首者，非矣。尔雅云：出隧，蘧蔬。注云：生菰草中，状似土菌，江东人啖之，甜滑。即此也。故南方人至今谓菌为菰，亦缘此义。其根亦如芦根，冷利更甚。二浙下泽处，菰草最多。其根相结而生，久则并土浮于水上，彼人谓之菰葑。刈去其叶，便可耕葑，又名葑田。其苗有茎梗者，谓之菰蔣草。至秋结实，乃雕胡米也。岁饥，人以当粮。〔宗奭曰〕菰乃蒲类。河朔边人，止以饲马作荐。八月开花如苇。结青子，合粟为粥食，甚济饥。杜甫所谓波漂菰米沉云黑者，是也。

### 菰笋

一名茭笋日用。茭白图经。菰菜同。



Su Song: Gugen grows in the water close to the banks of rivers and lakes. Its leaf is similar to Xiangpu/herba typhae/herb of cattail and Luwei/caulis phragmitis/reed stem. People cut it and feed it to horses. It is a very good feed material. In late spring, a bamboo shoot like an object grows from the herb. This is Gucai, or Jiaobai. Both the fresh and prepared fruit are delicious and good for eating. If the fruit looks like the arm of an infant, it is called Gushou (菰手). When it is written as 菰首 (Gushou), it is a distorted character.

The book *Er Ya*: Qushu grows in caves. Annotation: It grows out of few flower wild rice. It looks like a kind of mushroom. People in Jiangdong area eat it. It is sweet and slippery. That is why people living in area south of the Yangtze River sometimes call Jun (mushroom) as Gu. Its root is similar to Lugen/rhizoma phragmitis/reed rhizome. It is drug that is colder and more dispersive. In the marshland in Zhejiang Gucao can be found in bulk quantity. Its roots intertwine with each other. They may come afloat after a long time. Local people call it Gufeng. After cutting off its leaf, farmers begin to plough their land. It is also called Fengtian. If there is a hard stem in the herb, it is called Gujiangcao. Fruit appears in autumn. This is Diaohumi. In time of famine, people eat it as food.

Kou Zongshi: Gu is a kind of herb similar to Xiangpu. People living along the Yellow River and in the Shuo area use it only to feed their horses or weave mats. In the eighth month, a flower similar to Luhua/flos phragmitis/reed flower blooms. Blue-green seeds can be mixed with Sumi/semen setariae/millet to make porridge. It is used as a grain substitute in times of famine.

## GUSUN

Shoot of few-flower wild rice

Gemma zizaniae caducilorae

Other names:

JIAOSUN

— *Riyong Bencao (Materia Medica for Daily Use)*.

JIAOBAI

— *Tujing Bencao (Illustrated Materia Medica)*.

GUCAI



〔气味〕甘，冷，滑，无毒。〔洗日〕滑中，不可多食。〔颂曰〕菘之种类皆极冷，不可过食，甚不益人，惟服金石人相宜耳。

〔主治〕利五脏邪气，酒齁面赤，白癞痂疡，目赤。热毒风气，卒心痛，可盐、醋煮食之盂洗。去烦热，止渴，除目黄，利大小便，止热痢。杂鲫鱼为羹食，开胃口，解酒毒，压丹石毒发藏器。

### 菘手

一名菘菜日用，茭白通志，茭粳俗名。蘧蔬音毳毳。



— *Tujing Bencao (Illustrated Materia Medica)*.

**[Quality and Taste]**

It is sweet, cold, slippery and nontoxic.

Meng Xian: It is slippery and causes loose stool. It must not be over-used.

Su Song: All sorts of Gusun are very cold in quality and should not be taken in excess as it can harm one's health. But it is a good thing for people who are suffering from the side effects of alchemical stone drugs.

**[Indications]**

Meng Xian: It disperses pathogenic factors resting with the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It is good for treating rosacea with a flushed face, tuberculoid leprosy and inflammation of the eye. Stew the drug together with salt and vinegar. Take the decoction to treat pyrogenic infection due to an attack of pathogenic Heat, toxin and Wind.

Chen Cangqi: It eliminates restlessness and fever, quenches thirst, clears the yellowish color in the eye, facilitates defecation and urination, and stops hot dysentery. Prepare Jiyu/carassius/crucian carp with the drug. Such a dish is good for whetting appetite and as a means of detoxification in alcoholism. It oppresses side effect of alchemical stone drugs.

**GUSHOU**

Fruit of few-flower wild rice

Fructus zizaniae caduciflorae

Other means:

GUCAI

— *Riyong Bencao (Materia Medica for Daily Use)*.

JIAOBAI

— *Tong Zhi*.

JIAOBA

— a native name.

QUSHU



〔气味〕甘，冷，滑，无毒。〔大明曰〕微毒。〔洗曰〕性滑，发冷气，令人下焦寒，伤阳道。禁蜜食，发痼疾。服巴豆人不可食。

〔主治〕心胸中浮热风，滋人齿孟洗。煮食，止渴及小儿水痢藏器。

### 菰根

〔气味〕甘，大寒，无毒。〔颂曰〕菰根亦如芦根，冷利更甚。

〔主治〕肠胃痼热，消渴，止小便利。捣汁饮之别录。烧灰，和鸡子白，涂火烧疮藏器。

〔附方〕旧二。（略）



### [Quality and Taste]

It is sweet, cold, slippery and nontoxic.

Da Ming: It is slightly toxic.

Meng Xian: It is slippery and induces cold gas. It brings cold to the Xiajiao (the lower-jiao, the lower warmer) and hampers male sexuality. Honey is prohibited. If both things are taken at the same time, it will trigger obstinate disease. When the patient is taking drugs containing Badou/fructus crotonis/croton seed, this drug is prohibited.

### [Indications]

Meng Xian: It disperses pathogenic Heat and Wind resting in the chest and Heart. It moistens the tooth.

Chen Cangqi: Stew the drug and eat it to quench thirst and treat watery dysentery in infants.

## GUGEN

Root of few-flower wild rice

Radix zizaniae caduciflorae

### [Quality and Taste]

It is sweet, very cold and nontoxic.

Su Song: The root of this herb is similar to Lugen/rhizoma phragmitis/reed rhizome. But it is colder and more dispersive.

### [Indications]

It disperses obstinate Heat in the Stomach and Intestine. It quenches thirst and stops incontinence. Pound the drug to get juice.

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

Chen Cangqi: Burn the drug into ash. Blend it with egg white and apply to treat burns.

### [Prescription]

Two prescriptions collected previously.



## 海藻（本经中品）

### 【释名】

藟音单，出尔雅，别录作藻。落首本经。海萝尔雅注。

### 【集解】

〔别录曰〕海藻生东海池泽，七月七日采，暴干。〔弘景曰〕生海岛上，黑色如乱发而大少许，叶大都似藻叶。

〔藏器曰〕此有二种：马尾藻生浅水中，如短马尾细，黑色，用之当浸去咸味；大叶藻生深海中及新罗，叶如水藻而





## HAIZAO

Seaweed

*Sargassum pallidum* (Turn.) C. AG.

*Sargassum fusiforme* (Harv.) Setch.

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

### [Explanation of Names]

DAN

— *Er Ya*.

TAN

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

LUOSHOU

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

HAILUO

— *Er Ya Zhu*.

### [Previous Explanations]

Haizao/sargassum/seaweed grows in the ponds and marshes in the East China Sea. Collect the drug on the seventh day of the seventh month and dry in the sun.

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

Tao Hongjing: It grows on islands in the sea. It is black and looks like a big mess of hair. Its leaf is similar to Zao.

Chen Cangqi: There are two species of the herb: Maweizao (meaning “Zao looking like a horsetail”) grows in the shallow seawater, and looks like a short horsetail of black color. It should be soaked in water to get rid of its salty taste. Another species is called Dayezao (meaning “Zao with big leaf”), which grows in the sea and in Xinluo (Korea). Its leaf looks



大。海人以绳系腰，没水取之。五月以后，有大鱼伤人，不可取也。尔雅云，纶似纶，组似组，东海有之，正为二藻也。〔颂曰〕此即水藻生于海中者，今登、莱诸州有之。陶隐居引尔雅纶、组注昆布，谓昆布似组，青苔、紫菜似纶；而陈藏器以纶、组为二藻。陶说似近之。〔时珍曰〕海藻近海诸地采取，亦作海菜，乃立名目，货之四方云。

### 【修治】

〔斆曰〕凡使须用生乌豆，并紫背天葵，三件同蒸伏时，日干用。〔时珍曰〕近人但洗净咸味，焙干用。

### 【气味】

苦、咸，寒，无毒。

〔权曰〕咸，有小毒。〔之才曰〕反甘草。〔时珍曰〕按东垣李氏治瘰疬马刀，散肿溃坚汤，海藻、甘草两用之。盖以坚积之病，非平和之药所能取捷，必令反夺以成其功也。



like Shuizao, but it is bigger. People living at the seaside collect the herb by diving into the sea with a string fastened to their waist. After the fifth month, there is danger of attack by big fish in the sea, so people stop their activity.

The book *Er Ya*: Guan looks like a black silk ribbon and Zu a silk belt. These are two species of Zao that can be found in the East China Sea.

Su Song: This is Haizao/sargassum/seaweed growing in the sea. It is produced in Dengzhou and Laizhou. Tao Hongjing annotated Kunbu with Guan and Zu by record in *Er Ya*, saying that Kunbu looked like a silk belt, and Qingtai (moss) and Zicai/porphyra/laver were similar to a black silk ribbon. But Chen Cangqi thought that Guan and Zu were the two Zaos. It seems that what Tao Hongjing said is closer to truth.

Li Shizhen: Haizao can be collected in the shallow seawater. It is also called Haicai (meaning “sea vegetable”). By such a name, the herb can be shipped all over the country as merchandise.

### [Preparation]

Lei Xiao: Stew the herb together with Heidou/semen sojae nigra/seed of black soybean and Tiankui/herba semiaquilegiae adoxidis/herb of muskroot-like semiaquilegia for a full day. Then dry the drug in the sun.

Li Shizhen: Now people just wash the herb to get rid of the salty taste and bake it.

### [Quality and Taste]

It is bitter, salty, cold and nontoxic.

Zhen Quan: It is salty and slightly toxic.

Xu Zhicai: It is mutually contradictory to Gancao/radix glycyrrhizae/liquorice root.

Li Shizhen: Master Li Gao treated saber and bead string scrofula (axillary and cervical tuberculoid lymphadenitis resembling a saber or bead string) with both Haizao and Gancao (mutually contradictory drugs) to disperse hardness, ulceration and swelling, and it works. This is because the mutually contradictory drugs are exercising even stronger functions. To deal with such hardened pathological conditions, such strong drugs are needed.



### 【主治】

瘦瘤结气，散颈下硬核痛，痈肿癥瘕坚气，腹中上下雷鸣，下十二水肿本经。疗皮间积聚暴瘡，瘤气结热，利小便别录。辟百邪鬼魅，治气急心下满，疝气下坠，疼痛卵肿，去腹中幽幽作声甄叔。治奔豚气脚气，水气浮肿，宿食不消，五膈痰壅李珣。

### 【发明】

〔元素曰〕海藻气味俱厚，纯阴，沉也。治瘦瘤马刀诸疮，坚而不溃者。经云：咸能软坚。营气不从，外为浮肿。随各引经药治之，肿无不清。〔成无己曰〕咸味涌泄。故海藻之咸，以泄水气也。〔洗曰〕海藻起男子阴，消男子瘕疾，宜常食之。南方人多食，北方人效之，倍生诸疾，更不



### [Indications]

It disperses goiter, tumor, hard cervical tuberculoid lymphadenitis, carbuncles and swelling, abdominal hard mass and stagnation of qi. It relieves the intestinal booming sound and purges edema of 12 kinds.

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

It treats excessive ulceration with accumulation and assemblage on the skin, eliminates tumor and stagnation of pathogenic Heat, and facilitates urination.

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

Zhen Quan: It prevents attack of various pathogenic factors and vicious agents, relieves dyspnoea and epigastric fullness, treats hernia with descending feeling and swelling and pain in the testes, and eliminates the booming sound in the abdomen.

Li Xun: It treats Bentun (upward ascending of gas like a running piglet) and beriberi, eliminates puffy edema due to fluid retention, helps dissolve indigestion and dredges five kinds of dysphagia.

### [Explication]

Zhang Yuansu: Haizao, a drug with both thick quality and taste, is of pure Yin quality and has a sinking tendency. It is good for treating saber and bead string scrofula (axillary and cervical tuberculoid lymphadenitis resembling a saber or bead string) with hardened mass that does not ulcerate. The classic saying goes: "Drug of salty taste softens hardness. When Ying (nutrient essence in blood) fails to circulate normally, puffy edema occurs." Used together with guiding drugs to different Channels, Haizao is good for eliminating such ailment.

Cheng Wuji: A drug of salty taste has the function of purging. Haizao is just such a drug, which is good for purging fluid retention.

Meng Xian: Haizao is good for enhancing male sexuality and treat hernia with ulceration. It should be taken regularly. People in the south eat a lot of it. But when people in the north follow suit, side effects occur and other diseases are induced.

Li Shizhen: Haizao, salty as it is, is moistening and purging. Cold as it is, Haizao purges the invading pathogenic Heat and fluid retention. So it is

宜矣。〔时珍曰〕海藻咸能润下，寒能泄热引水，故能消癭瘤结核阴瘕之坚聚，而除浮肿脚气留饮痰气之湿热，使邪气自小便出也。

【附方】

旧二，新二。（略）



good to dissolve goiter, tumor, subcutaneous nodes and hernia with hardness. It is also effective in dispersing the invading pathogenic Humidity and Heat in puffy edema, beriberi, Liuyin (remaining fluid-retention, prolonged edema) and phlegm retention. Pathogenic factors are drained together with urine.

**[Prescriptions]**

Two prescriptions collected previously, and two prescriptions collected recently.







## 昆布（别录中品）

### 【释名】

#### 纶布

〔时珍曰〕按吴普本草，纶布一名昆布，则尔雅所谓纶似纶，东海有之者，即昆布也。纶音关，青丝绶也，讹而为昆耳。陶弘景以纶为青苔、紫菜辈，谓组为昆布；陈藏器又谓纶、组是二种藻。不同如此。

### 【集解】

〔别录曰〕昆布生东海。〔弘景曰〕今惟出高丽。绳把索之如卷麻，作黄黑色，柔韧可食。尔雅云：纶似纶，组似组，东海有之。今青苔、紫菜皆似纶，而昆布亦似组，恐即是也。〔藏器曰〕昆布生南海，叶如手，大似薄苇，紫赤



## KUNBU

Kelp

Tangle

*Laminariae japonica* Aresch.

*Ecklonia kurome* Okam.

*Undaria pinnatifida* (Harv.) Sur.

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

### [Explanation of Names]

GUANBU

Li Shizhen: *Wu Pu Bencao* (*Wu Pu's Herbal*): Guanbu is also called Kunbu. It is mentioned in *Er Ya* that Guan looks like a black silk ribbon in the East China Sea, which is just Kunbu. The name was distorted as Kunbu. Tao Hongjing said Guan was Qingtai (moss) and Zicai/porphyra/laver, and Zu was Kunbu. But Chen Cangqi thought that both Guan and Zu were two kinds of Zao. They really differ in their understandings.

### [Previous Explanations]

Kunbu/thallus laminariae\kelp\tangle grows in the East China Sea.

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

Tao Hongjing: Now the herb is only produced in Korea. Wrapped with string, the herb looks like wound hemp. It is yellow-black, soft and edible.

*Er Ya*: Guan looks like a black silk ribbon and Zu, a silk belt. They are found in the East China Sea. We find that Qingtai (moss) and Zicai all look like black silk ribbon, and Kunbu a silk belt.

Chen Cangqi: Kunbu grows in the South China Sea. Its leaf looks like a palm of the hand. It is as big as a thin reed leaf, in purple color. If the leaf is thin, then it is Haizao.



色。其细叶者，海藻也。〔珣曰〕其草顺流而生。出新罗者叶细，黄黑色。胡人搓之为索，阴干，从舶上来中国。〔时珍曰〕昆布生登、莱者，搓如绳索之状。出闽、浙者，大叶似菜。盖海中诸菜性味相近，主疗一致。虽稍有不同，亦无大异也。

### 【修治】

〔斆曰〕凡使昆布，每一斤，用甑箬大小十个，同锉细，以东流水煮之，从巳至亥，待咸味去，乃晒焙用。

### 【气味】

咸，寒，滑，无毒。

〔普曰〕酸、咸，寒，无毒。〔权曰〕温，有小毒。

### 【主治】

十二种水肿，癭瘤聚结气，癭疮别录。破积聚思邈。治阴瘕肿，含之咽汁藏器。利水道，去面肿，治恶疮鼠癭甄权。

### 【发明】

〔杲曰〕咸能软坚，故癭坚如石者非此不除，与海藻同



Li Xun: The herb grows where water flows. That produced in Xinluo (Korea) has a thinner leaf of yellow-black color. Local people rub them into a noose and dry them in the shade. It is shipped to China.

Li Shizhen: Kunbu produced in Dengzhou and Laizhou are processed into a noose. That produced in Fujian and Zhejiang has big leaf similar to a vegetable. Different kinds of herbs growing in the sea all have similar quality and taste as well as therapeutic functions, though they may differ from each other slightly.

### [Preparation]

Lei Xiao: Chop one *jin* of Kunbu into small pieces, and steam it in 10 pots with east running water from Sishi (9-11 hours) to Haishi (21-23 hours). Rinse away the salty taste. Bake or dry the drug in the sun.

### [Quality and Taste]

It is salty, cold, slippery and nontoxic.

Wu Pu: It is sour, salty, cold and nontoxic.

Zhen Quan: It is warm and slightly toxic.

### [Indications]

It is good for treating edema of 12 kinds, goiter, tumor and accumulation of gas, fistula and sores.

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

Sun Simiao: It is good for dispersing accumulation and assemblage.

Chen Cangqi: It is good for treating swelling of the testes. Hold the drug in mouth and swallow the juice.

Zhen Quan: It facilitates water circulation, eliminates facial swelling, and treats malignant sores and scrofula.

### [Explication]

Li Gao: A drug of salty taste is good for softening the hardness. A goiter as hard as stone will be removed by this drug. It has similar therapeutic functions with Haizao.

Meng Xian: Kunbu brings down the adverse ascending of gas. If not

功。〔洗曰〕昆布下气，久服瘦人，无此疾者不可食。海岛之人爱食之，为无好菜，只食此物，服久相习，病亦不生，遂传说其功于北人。北人食之皆生病，是水土不宜耳。凡是海中菜，皆损人，不可多食。



suffering from such a disease, do not eat it. Long-term use of the drug makes one emaciated. People living on islands in the sea like to eat it, as the supply of other vegetables is difficult. But gradually, they become used to it and do not suffer any disease by excessive consumption. So they feel Kunbu is a good thing and persuade people living in the north to try it. But northerners are troubled with ailments after eating a lot of it. A different location makes the difference. Generally speaking, herbs and weeds in the sea are not very beneficial to human health, and should only be taken in case of need. Do not take too much.



## 石斛（本经上品）

### 【释名】

石薺别录。金钗纲目。禁生别录。林兰本经。杜兰别录。

〔时珍曰〕石斛名义未详。其茎状如金钗之股，故古有金钗石斛之称。今蜀人栽之，呼为金钗花。盛弘之荆州记云，耒阳龙石山多石斛，精好如金钗，是矣。林兰、杜兰，与木部木兰同名，恐误。





## SHIHU

Dendrobium

Dendrobium loddigesti Rolfe.,

Dendrobium fimbriatum Hook. var. oculatum Hook.,

Dendrobium chrysanthemum Wall.,

Dendrobium candidum Wall. ex Lindl., and

Dendrobium Nobile Lindl.

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

### [Explanation of Names]

SHIZHU

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

JINCHAI

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

JINSHENG

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

LINLAN

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

DULAN

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

Li Shizhen: The meaning of the name Shihu is unknown. As its stem looks like a hairpin, however, it was also called Jinchai Shihu (meaning “Shihu in the shape of a hairpin”) in ancient times. Today, people in Sichuan plant this herb and call it Jinchaihua (meaning “flower of hairpin”). Sheng Hong in his work *Jingzhou Ji* said: Shihu is found in bulk in Longshi Mountain in Leiyang. It is pretty and looks like a hairpin. Linlan and Dulan are names also found for the drug *Mulan/lignum manglietiae fordianae*/wood of *ford manglietiae*, but this could be a mistake.





### 【集解】

〔别录曰〕石斛生六安山谷水旁石上。七月、八月采茎，阴干。〔弘景曰〕今用石斛，出始兴。生石上，细实，以桑灰汤沃之，色如金，形如蚱蜢髀者佳。近道亦有，次于宣城者。其生栎木上者，名木斛。其茎至虚，长大而色浅。不入丸散，惟可为酒渍煮之用。俗方最以补虚，疗脚膝。

〔恭曰〕今荆襄及汉中、江左又有二种：一种似大麦，累累相连，头生一叶，而性冷，名麦斛；一种茎大如雀髀，叶在茎头，名雀髀斛。其他斛如竹，而节间生叶也。作干石斛法：以酒洗蒸暴成，不用灰汤。或言生者渍酒，胜于干者。

〔颂曰〕今荆州、光州、寿州、庐州、江州、温州、台州亦有之，以广南者为佳。多在山谷中。五月生苗，茎似小竹节，节间出碎叶。七月开花，十月结实。其根细长，黄色。惟生石上者为胜。〔宗奭曰〕石斛细若小草，长三四寸，柔韧，折之如肉而实。今人多以木斛混之，亦不能明。木斛中虚如禾草，长尺余，但色深黄光泽耳。〔时珍曰〕石斛丛生石上。其根纠结甚繁，干则白软。其茎叶生皆青色，干则黄色。开红花。节上自生根须。人亦折下，以砂石栽之，或以物盛挂屋下，频浇以水，经年不死，俗称为千年润。石斛短而中实，木斛长而中虚，甚易分别。处处有之，以蜀中者为胜。



### [Previous Explanations]

Shihu grows on the rocky land close to water in mountain valleys in Liu'an. Collect the stem in the seventh or eighth month of the year and dry in the shade.

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

Tao Hongjing: The drug is produced in Shixing, and grows on rocky land. It is fine and solid. When the drug is soaked in a decoction of Sanghui/carbo mori lignum/ash of white mulberry wood, it turns golden yellow. The best drug is the one with a stem similar to a locust's leg. The drug can also be found in nearby places, but it is not as good as that produced in Xuancheng. The herb that grows on Limu (saw tooth oak) is called Muhu. Its stem is very loose, long and thick, with light color. It is not used in the preparation of pills and powders, but it can be used in medical decoctions after it is stewed in wine. It is generally used as a tonic to treat general debility. It is also good to treat diseases of the foot and knee.

Kou Zongshi: It grows stem and leaf of thin leaf milkwort. Three to four *cun* tall, it is soft and elastic. When it is broken, it is solid and looks like meat. Merchants use Muhu (Shihu growing on oak) as a substitute. It is not easy to discern a fake. But the best way is that Muhu is as loose as straw, one *chi* long; its color is dark yellow with luster.

Li Shizhen: Shihu grows in tussock on rocky land. Its roots intertwine and grow profusely. When it is dried, it becomes white and soft. The fresh stem and leaf are all blue-green and turn yellow when dried. The flower is red. Fibrous roots grow from the node. People take one herb and plant it in a basin with stone and sand. The basin may be hung in the room for decoration. When it is watered frequently, it does not wither for years. It is colloquially called Qiannianrun [meaning "being moistened (green) in 1,000 years"]. Shihu is short and solid, and Muhu is long and loose. They are easy to differentiate. The drug is found everywhere, but that produced in Sichuan is the best.

### [Preparation]

Lei Xiao: Take off the rhizome of the stem. Soak it in wine overnight,



### 【修治】

〔斆曰〕凡使，去根头，用酒浸一宿，暴干，以酥拌蒸之，从巳至酉，徐徐焙干，用入补药乃效。

### 【气味】

甘，平，无毒。

〔普曰〕神农：甘，平。扁鹊：酸。李当之：寒。〔时珍曰〕甘、淡、微咸。〔之才曰〕陆英为之使，恶凝水石、巴豆，畏雷丸、僵蚕。

### 【主治】

伤中，除痹下气，补五脏虚劳羸瘦，强阴益精。久服，厚肠胃本经。补内绝不足，平胃气，长肌肉，逐皮肤邪热痹气，脚膝疼冷痹弱，定志除惊。轻身延年别录。益气除热，治男子腰脚软弱，健阳，逐皮肌风痹，骨中久冷，补肾益力



and then dry in the sun. Blend the drug with Su/lac obesus preparatum/butter and steam from Sishi (9-11 hours) to Youshi (17-19 hours). Then bake the drug on a slow fire. It is an effective tonic.

### [Quality and Taste]

It is sweet, plain and nontoxic.

Wu Pu: It is sweet and plain according to Shen Nong; sour according to Bian Que; and cold according to Li Dangzhi.

Li Shizhen: It is sweet, plain and slightly salty.

Xu Zhicai: Luying/flos sambuci chinensis/flower of Chinese elder can be used as its guiding drug. It is mutually inhibiting to Ningshuishi/calcium/calcite, Badou/fructus crotonis/croton seed; it is incompatible with Leiwan/omphalia/stone-like omphalia and Baijiangcan/bombyx batryticatus/batryticated silkworm.

### [Indications]

It is good for tonifying a condition with internal damage. It treats arthralgia, brings down adverse ascending gas, and tonifies the consumptive condition of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) with emaciation. It enhances male sexuality and reinforces Jing (Vital Essence). Long time use of the drug strengthens the Stomach and Intestinal function.

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

It tonifies the general condition of internal exhaustion and insufficiency. It pacifies the Stomach qi, and helps the growth of muscle. It disperses pathogenic Heat, eliminates miliaria on skin, and treats arthralgia of the lumbar region and knee with cold feeling and general debility. It consolidates the willpower, eliminates convulsion, and makes one feel happy and vigorous and able to enjoy long life.

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

Zhen Quan: It reinforces qi and eliminates pathogenic Heat. It is good for treating the debilitated condition of the lumbar region and knee of the male. It enhances male sexuality, and disperses arthralgia due to an attack of pathogenic Wind in the skin and muscle. It also disperses protracted Cold in the bone, reinforces the Kidney and enhances strength.



权。壮筋骨，暖水脏，益智清气日华。治发热自汗，痈疽排脓内塞时珍。

### 【发明】

〔斆曰〕石斛镇涎，涩丈夫元气。酒浸酥蒸，服满一镒，永不骨痛也。〔宗奭曰〕石斛治胃中虚热有功。〔时珍曰〕石斛气平，味甘、淡、微咸，阴中之阳，降也。乃足太阴脾、足少阴右肾之药。深师云：囊湿精少，小便余沥者，宜加之。一法：每以二钱入生姜一片，水煎代茶饮，甚清肺补脾也。



Da Ming: It strengthens tendon and bone, warms the Water Viscus (the Kidney), heightens intelligence and clears Heat from qi.

Li Shizhen: It is good for treating a disease with fever and spontaneous perspiration. It treats carbuncle and phlegmon and dispels pus.

**[Explication]**

Lei Xiao: Shihu astringes salivation and restrains man's Yuanqi (Primordial Vital Energy). Soak the drug in wine and then steam it with Su/lac obesus preparatum/butter. After using one *hu* of such drug, one will be free from pain in the bone forever.

Kou Zongshi: Shihu is a good drug in eliminating pathogenic Heat in the Stomach under a deficient condition.

Li Shizhen: Shihu, with plain quality, sweet, plain and slightly salty taste, is a drug of Yang in Yin. It has a descending tendency. It is a drug functioning on the Spleen Channel of Foot Initial Yin, Kidney Channel of Foot Lesser Yin and the right Kidney.

Master Shen Shi: It is good for treating cases of a humid scrotum and scanty sperm with urinary dripping. The following prescription is good for clearing the Lung Heat and tonifying the Spleen.

Two *qian* of Shihu, and

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

Stew the drugs to make a decoction and drink it like tea.



## 骨碎补（宋开宝）

### 【释名】

猴姜拾遗。胡孙姜志。石毛姜苏颂。石庵蔺。

〔藏器曰〕骨碎补本名猴姜。开元皇帝以其主伤折，补骨碎，故命此名。或作骨碎布，讹矣。江西人呼为胡孙姜，象形也。〔时珍曰〕庵蔺主折伤破血。此物功同，故有庵蔺之名。

### 【集解】

〔志曰〕骨碎补生江南。根寄树石上，有毛。叶如庵蔺。〔藏器曰〕岭南虔、吉州亦有之。叶似石韦而一根，



## GUSUIBU

Fortune's drynaria

*Drynaria fortunei* (Kunze) J. Sm.,

*Drynaria baronii* (Christ) Diels.

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

### [Explanation of Names]

HOUJIANG

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

HUSUNJIANG

— Ma Zhi.

SHIMAOJIANG

— Su Song.

SHI'ANLÜ

Chen Cangqi: Gusuibu was originally called Houjiang. Emperor Kaiyuan renamed it: Gusuibu (骨碎补) (meaning “to knit the broken bones”) as the drug is good to treat bone fractures. But, now, it is written as 骨碎布 (Gusuibu), which is a distortion of the characters. People in Jiangxi call it Husunjiang (meaning “monkey ginger”), a name to depict its shape.

Li Shizhen: Anlü/herba artemisiae keiskeanae/herb of keiske artemisiae is a drug that is good to treat fractures and incised wounds. As this drug has similar functions, it is called Shi'anlü (meaning “stone Anlü”).

### [Previous Explanations]

Ma Zhi: Gusuibu grows in the area south of the Yangtze River. Its root is attached to a tree of rock. It is hairy. The leaf is similar to Yanlü/herba artemisiae keiskeanae/herb of keiske artemisiae.

Chen Cangqi: The herb can be found in Qianzhou and Jizhou in the area south of the Five Ridges. Its leaf is similar to Shiwei/folium pyrrrosiae/





余叶生于木。〔大明曰〕是树上寄生草，根似姜而细长。〔颂曰〕今淮、浙、陕西、夔路州郡皆有之。生木或石上。多在背阴处，引根成条，上有黄赤毛及短叶附之。又抽大叶成枝。叶面青绿色，有青黄点；背青白色，有赤紫点。春生叶，至冬干黄。无花实。采根入药。〔宗奭曰〕此苗不似姜，亦不似庵蔴。每一大叶两旁，小叶叉牙，两两相对，叶长有尖瓣也。〔时珍曰〕其根扁长，略似姜形。其叶有丫缺，颇似贯众叶。谓叶如庵蔴者，殊谬；如石韦者，亦差。

#### 根【修治】

〔斆曰〕凡采得，用铜刀刮去黄赤毛，细切，蜜拌润，甑蒸一日，晒干用。急用只焙干，不蒸亦得也。

#### 【气味】

苦，温，无毒。



leaf of Japanese felt fern. There is one root only. The leaf grows from the tree.

Da Ming: It is a parasitic herb attached to trees. Its root is similar to ginger, but it is fine and long.

Su Song: The herb is also found in Huai, Zhejiang, Shaanxi and KUILUZHOU. It is attached to a tree or rock, and usually found in shady places. Roots are exposed and covered with yellow-red hair and short leaves. A big leaf also grows and develops into a twig. The surface of the leaf is blue-green with blue-green and yellow dots. The back is blue-green and white with blue-green and purple dots. The leaf begins to grow in spring, and it turns dry and yellow in winter. There is no flower or fruit. Collect the root for medical use.

Kou Zongshi: The seedling of this herb does not resemble ginger, or Yanlü/herba artemisiae keiskeanae/herb of keiske artemisiae. At the base of each big leaf, there are two forks with small leaves. Two of them grow in opposition. The leaf is long, with sharp saw teeth.

Li Shizhen: Its root is flat and long, slightly resembling ginger. There are saw teeth on the leaf. It is similar to Guanzhongye/folium dryopteris crassirhizomae/leaf of Chinese aspidium. It is not correct to say that its leaf is similar to Yanlü/herba artemisiae keiskeanae/herb of keiske artemisiae or to Shiwei/folium pyrrosiae/leaf of Japanese felt fern.

## GUSUIBUGEN

Rhizome of fortune's drynaria

Rhizoma drynaria

### [Preparation]

Lei Xiao: Peel off the yellow-red hair from the rhizome with a copper knife. Cut it into small pieces. Blend it with honey, and steam for a full day. Then dry the drug in the sun. If it is urgently needed, just bake the drug dry. Steaming is not permitted.

### [Quality and Taste]

It is bitter, warm and nontoxic.



〔大明曰〕平。

### 【主治】

破血止血，补伤折开宝。主骨中毒气，风血疼痛，五劳六极，足手不收，上热下冷。恶疮，蚀烂肉，杀虫大明。研末，猪肾夹煨，空心食，治耳鸣，及肾虚久泄，牙疼时珍。

### 【发明】

〔颂曰〕骨碎补，入妇人血气药。蜀人治闪折筋骨损伤，取根捣筛，煮黄米粥，和裹伤处有效。〔时珍曰〕骨碎补，足少阴药也。故能入骨，治牙，及久泄痢。昔有魏刺史子久泄，诸医不效，垂殆。予用此药末入猪肾中煨熟与食，顿住。盖肾主大小便，久泄属肾虚，不可专从脾胃也。雷公炮炙论用此方治耳鸣，耳亦肾之窍也。案戴原礼证治要诀云、痢后下虚，不善调养，或远行，或房劳，或外感，致两



Da Ming: It is plain.

### [Indications]

It is good for removing blood stasis and stopping bleeding. It is a tonic for cases of fracture and injury.

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

Zhen Quan: It is good for treating intoxication of the bone, blood disorder due to invading pathogenic Wind with pain, five overstrains and six exhaustions with paralysis of the hands and feet, prevalence of Heat in the upper part and Cold in the lower part of the body.

Da Ming: It treats malignant sore, eats up ulcerous flesh and kills worms.

Li Shizhen: Grind the drug into powder. Insert the powder into slices of pig kidney and roast. It is good for treating tinnitus, prolonged diarrhea due to Kidney deficiency and toothache.

### [Explication]

Su Song: Gusuibu is good to treat abdominal pain of a woman due to disorder of blood and qi (Vital Energy). People in Sichuan use the drug to treat damage and injury of the tendon and bone with twists. Pound the rhizome and screen it to get powder. Make porridge with millet. Blend the powder with the porridge and apply it to the affected part and wrap.

Li Shizhen: Gusuibu is a drug functioning on the Kidney Channel of Foot Lesser Yin. Therefore, it penetrates into the bone, and is good to treat toothache and stop prolonged diarrhea. The son of Prefect Wei was suffering from severe chronic diarrhea and was in a critical condition. I treated him with roasted pig kidney with the powder of Gusuibu, and the diarrhea was halted right away. This is because the Kidney controls the stool and urination. Prolonged diarrhea is due to the deficient condition of the Kidney. It is not always as result of the disorder of the Spleen and Stomach. In *Lei Gong Paozhi Lun (Lei Gong's Treatises on Preparation of Drugs)*, a prescription for treating tinnitus is recorded. The ear is the outer orifice of the Kidney.\* Dai Yuanli in his *Zhengzhi Yaojue* said: After the patient has

\*So regulating the Kidney can treat tinnitus.

足痿软，或痛或痹，遂成痢风。宜用独活寄生汤吞虎骨四斤丸，仍以骨碎补三分之一，同研取汁，酒解服之。外用杜仲，牛膝、杉木节、草薢、白芷、南星煎汤，频频熏洗。此亦从肾虚骨痿而治也。

【附方】

旧二，新三。（略）





recovered from dysentery, the lower portion is in a deficient condition. If it is not tendered properly, or he travels a long distance, or he indulges in sex, or he contracts an exterior disease, he will develop pain or numbness in the feet. This is a case called Lifeng (invasion of pathogenic Wind complicated with dysentery that causes pain and weakness in the feet). The treatment:

Grind Hugu Sijin Wan\* with Duhuo Jisheng Tang together with one third of Gusuibu to make a juice. Blend it with wine. Also stew the following drugs to make a decoction. Use it to fumigate and wash the affected part. This is also an example of a treatment for paralysis of the bone by regulating the deficient condition of the Kidney.

### [Prescriptions]

Two prescriptions collected previously, and  
three prescriptions collected recently.

\*Hugu Sijin Wan consists of the following drugs:

Hugu/os tigris/tiger bone,

Mugua/fructus chaenomelis/fruit of common flowering quince,

Niuxi/radix Achyranthis bidentatae/root of two tooth Achyranthis,

Tianma/rhizoma gastrodiae/tuber of tall gastrodiae,

Roucongrong/herba cistanches/desert living cistanche,

Soufuzi/radix Aconiti lateralis preparata/prepared daughter root of common monkshood, and

ashless wine.



## 石韦（本经中品）

### 【释名】

石韃音蔗。石皮别录。石兰

〔弘景曰〕蔓延石上，生叶如皮，故名石韦。〔时珍曰〕柔皮曰韦，韃亦皮也。

### 【集解】

〔别录曰〕石韦生华阴山谷石上，不闻水声及人声者良。二月采叶，阴干。〔弘景曰〕处处有之。出建平者，叶长大而厚。〔恭曰〕此物丛生石旁阴处，亦不作蔓。其生古瓦屋上者名瓦韦，疗淋亦好。〔颂曰〕今晋、绛、滁、海、



## SHIWEI

Japanese felt fern

*Pyrosiae sheareri* (Bak.) Ching.,

*Pyrosiae lingua* (Thunb.) Farwell,

*Pyrosiae petiolosa* (Christ) Ching.

### [Explanation of Names]

SHIZHE

SHIPI

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

SHILAN

Tao Hongjing: It spreads over rocks and its leaf looks like hide. So it is named Shiwei (meaning “stone hide”).

Li Shizhen: Wei means tanned hide. Zhe (in Shizhe) is also a kind of hide.

### [Previous Explanations]

Shiwei grows on rocky land in the mountain valley in Huayin. The best herb is that which is far away from the sound of the stream and from human disturbance. Collect the leaf in the second month of the year, and dry in the shade.

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

Tao Hongjing: The herb can be found everywhere. That growing in Jianping has a long, big and thick leaf.

Su Gong: The herb grows in tussock in shady places on rocky land. The herb does not have a vine. The herb growing on the tile roof of an old house is called Wawei (meaning “Shiwei on tile”). It is a good drug to treat stranguria.

Su Song: The drug can be found in Jinzhou, Jiangzhou, Chuzhou, Haizhou,





福州，江宁皆有之。丛生石上，叶如柳，背有毛，而斑点如皮。福州别有一种石皮，三月有花，采叶作浴汤，治风。

〔时珍曰〕多生阴崖险罅处。其叶长者近尺，阔寸余，柔韧如皮，背有黄毛。亦有金星者，名金星草。叶凌冬不雕。又一种如杏叶者，亦生石上，其性相同。

### 【修治】

〔别录曰〕凡用去黄毛。毛射人肺，令人咳，不可疗。

〔大明曰〕入药去梗，须微炙用。一法：以羊脂炒干用。

### 【气味】

苦，平，无毒。

〔别录曰〕甘。〔权曰〕微寒。〔之才曰〕滑石，杏仁、射干为之使，得菖蒲良。制丹砂、矾石。



Fuzhou and Jiangning. It grows in tussock on rocky land. Its leaf is similar to Liuye/fohium salicis baryloniae/leaf of Babylon weeping willow but with hair on the back. It has dots and looks like hide. In Fuzhou, there is one species called Shipi that has a flower in the third month of the year. Local people collect the leaf and stew it to make a decoction. It can be used to bathe the patient to treat disease caused by the invading pathogenic Wind.

Li Shizhen: The herb grows in shady and difficult-to-climb cliffs in the mountain. Its leaf can be as long as one *chi* and as wide as one *cun* and more. It is soft and elastic, resembling hide. It is covered with yellow hair at the back. There is one species with its leaf covered with golden dots. It is called Jinxingcao (meaning “herb of golden star”). Its leaf does not wither in winter. There is another species that also grows on rocky land. Its leaf is similar to an apricot leaf. It has the same therapeutic effects as other species.

### [Preparation]

Scrub off the yellow hair on the leaf, lest it will stimulate the Lung, causing a cough that is very difficult to treat.

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

Da Ming: Take off the stalk of leaf and slightly stir-fry. Another way of preparation is to blend the drug with sheep fat and stir-fry it dry.

### [Quality and Taste]

It is bitter, plain and nontoxic.

It is sweet.

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

Zhen Quan: It is slightly cold.

Xu Zhicai: Huashi/talcum/talc, Xingren/semen armeniacae amarum/bitter apricot seed and Shegan/rhizoma belamcandae/rhizome of blackberry lily can be used as its guiding drugs. It is reinforced if used together with Changpu/rhizoma acori graminei/rhizome of grassleaf sweetflag. In processing alchemical drugs, it is used to control Dansha/cinnabaris/cinnabar and Fanshi/alumen/alum.

### 【主治】

劳热邪气，五癃闭不通，利小便水道本经。止烦下气，通膀胱满，补五劳，安五脏，去恶风，益精气别录。治淋沥遗溺日华。炒末，冷酒调服，治发背颂。主崩漏金疮，清肺气时珍。

### 【附方】

新五。（略）



### [Indications]

It is good for treating consumptive disease due to invading pathogenic Heat and other factors. It treats five kinds of uroschisis and dysuria, facilitates urination and dredges the Water duct.

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

It eliminates restlessness, brings down adverse ascending gas, dredges through fluid retention in the Urinary Bladder, tonifies conditions of the five strains, and pacifies the Five Viscera, disperses vicious Wind and reinforces Jing and qi.

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

Da Ming: It is good for treating stranguria with urinary dripping.

Su Song: Grind the drug into powder. Blend the powder with cold wine. Take the drug to treat lumbar dorsal carbuncle.

Li Shizhen: It is good for treating metrorrhagia and metrostaxis and incised wound. It clears the Lung qi.

### [Prescriptions]

Five prescriptions collected recently.



## 景天（本经上品）

### 【释名】

慎火本经。戒火同。救火别录。据火同。护火纲目。辟火同。火母别录。

〔弘景曰〕众药之名，景天为丽。人皆盆盛，养于屋上，云可辟火，故曰慎火。方用亦希。

### 【集解】

〔别录曰〕景天生太山川谷。四月四日、七月七日采，





## JINGTIAN

Common stonecrop

*Hylotelephium erythrostictum* (Miq.) Ohba.

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

### [Explanation of Names]

SHENHUO

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

JIEHUO

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

JIUHUO

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

JUHUO

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

HUHUO

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

BIHUO

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

HUOMU

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

Tao Hongjing: Among all the names with Huo (meaning “fire”), Jingtian sounds the best. People plant the herb in a basin and put it on roof of the house, saying that this will prevent the danger of fire. So it is called Shenhuo (meaning “be careful of fire”). It is not a drug of common use.

### [Previous Explanations]

Jingtian grows in the valleys of Taishan Mountain. Collect the drug on the fourth day of the fourth month or the seventh day of the seventh month



阴干。〔颂曰〕今南北皆有之。人家种于中庭，或盆置屋上。春生苗，叶似马齿苋而大，作层而上，茎极脆弱。夏中开红紫碎花，秋后枯死。亦有宿根者。苗、叶、花并可用。

〔宗奭曰〕极易种，折枝置土中，浇溉旬日便生也。〔时珍曰〕景天，人多栽于石山上。二月生苗，脆茎，微带赤黄色，高一二尺，折之有汁。叶淡绿色，光泽柔厚，状似长匙头及胡豆叶而不尖。夏开小白花，结实如连翘而小，中有黑子如粟粒。其叶味微甘苦，炸熟水淘可食。

#### 【正误】

〔弘景曰〕广州城外有一树，大三四围，名慎火树。〔志曰〕岭表人言，并无此说。盖录书者篡入谬言，非陶氏语也。

#### 【气味】

苦，平，无毒。



of the year, and dry in the shade.

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

Su Song: The herb is found both in the south and north. People plant it in the middle of the yard or in a basin that is placed on the roof of the house. The seedling grows in spring. The leaf is similar to Machixian/herba portulacae/herb of purslane, but it is bigger. The leaf grows layer upon layer. The stem is crispy and weak. In the middle of summer, a small, red and purple flower blooms. In late autumn, the plant withers. There is also a species with a perennial root. Its seedling, leaf and flower can also be used as drugs.

Kou Zongshi: It is very easy to develop the plant. Break a piece of the stem, plant it in the earth and water it. After 10 days, the seedling begins to grow.

Li Shizhen: People plant Jingtian on rocky mountains. The seedling begins to grow in the second month. The stem is crispy, slightly red and yellow, and is about one to two *chi* tall. When the stem is broken, it emits juice. The leaf is light green and lustrous, soft and thick. It is in the shape of a spoon or Wandouye/foolium pisi sativi/leaf of garden pea. But there is no sharp tip. In summer, a small white flower blooms. The fruit is similar to Lianqiao/fructus forsythiae/capsule of weeping forsythia, but is smaller. Inside the fruit there are small black seeds the size of millet. The leaf is slightly sweet and bitter, which can be stewed. Rinse it and eat it as vegetable.

### [Corrections]

Tao Hongjing: There is a big tree with a trunk of three to four arm span found in the suburbs of Guangzhou City. Local people call it a Shenhua tree.

Ma Zhi: When requesting this to people from the area south of the Five Ridges, they do not know this at all. This is a redundancy made by copiers of the book. It is not a saying by Tao Hongjing.

### [Quality and Taste]

It is bitter, plain and nontoxic.





〔别录曰〕酸。〔大明曰〕寒，有小毒。可煨朱砂。

**【主治】**

大热火疮，身热烦，邪恶气本经。诸蛊毒痂疔，寒热风痹，诸不足别录。疗金疮止血。煎水浴小儿，去烦热惊气弘景。风疹恶痒，小儿丹毒及发热权。热狂赤眼，头痛寒热游风，女人带下日华。

**【附方】**

旧四，新五。（略）



It is sour.

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

Da Ming: It is cold and slightly toxic. It can be used in the calcinations of Zhusha/cinnabaris/cinnabar.

### [Indications]

It treats sores due to invading pathogenic Fire with excessive Heat, bodily fever and restlessness. It disperses vicious pathogenic factors.

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

It is good for treating Gudu (disease due to noxious agents produced by various parasites) and leprosy, arthralgia due to attacks of pathogenic Cold, Heat and Wind.

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

Tao Hongjing: It treats incised wound and stops bleeding. Stew the drug in water to make bathing water for an infant. This is good to disperse convulsion with restlessness and fever.

Zhen Quan: It relieves rubella with terrible itching, and infantile erysipelas with fever.

Da Ming: It relieves inflammation of the eye with fever and mania, treats headache and wandering edema with chills and fever, and female leucorrhea.

### [Prescriptions]

Four prescriptions collected previously, and  
five prescriptions collected recently.

## 卷柏（本经上品）

### 【释名】

万岁本经。长生不死草纲目。豹足吴普。求股别录。交时别录。

〔时珍曰〕卷柏、豹足，象形也。万岁、长生，言其耐久也。

### 【集解】

〔别录曰〕卷柏生常山山谷石间。五月、七月采，阴干。〔弘景曰〕今出近道。丛生石土上，细叶似柏，屈藏如





## JUANBAI

Tamariskoid spikemoss

Selaginella tamariscina (Beauv.) Spring

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

### [Explanation of Names]

WANSUI

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

CHANGSHENGBUSICAO

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

BAOZU

— *Wupu Bencao* (*Wu Pu's Herbal*).

QIUGU

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

JIAOSHI

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

Li Shizhen: The names Juanbai (meaning “curled Cebaiye/cacumen biotae/leafy twigs of Chinese arborvitae”) and Baozu (meaning “leopard’s foot”) are given in accordance with its shape. Wansui and Changsheng (Busicao) all mean the long life of this herb.

### [Previous Explanations]

Juanbai grows among the rocks in the valleys of Changshan Mountain. Collect the drug in the fifth and seventh months and dry it in the shade.

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

Tao Hongjing: Now the drug is produced in nearby places. It grows in tussock among rocks and in the earth. It has a fine leaf that looks like Cebaiye/cacumen biotae/leafy twigs of Chinese arborvitae. It curls up like a



鸡足，青黄色。用之，去下近沙石处。〔禹锡曰〕出建康。范子计然曰：出三辅。〔颂曰〕今关陕及沂、兖诸州亦有之。宿根紫色多须。春生苗，似柏叶而细，拳挛如鸡足，高三五寸。无花、子，多生石上。

### 【修治】

〔时珍曰〕凡用，以盐水煮半日，再以井水煮半日，晒干焙用。

### 【气味】

辛，温，无毒

〔别录曰〕甘，平。〔普曰〕神农：辛，平。桐君、雷公：甘，微寒。

### 【主治】

五脏邪气，女子阴中寒热痛，癥瘕血闭绝子。久服轻身和颜色本经。止咳逆，治脱肛，散淋结，头中风眩，痿蹶，强阴益精，令人好容颜别录。通月经，治尸疰鬼疰腹痛，百



chicken's claw, blue-green and yellow in color. When the drug is collected, clean away the sand and earth from the root.

Zhang Yuxi: It grows in Jiankang. In the book *Fan Zi Ji Ran*, it is recorded that the drug grows in the three suburbs of the capital.

Su Song: Now the drug is produced in Guan, Shaan, Yi and Yan prefectures. Its perennial root is purple and covered with fibrous roots. In spring, the seedling grows. The leaf is similar to Cebaiye, but it is finer. It curls up like a chicken's claw three to five *cun* long. There is no flower or seed. It grows among rocks.

### [Preparation]

Li Shizhen: First, stew the drug in salt water for half a day; then stew the drug again in well water. Dry in the sun or bake it dry.

### [Quality and Taste]

It is pungent, warm and nontoxic.

It is sweet and plain.

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

Wu Pu: It is pungent and plain according to *Shen Nong*; and sweet and slightly cold according to Tong Jun and Lei Gong.

### [Indications]

It is good for dispersing invading pathogenic factors resting with the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It relieves pain in the female pudenda due to accumulation of pathogenic Cold and Heat. It also treats hard mass and stagnation of blood with amenorrhea. Long-term use makes one feel happy and vigorous and look younger.

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

It stops coughing with dyspnoea, treats prolapse of the rectum, and relieves stranguria and dysuria. It treats vertigo due to invading pathogenic Wind in the head. It relieves paralysis with cold extremities, enhances male sexuality and reinforces Jing (Vital Essence). It keeps a good complexion.

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

Zhen Quan: It regulates menstruation and treats Shizhu (consump-



邪鬼魅啼泣甄权。镇心，除面𦉰头风，暖水脏。生用破血，炙用止血大明。

### 【附录】

地柏宋图经。〔颂曰〕主脏毒下血。与黄芪等分为末，米饮每服二钱。蜀人甚神此方。其草生蜀中山谷，河中府亦有之。根黄，状如丝，茎细，上有黄点子，无花叶。三月生，长四五寸许。四月采，暴干用。蜀中九月采，市多货之。〔时珍曰〕此亦卷柏之生于地上者耳。

含生草拾遗。〔藏器曰〕生鞞鞞国。叶如卷柏而大。性平，无毒。主妇人难产，含之咽汁，即生。



tive and infectious disease) and Guizhu (consumptive disease of unknown cause) with abdominal pain. It stops weeping due to attacks of various vicious agents.

Da Ming: It tranquilizes the Heart, eliminates freckles and acne on the face, treats severe intermittent headache, and warms the Water Viscus (Kidney). It removes blood stasis when the crude drug is used, and it stops bleeding when it is stir-fried.

### [Appendix]

#### DIBAI

— *Tujing Bencao (Illustrated Materia Medica)*.

Su Song: It is good for treating bloody stool with hematochezia. Grind the drug together with an equal amount of Huangqi/radix astragali/root of membranous milk vetch into powder. Take two *qian* of the powder per dose with rice soup. People living in Sichuan cherish this very much. The herb grows in the mountain valleys there, but it can also be found in Hezhongfu. The root is yellow and looks like silk. The stem is thin covered with yellow dots. There is no flower and leaf. The seedling begins to grow in the third month and develops into a herb of four to five *cun*. Collect the drug in the fourth month and dry in the sun. In Sichuan, the drug is collected in the ninth month. There is supply of bulk quantity in the market at that season.

Li Shizhen: This is a kind of Juanbai growing on the ground.

#### HANSHENGCAO

##### HANSHENGCAO

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

Chen Cangqi: The drug is found in Mohe County.\* Its leaf is similar to Juanbai, but it is bigger. It is plain in quality and nontoxic. It is good to promote baby delivery in a difficult labor. Hold the drug in the mouth and swallow down the juice. This will promote delivery.

\*An ancient place in the northeast.





## 马勃 (别录下品)

### 【释名】

马疔音屁，马窞窞音庀，灰菰纲目。牛屎菰

### 【集解】

〔别录曰〕马勃生园中久腐处。〔弘景曰〕俗呼马窞勃是也。紫色虚软，状如狗肺，弹之粉出。〔宗奭曰〕生湿地及腐木上，夏秋采之。有大如斗者，小亦如升杓。韩退之所谓牛溲、马勃，俱收并畜者是。



## MABO

Puff-ball

*Lasiosphaera fenzlii* Reich.

*Calvatia gigantea* (Batsch ex Pers.) Lloyd,

*Calvatia lilacina* (Mont. et Berk.) Lloyd.

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

### [Explanation of Names]

MAPI (马疔)

MAPI (马窞)

HUIGU

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

NIUSHIGU

### [Previous Explanations]

Mabo/lasiophaera seu calvataia/puff-ball grows in part of a garden that has been putrid and decayed for a long time.

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

Tao Hongjing: This is what is called Mapibo. It is purple, puffy and soft, resembling a dog's lung. Powder is emitted when it is flicked.

Kou Zongshi: It grows on damp land or on rotten wood. Collect the drug in summer and autumn. Some are as big as a *dou* measure, or as small as a *sheng* measure, or a spoon. Han Yu once said that no matter whether it is Niusou or Mabo, it should be collected for possible use in the future. The Mabo mentioned here is just this drug.

### [Preparation]

Li Shizhen: Spread a piece of rough cloth. Place a plate under it. Rub



### 【修治】

〔时珍曰〕凡用以生布张开，将马勃于上摩擦，下以盘承，取末用。

### 【气味】

辛，平，无毒。

### 【主治】

恶疮马疥别录。傅诸疮甚良弘景。去膜，以蜜拌揉，少以水调呷，治喉痹咽疼宗奭。清肺散血，解热毒时珍。

### 【发明】

〔时珍曰〕马勃轻虚，上焦肺经药也。故能清肺热、咳嗽、喉痹、衄血、失音诸病。李东垣治大头病，咽喉不利，普济消毒饮亦用之。

### 【附方】

新九。（略）



the drug over the cloth so as to get powder on the plate.

**[Quality and Taste]**

It is pungent, plain and nontoxic.

**[Indications]**

It treats malignant sores and serious scabies.

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

Tao Hongjing: It is good to apply it to treat sores of various kinds.

Kou Zongshi: Take off the peel and blend it with honey. Mix it with water and sip it to treat inflammation of the throat.

Li Shizhen: It clears the Lung and disperses the blood stasis, detoxifies toxins and Heat.

**[Explication]**

Li Shizhen: Mabo is a drug that is loose and light, functioning on the Lung Channel at Shangjiao (the upper-*jiao*, the upper warmer). It is good for clearing Heat in the Lung, and treating coughing, inflammation of the throat, epistaxis and aphonia. Li Dongyuan used the drug in his prescription Puji Xiaodu Yin to treat epidemic infection with a swollen head.

**[Prescriptions]**

Nine prescriptions collected recently.

## 胡麻（别录上品）

### 【释名】

巨胜本经。方茎吴普。狗虱别录。油麻食疗。脂麻衍义俗作芝麻，非。叶名青囊音箱。茎名麻黧音皆，亦作秸。

〔时珍曰〕按沈存中笔谈云：胡麻即今油麻，更无他说。古者中国止有大麻，其实为蕒。汉使张骞始自大宛得油麻种来，故名胡麻，以别中国大麻也。寇宗奭衍义，亦据此





## HUMA

Sesame

*Sesamum indicum* L.

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

### [Rectification]

According to Shen Cunzhong and Kou Zongshi, Qingxiang, Baiyouma and Humayou in *Jiayou Bencao* (*Materia Medica of Jiayou*) are removed to join this clause.

### [Explanation of Names]

JUSHENG

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

FANGJING

— *Wupu Bencao* (*Wu Pu's Herbal*).

GOUSHI

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

YOUMA

— *Shiliao Bencao* (*Meng Xian's Dietetic Materia Medica*).

ZHIMA

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

QINGXIANG (the leaf).

MAJIE (the stem).

Li Shizhen: Shen Cunzhong in his *Mengxi Bitan* — Huma is just today's Youma. In ancient China, there was only Dama. The fruit of it is Ben. Zhang Qian, government envoy of the Han Dynasty (206 BC – 220 AD)

释胡麻，故今并入油麻焉。巨胜即胡麻之角巨如方胜者，非二物也。方茎以茎名，狗虱以形名，油麻、脂麻谓其多脂油也。按张揖广雅：胡麻一名藤弘。弘亦巨也。别录一名鸿藏者，乃藤弘之误也。又杜宝拾遗记云：隋大业四年，改胡麻曰交麻。

### 【集解】

〔别录曰〕胡麻一名巨胜，生上党川泽，秋采之。青囊，巨胜苗也，生中原川谷。〔弘景曰〕胡麻，八谷之中，惟此为良。纯黑者名巨胜，巨者大也。本生大宛，故名胡麻。又以茎方者为巨胜，圆者为胡麻。〔恭曰〕其角作八棱者为巨胜，四棱者为胡麻。都以乌者为良，白者为劣。〔诜曰〕沃地种者八棱，山田种者四棱。土地有异，功力则同。





took the seed of Youma from Dawan. So it is called Huma,\* which is a different thing from the Dama in China. In *Bencao Yanyi* (*Materia Medica annotated by Kou Zongshi*), the name of Huma is also explained in the same way. So, Youma is now included in this clause. Jusheng is another name of the drug. It is a name depicting the similarity of the pod to the ornament on a woman's hair. Fangjing (meaning "square stem") is a name depicting the shape of the stem. Goushi (meaning "dog louse") is a name depicting its seed. Youma (meaning "oily Ma") and Zhima (also meaning "oily Ma") are names depicting the oily quality of the seed.

The book *Guang Ya* by Zhang Yi: Huma is also called Tenghong. Hong means "big." In *Mingyi Bielu* (*Records of Famous Doctors*), it is recorded as Hongcang, a name distorted by miscopying.

The book *Shiyi Ji* by Du Bao: On the fourth year of the reign entitled Daye of the Sui Dynasty (581-618), the name Huma was changed into Jiaoma.

#### [Previous Explanations]

Huma is also called Jusheng. It grows in the mountain valleys and marshes of Shangdang. Collect the drug in autumn. Qingxiang is the seedling of Jusheng. It grows in mountain valleys and marshes of the Zhong-yuan area.

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

Tao Hongjing: Among the eight cereals, Huma is the best. That with pure black color is called Jusheng. Ju means big. It was originally found in Dawan. So it is called Huma. According to another record, that with a square stem is called Jusheng and that with round stem is called Huma.

Su Gong: That with a stem of eight angles is called Jusheng and that with four angles is called Huma. Generally, that with a black seed is superior and that with a white seed is inferior.

Meng Xian: That growing on fertile land will have an eight-angled stem and that growing on mountain land will have a four-angled stem. They differ due to the different type of land on which they grow. But their

\*Dawan was an ancient country in Central Asia. Areas to the west of the country were normally called Hu. So, any drug introduced from that area is prefixed with the character Hu.





〔斆曰〕巨胜有七棱，色赤味酸涩者，乃真。其八棱者，两头尖者，色紫黑者，及乌油麻，并呼胡麻，误矣。〔颂曰〕胡麻处处种之，稀复野生。苗梗如麻，而叶圆锐光泽。嫩时可作蔬，道家多食之。本经谓胡麻一名巨胜。陶弘景以茎之方圆分别，苏恭以角棱多少分别，仙方有服胡麻、巨胜二法，功用小别，是皆以为二物矣。或云即今油麻，本生胡中，形体类麻，故名胡麻。八谷之中最为大胜，故名巨胜，乃一物二名。如此则是一物而有二种，如天雄、附子之类。故葛洪云：胡麻中有一叶两尖者为巨胜。别录序例云：细麻即胡麻也，形扁扁尔。其茎方者名巨胜，是也。今人所用胡麻之叶，如荏而狭尖。茎高四五尺。黄花，生子成房，如胡麻角而小。嫩时可食，甚甘滑，利大肠。皮亦可作布，类大



therapeutic functions are the same.

Lei Xiao: Jusheng has a stem with seven angles. That with a red, sour and astringent seed is the authentic drug. But people call all the following species as Huma: that with an eight-angled stem, that with purple-black color, and Wuyouma. But this is not correct.

Su Song: People plant Huma everywhere. It is rare to find wild species. Seedlings and stem are similar to Dama/cannabis sativa/hemp. The leaf is round with a pointed tip. It is lustrous. When the leaf is tender, people eat it as a vegetable. Taoists like to eat it. In *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), it is recorded that Huma has another name, Jusheng. Tao Hongjing differentiated them by the shape of the stem (one is with round stem and the other with square stem). Su Gong differentiated them by the number of angles of the stem. Among alchemical prescriptions, there are two different ways of taking Huma and Jusheng. Their therapeutic functions are not completely the same. So Huma and Jusheng are considered two different things. Some say this is just today's Youma. As it was originally found in the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times) and it looks like Dama, so it is called Huma (meaning "Ma from the Hu area"). As it is the best among the eight cereals, so it is called Jusheng (meaning "big superiority"). It is the same thing with two different names. So, it means that this is really two species of the one thing, which is similar to the case of Fuzi/radix Aconiti lateralis/daughter root of common monkshood and Tianxiong/radix Aconiti/root of common monkshood.

Ge Hong: Among the Huma, there is one species with two tips on one leaf. And that is called Jusheng. In the preface of *Mingyi Bielu* (*Records of Famous Doctors*), Xima is recorded as another name of Huma. It is flat in shape. That with square stem is called Jusheng. Now, the drug is found to have a narrow and long leaf, which is similar to the leaf of Ren/perilla frutescens/common perilla. The herb also has stem of four to five *chi* tall, with a yellow flower. The ovary is similar to the pod of Huma, but it is smaller. The leaf can be eaten as a vegetable when it is tender. It is very sweet and slippery, and it facilitates bowel movement. The bark can be used to weave fabric in the same way as Dama. It is yellow and crispy. It



麻，色黄而脆，俗亦谓之黄麻。其实黑色，如韭子而粒细，味苦如胆，杵末略无膏油。其说各异。此乃服食家要药，乃尔差误，岂复得效也？〔宗奭曰〕胡麻诸说参差不一，止是今人脂麻，更无他义。以其种来自大宛，故名胡麻。今胡地所出者皆肥大，其纹鹄，其色紫黑，取油亦多。嘉祐本草白油麻与此乃一物，但以色言之，比胡地之麻差淡，不全白尔。今人通呼脂麻，故二条治疗大同。如川大黄，上党人参之类，特以其地所宜立名，岂可与他土者为二物乎？〔时珍曰〕胡麻即脂麻也。有迟、早二种，黑、白、赤三色，其茎皆方。秋开白花，亦有带紫艳者。节节结角，长者寸许。有四棱、六棱者，房小而子少；七棱、八棱者，房大而子多，皆随土地肥瘠而然。苏恭以四棱为胡麻，八棱为巨胜，正谓其房胜巨大也。其茎高者三四尺。有一茎独上者，角缠而子少；有开枝四散者，角繁而子多，皆因苗之稀稠而然也。其



is also colloquially called Huangma (meaning “yellow Ma”). Its seed is black, which is similar to *Jiucaizi/semem allii tuberosi/seed of tuber onion*, but it is smaller. It is as bitter as bile. When it is pounded, there is no oil. It seems that all the descriptions are not the same. It is an important drug used for prolonging life. But since the descriptions are so different, how can the drug be used correctly?

Kou Zongshi: There are varied descriptions of Huma. It is actually just Zhima, and should not be described as other things. As the seed is introduced from Dawan, so it is called Huma. The drug produced in the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times) has a big, fat seed with black-white veins. It is purple-black. When squeezed, it emits more oil. Baiyouma recorded in *Jiayou Bencao (Materia Medica of Jiayou)* is just the same thing, although its color is lighter and it is inferior to that produced in the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times). But it is not pure white. Now, people call both of them Zhima. The two drugs have the same therapeutic functions. This is just like the case when we call Chuandahuang (*Dahuang/radix et rhizoma rhei/rhubarb from Sichuan*) and Shangdangrenshen (*Renshen/radix ginseng/ginseng root from Shangdang*). The names may differ by the place of origin. It is not correct to say that the same drug is called different things only because it is produced in different locations.

Li Shizhen: Huma is just Zhima. There are two species: One grows earlier and the other later. There are three colors: black, white and red. The stems are all square. In autumn, a white flower blooms. Some flowers have a bright purple color. Pods grow from each other. The longer one may be as up to one *cun*. It may be in the shape of a prism with four or six angles. Such a drug has a smaller ovary and fewer seeds. And that in the shape of seven or eight angles has a bigger ovary and more seeds. Such a difference is due to the fertility of the land. Su Gong thought that the drug with four angles was Huma, and that with eight angles was Jusheng. This is indicating that one species has a bigger ovary and seed. Sometimes, the stem is three to four *chi* long. It may have only one stem with fewer pods and less seeds. It may have more stems with more pods and seeds. This is due to the way they are planted: whether they are planted densely or sparsely. The



叶有本团而末锐者。有本团而末分三丫如鸭掌形者，葛洪谓一叶两尖为巨胜者指此。盖不知乌麻、白麻，皆有二种叶也。按本经胡麻一名巨胜，吴普本草一名方茎，抱朴子及五符经并云巨胜一名胡麻，其说甚明。至陶弘景始分茎之方圆。雷斅又以赤麻为巨胜，谓乌麻非胡麻。嘉祐本草复出白油麻，以别胡麻。并不知巨胜即胡麻中丫叶巨胜而子肥者，故承误启疑如此。惟孟诜谓四棱、八棱为土地肥瘠，寇宗奭据沈存中之说，断然以脂麻为胡麻，足以证诸家之误矣。又贾思勰齐民要术种收胡麻法，即今种收脂麻之法，则其为一物尤为可据。今市肆间，因茎分方圆之说，遂以茺蔚子伪为巨胜，以黄麻子及大藜子伪为胡麻，误而又误矣。茺蔚子长一分许，有三棱。黄麻子黑如细韭子，味苦。大藜子状如壁虱及酸枣核仁，味辛甘，并无脂油。不可不辨。梁简文帝劝医文有云：世误以灰滌菜子为胡麻。则胡麻之讹，其来久矣。〔慎微曰〕俗传胡麻须夫妇同种则茂盛。故本事诗云：胡麻好种无人种，正是归时又不归。



leaf may be round with a pointed tip, or may be round with three forks in the shape of a duck's claw. Ge Hong mentioned that the drug with a leaf of two forks was Jusheng. But he did not know that the drug with black or white seeds all have two kinds of leaves. *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) said that Huma was also called Jusheng. According to the books *Baopuzi* and *Wufu Jing*, Jusheng was also called Huma. So it was quite clear. But, until the time of Tao Hongjing, the drug was divided by its shape of stem (the round one and the square one). Lei Xiao said that the red one was Jusheng, and the black one was not Huma. In *Jiayou Bencao* (*Materia Medica of Jiayou*), there was a new entry of Baiyouma (white oily Ma) to differentiate it from Huma. But he did not know that the drug with a bigger leaf and seed was called Jusheng. The above descriptions just confuse people. But Meng Xian thought the shape of the stem, whether it had four angles or eight angles, depended on the fertility of the land. Kou Zongshi, based on Shen Cunzhong's description, thought that Zhima was just Huma. Both of them rectified the misunderstandings. The book *Qimin Yaoshu* by Jia Sixie recorded the method of cultivating and harvesting Huma, and it is the same as that used for Zhima. From this we can understand that the two names indicate the same thing. Based on the theory of differentiating Huma and Jusheng by the shape of the stem, merchants use Chongweizi/fructus leonuri/motherwort fruit as a substitute of Jusheng and fake Huma with Damazi/semen cannabis/hemp seed and Dalizi. Such practices cause trouble and should be rectified. Chongweizi/fructus leonuri/motherwort fruit is about one *fen* long, in the shape of a prism of three angles. Damazi is black and is similar to Jiucaizi/semen allii tuberosi/seed of tuber onion. It is bitter. Dalizi looks like a tick or Suanzaoren/semen ziziphi spinosae/seed of spine date. It is pungent and sweet, and without oil. Doctors should be careful to differentiate them. Emperor Jianwen of Liang (502-557) once wrote an article about doctor and medicine. In this, he mentioned that Huitaocaizi was taken as Huma. From this, we know that Huma had been faked at a very early time.

Tang Shenwei: Legend says Huma should be planted by both husband and wife if it is to prosper. Therefore, in the book *Benshi Shi*, there was a poem saying:



## 胡麻

〔修治〕〔弘景曰〕服食胡麻，取乌色者，当九蒸九暴，熬捣饵之。断谷，长生，充饥。虽易得，而学者未能常服，况余药耶？蒸不熟，令人发落。其性与茯苓相宜。俗方用之甚少，时以合汤丸尔。〔斆曰〕凡修事以水淘去浮者，晒干，以酒拌蒸，从巳至亥，出摊晒干。白中舂去粗皮，留薄皮。以小豆对拌，同炒。豆熟，去豆用之。

〔气味〕甘，平，无毒。〔士良曰〕初食利大小肠，久食即否，去陈留新。〔镜源曰〕巨胜可煮丹砂。



With good seed of Huma, (the wife) could not plant it,  
As the one (the husband) is not yet back home.

## HUMA

Sesame seed  
Semen sesami

### [Preparation]

Tao Hongjing: When Huma is taken as a tonic, it should be processed in the following way: Steam the black seed and then dry it in the sun; repeat the process nine times. Stew the drug and pound it. Use of the drug dispels hunger and obviates the need to consume food, and one can enjoy a long life. It is something that is easy to obtain, but, is not used by the learned people very often. Imagine the use of other drugs. Most of them are neglected. If the drug is not completely steamed, it causes the hair to fall out. It works harmoniously with Fuling/poria/Indian bread. It is seldom used in prescriptions. It is sometimes used in making pills or in the preparation of decoctions.

Lei Xiao: First, rinse off the floating seed and dry the drug in the sun. Blend it with wine and steam it from Sishi (9-11 hours) to Haishi (21-23 hours). Then spread it to dry in the sun. Husk the seed in a mortar. Get rid of the coarse peel, but thin peel should be kept. Blend it with equal amount of Chixiaodou/semen phaseoli/rice bean and stir-fry until the latter is well done. Then, take off the bean.

### [Quality and Taste]

It is sweet, plain and nontoxic.

Chen Shiliang: Just after taking the drug, bowel movement will be enhanced, but not if it is used for a long time. It has the function of dispersing the old and keeping the new.

Jusheng can be used in the stewing of Dansha/cinnabaris/cinnabar.

— Jian Yuan.

### [Indications]

It is good for treating general deficiency and debility with internal





〔主治〕伤中虚羸，补五内，益气力，长肌肉，填髓脑。久服，轻身不老本经。坚筋骨，明耳目，耐饥渴，延年。疗金疮止痛，及伤寒温疟大吐后，虚热羸困别录。补中益气，润养五脏，补肺气，止心惊，利大小肠，耐寒暑，逐风湿气、游风、头风，治劳气，产后羸困，催生落胞。细研涂发令长。白蜜蒸饵，治百病日华。炒食，不生风。病风人久食，则步履端正，语言不謇李廷飞。生嚼涂小儿头疮，煎汤浴恶疮、妇人阴疮，大效苏恭。

#### 白油麻 嘉祐

〔气味〕甘，大寒，无毒。〔宗奭曰〕白脂麻，世用不



damage. It tonifies the Five Viscera, reinforces strength, promotes growth of muscle, and fills the brain marrow. Long-term use of the drug makes one happy and vigorous and able to enjoy a long life.

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

It consolidates tendon and bone, brightens the eye and sharpens the ear. It makes one resistant to hunger and thirst, and it can prolong life. It treats incised wounds and stops pain. It treats a condition with general debility and consumptive fever after the patient has just recovered from febrile disease caused by Cold, pyrexial malaria and excessive vomiting.

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

It tonifies the interior and reinforces qi, moistens and nourishes the Five Viscera. It tonifies Lung qi, relieves palpitation, and facilitates the functions of the Large and Small Intestine. It makes one resistant to both cold and hot weather. It disperses invading pathogenic Wind and Humidity, wandering Wind and severe intermittent headache. It treats consumptive disease and general debility in puerperium. It promotes baby delivery and the descent of the placenta. Grind the drug into powder and apply it to hair to promote growth. Stew the drug together with white honey, and use to treat a hundred of diseases.

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

Li Tingfei: Stir-fry the drug and eat it to prevent an attack of pathogenic Wind. Patient suffering from attack of Wind will walk steadily and talk normally after eating this.

Su Gong: Chew the drug into paste and apply it to treat infantile tinea capitis. Stew the drug to make a decoction. Wash the affected part to treat malignant sores and sores in the female pudenda. It is very effective.

## BAIYOUA

White sesame seed

Semen sesami albi

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

### [Quality and Taste]

It is sweet, very cold and nontoxic.



可一日阙者，亦不至于大寒也。〔原曰〕生者性寒而治疾，炒者性热而发病，蒸者性温而补人。〔诜曰〕久食抽人肌肉。其汁停久者，饮之发霍乱。

〔主治〕治虚劳，滑肠胃，行风气，通血脉，去头上浮风，润肌肉。食后生啖一合，终身勿辍。又与乳母服之，孩子永不生病。客热，可作饮汁服之。生嚼，傅小儿头上诸疮，良孟诜。仙方蒸以辟谷苏颂。

〔发明〕〔甄权曰〕巨胜乃仙经所重。以白蜜等分合服，名静神丸。治肺气，润五脏，其功甚多。亦能休粮，填人精髓，有益于男子。患人虚而吸吸者，加而用之。〔时珍曰〕胡麻取油以白者为胜。服食以黑者为良，胡地者尤妙。取其黑色入通于肾，而能润燥也。赤者状如老茄子，壳厚油



Kou Zongshi: White sesame seed is something indispensable in daily life. It should not be “very cold” in quality as stated above.

Ning Yuan: The crude drug is cold in quality and is good for treating diseases. When it is stir-fried, it becomes hot and may induce the onset of diseases. When it is steamed, it is warm and tonifying.

Meng Xian: Long-term use of the drug makes one to be emaciated. Drinking of its juice that has been kept for a long time will induce onset of cholera.

### [Indications]

Meng Xian: It treats a deficient and consumptive disease. It facilitates the function of the Stomach and Intestine. It disperses pathogenic Wind, promotes blood circulation, and disperses floating Wind resting with the head. It moistens the muscle. Take one *ge* of crude drug after the meal. Keep taking this all your life. Let the woman nursing a baby eat this, and the child will be free from attack of diseases. Stew the drug to make a decoction to disperse guest heat. Chew the crude drug into paste and apply it to treat infantile tinea capitis.

Su Song: Taoist alchemists steam the thing and use it to replace normal food consumption.

### [Explication]

Zhen Quan: Taoist alchemists cherish Jusheng a lot. It is served together with an equal amount of white honey. This prescription is called Jingshen Wan. It is good for treating Lung disease, moistening the Five Viscera. It is also good for treating other diseases. Eating of it may replace normal eating of food. It fills Jing (Vital Essence) and marrow. It is beneficial to man. If a patient is debilitated with difficulty in respiration, the drug should be added to the prescription.

Li Shizhen: When it is wished to press oil, use the white sesame seed. The black one is good for medical use. That produced in the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times) is even better. The black drug functions on the Kidney and moistens the Dryness. The red one, in the shape of old eggplant, has a thick capsule



少，但可食尔，不堪服食。唯钱乙治小儿痘疹变黑归肾，百祥丸，用赤脂麻煎汤送下，盖亦取其解毒耳。五符经有巨胜丸，云：即胡麻，本生大宛，五谷之长也。服之不息，可以知万物，通神明，与世常存。参同契亦云：巨胜可延年，还丹入口中。古以胡麻为仙药，而近世罕用，或者未必有此神验，但久服有益而已耶？刘、阮入天台，遇仙女，食胡麻饭。亦以胡麻同米作饭，为仙家食品焉尔。又按苏东坡与程正辅书云：凡痔疾，宜断酒肉与盐酪、酱菜、厚味及粳米饭，唯宜食淡面一味。及以九蒸胡麻（即黑脂麻），同去皮茯苓，入少白蜜为粝食之。日久气力不衰而百病自去，而痔渐退。此乃长生要诀，但易知而难行尔。据此说，则胡麻为脂麻尤可凭矣。其用茯苓，本陶氏注胡麻之说也。近人以脂麻擂烂去滓，入绿豆粉作腐食。其性平润，最益老人。



and less oil.

It can be served as food, but is not good for medical use. It is only used in Qian Yi's prescription Baixiang Wan. It is good for treating smallpox and measles that have turned black. The drug is stewed to make a decoction. Use the decoction to wash down the Baixiang Wan (Pill). The drug has the function of detoxification.

The book *Wufu Jing*: Jusheng Wan is just made of Huma. It was originally produced in Dawan. It is the best of the five cereals. Long-term regular use makes one knowledgeable of all things, able to communicate with immortals and enjoy a very long life.

The book *Cantong Qi*: Jusheng is a thing that can prolong one's life. It brings Dan (alchemical pellet or powder) back to the mouth. In ancient times, Huma was taken as drug for immortality, but is no longer used in this way. Maybe it does not work so miraculously. But persistent use is beneficial to health. There is an anecdote that describes how two men met a fairy lady on Tiantai Mountain who was eating food made of Huma. It seems that Huma is an ordinary food for immortals. Su Dongpo wrote a letter to Chen Zhengfu in which he said: One who is suffering from hemorrhoid should not eat meat, wine, salt, Lao/lac preparatum/junket, preserved vegetables, spices and non-glutinous rice. Noodles of plain taste should be served. Also take the following:

Huma/semen sesami/black sesame seed, steamed nine times;  
Fuling/poria/indian bread, peeled, and  
White honey.

Blend the above drugs. Stir-fry and grind into powder. After long-term use, the patient will become healthier and all diseases may subside. Hemorrhoids will disappear. This is a secret recipe for long life. It is easy to know it, but continual use is no easy matter. In this prescription Fuling/poria/Indian bread is used. Using the two drugs together has been recorded by Tao Hongjing in his annotation to Huma/semen sesami/sesame seed. It is found in recent time that Huma/semen sesami/sesame seed is used in the following way: Pound Huma/semen sesami/sesame seed into paste. Take off the dreg and blend with powder of Lüdou/semen phaseoli radiati/green gram and make a kind of food similar to bean curd. It is plain and moistening in

〔附方〕旧十六，新十五。（略）

### 胡麻油即香油

〔弘景曰〕生榨者良。若蒸炒者，止可供食及然灯耳，不入药用。〔宗奭曰〕炒熟乘热压出油，谓之生油，但可点照；须再煎炼，乃为熟油，始可食，不中点照，亦一异也。如铁自火中出而谓之生铁，亦此义也。〔时珍曰〕入药以乌麻油为上，白麻油次之，须自榨乃良。若市肆者，不惟已经蒸炒，而又杂之以伪也。

〔气味〕甘，微寒，无毒。

〔主治〕利大肠，产妇胞衣不落。生油摩疮肿，生秃发





quality and is a very good tonic to the aged.

**[Prescriptions]**

Sixteen prescriptions collected previously, and  
15 prescriptions collected recently.

**HUMAYOU(XIANGYOU)**

Sesame oil

Oleum sesami

Tao Hongjing: Oil pressed from the crude drug is better for medical use. When the oil is pressed from steamed and stir-fried seed, it is only good for cuisine and for lighting a lamp. It is no more suitable for medical use.

Kou Zongshi: Stir-fry the drug and press it to get oil while it is still hot. This is called crude sesame oil. It can be used for external use or for lighting a lamp. If it is refined again, it becomes prepared oil, which is good for cuisine, but not good for external use or lighting a lamp. Although the stir-fried drug has been used, the product is still called crude sesame oil. This is just like the case when iron is refined, when crude iron is obtained.

Li Shizhen: For medical use, Wumayou/oleum sesami seminis/black sesame oil is the best. Baimayou/oleum sesami seminis/white sesame oil is only second in quality. It should be pressed by the user himself. If it is purchased from the market, it must have been steamed and stir-fried with impurities. Quality is not guaranteed.

**[Quality and Taste]**

It is sweet, slightly cold and nontoxic.

**[Indications]**

It facilitates the function of the Large Intestine and promotes the descent of the placenta. The crude sesame oil can be used to rub the sore and swelling. It promotes growth of hair in tinea capitis.

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

Sun Simiao: It is good for dispersing wandering erysipelas on the face





别录。去头面游风孙思邈。主天行热闼，肠内结热。服一合，取利为度藏器。主暗哑，杀五黄，下三焦热毒气，通大小肠，治蛔心痛。傅一切恶疮疥癣，杀一切虫。取一合，和鸡子两颗，芒消一两，搅服。少时，即泻下热毒，甚良孟洗。陈油：煎膏，生肌长肉止痛，消痈肿，补皮裂日华。治痈疽热病苏颂。解热毒、食毒、虫毒，杀诸虫蝼蚁时珍。

〔发明〕〔藏器曰〕大寒，乃常食所用。而发冷疾，滑精髓，发脏腑渴，困脾脏。令人体重损声。〔士良曰〕有牙齿疾及脾胃疾人，切不可吃。治饮食物，须逐日熬熟用之。若经宿，即动气也。〔刘完素曰〕油生于麻，麻温而油寒，



and head.

Chen Cangqi: It is good for treating epidemic with pent-up Heat and accumulation of pathogenic Heat in the intestine. Serve one *ge* of the drug to induce a loose stool.

Meng Xian: It is good for treating loss of voice. It detoxifies five alchemical drugs of yellow color. It disperses pathogenic Heat and toxins resting with the Sanjiao (the three-*jiao*, the three warmers, the three portions of the body cavity). It facilitates the functions of the Large and Small Intestine. It relieves pain caused by ascariasis. It is also good for treating malignant sores, scabies and tinea. It kills various kinds of worms. Blend one *ge* of the drug with two eggs and one *liang* of Mangxiao/natrii sulfas/mirabilite. Take the thing. After a short while, there will be defecation of toxic substances and Heat. It is very effective.

The long-stored oil: Stew the oil with other drugs to make an ointment. It is good to promote growth of muscle and flesh and stop pain. It eliminates carbuncles and swelling, and helps heal chapped skin.

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

Su Song: It is good for treating carbuncles and phlegm due to invading pathogenic Heat.

Li Shizhen: It detoxifies Heat toxin, food toxins and the toxin of worms. It kills moles, crickets, ants and various other insects.

### [Explication]

Chen Cangqi: It is very cold in quality. It is something of common use in daily life. But it may arouse obstinate disease of cold nature. It lets loose seminal emission and arouses thirst due to disorder of the Viscera and Bowels. It brings harm to the Spleen. It makes one feel heavy in moving his body and results in loss of voice.

Chen Shiliang: Those suffering from toothache and diseases of the Spleen and Stomach should not use the oil. If the oil is used as seasoning in the preparation of dishes, it should be refined each time before it is used. If the refined oil is used the second day, it may arouse abnormal gas in the body.

Liu Wansu: Mayou is processed from Huma. The oil is cold and the

同质而异性也。〔震亨曰〕香油乃炒熟脂麻所出，食之美，且不致疾。若煎炼过，与火无异矣。〔时珍曰〕张华博物志言：积油满百石，则自能生火。陈霆墨谈言：衣绢有油，蒸热则出火星。是油与火同性矣。用以煎炼食物，尤能动火生痰。陈氏谓之大寒，珍意不然。但生用之，有润燥解毒、止痛消肿之功，似乎寒耳。且香油能杀虫，而病发癥者嗜油；炼油能自焚，而气尽则反冷。此又物之玄理也。

〔附方〕旧十，新二十七。（略）





seed is warm. They have different qualities when they are in different states.

Zhu Zhenheng: Xiangyou/oleum sesami seminis/sesame oil is processed by stir-fried Huma/semem sesami/sesame seed. It is delicious and does not cause any disease. If the oil is refined, it is as hot as fire.

Li Shizhen: The book *Bowu Zhi* by Zhang Hua: When 100 *dan* of the oil is kept in a big container, fire will arise automatically. The book *Mo Tan* by Chen Ting: When silk clothes is stained by oil, if it is steamed, it will emit sparks. This means that the oil is in the same quality of fire. If Mayou/oleum sesami seminis/sesame oil is used to stir-fry food, eating of such food will arouse the attack of Fire and help germinate phlegm. But Chen Cangqi said that the oil was very cold in quality. I don't think so. If the crude sesame oil is used, it has the function of moistening the Dryness, detoxifying toxins, relieving pain and swelling. It seems to be a drug of cold quality. It is also good to kill worms. When one is suffering from abdominal mass, he will be addicted to Xiangyou/oleum sesami seminis/sesame oil. The refined Xiangyou may burst into flame automatically. But when it is kept for a long time, it becomes cold. This is the subtle change of this drug.

### [Prescriptions]

Ten prescriptions collected previously, and  
27 prescriptions collected recently.



## 大麻（本经上品）

### 【释名】

火麻日用。黄麻俗名汉麻，尔雅翼。雄者名枲麻诗疏。牡麻同上。雌者名苴麻同上。苧麻音字。花名麻蕒本经。麻勃

〔时珍曰〕麻从两木在广下，象屋下派麻之形也。木音派，广音俨。余见下注。云汉麻者，以别胡麻也。

### 【集解】

〔正误〕〔本经曰〕麻蕒一名麻勃，麻花上勃勃者。七



## DAMA

Hemp

*Cannabis sativa* L.

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

### [Explanation of Names]

HUOMA

— *Riyong Bencao* (*Materia Medica for Daily Use*).

HUANGMA

— a common name

HANMA

— *Er Ya Yi*.

XIMA (the male herb)

— *Shi Shu*.

MUMA

— *Shi Shu*.

JUMA (the female herb)

— *Shi Shu*.

ZIMA

MABEN (the flower)

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

MABO (the flower)

Li Shizhen: See the explanation of names below. Hanma (Han: the Han ethnic group) is a name to differentiate Huma.

### [Previous Explanations]

Correction: Maben, also called Mabo, is the flourishing flower of hemp. Collect the flower on the seventh day of the seventh month. Collect



月七日采之良。麻子九月采。入土者损人。生太山川谷。  
〔弘景曰〕麻蕒即牡麻，牡麻则无实。今人作布及履用之。  
〔恭曰〕蕒即麻实，非花也。尔雅云：蕒，臬实。仪礼云：苴，麻之有蕒者。注云：有子之麻为苴。皆谓子也。陶以蕒为麻勃，谓勃勃然如花者，复重出麻子，误矣。既以蕒为米谷上品，花岂堪食乎？〔藏器曰〕麻子，早春种为春麻子，小而有毒；晚春种为秋麻子，入药佳。压油可以油物。〔宗奭曰〕麻子，海东毛罗岛来者，大如莲实，最胜；其次出上郡、北地者，大如豆；南地者子小。〔颂曰〕麻子处处种之，绩其皮以为布者。农家择其子之有斑黑文者，谓之雌麻，种之则结子繁。他子则不然也。本经麻蕒、麻子所主相同，而麻花非所食之物，苏恭之论似当矣。然本草朱字云，麻蕒味辛，麻子味甘，又似二物。疑本草与尔雅、礼记称谓有不同者。又药性论用麻花，云味苦，主诸风、女



the seed in the ninth month of the year. Seed that has fallen on the ground is harmful to health if it is taken as a drug. It grows in the valleys of Tai-shan Mountain.

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

Tao Hongjing: Maben is just Muma, which does not bear fruit. Now, people use the herb to weave cloth or make shoes.

Su Gong: Maben is just the fruit of hemp; it is not the flower.

The book *Er Ya*: Ben is Xishi.

The book *Yi Li*: Ju is hemp with Ben. Annotation: Ju refers to hemp with seed. All these refer to the seed of hemp. Tao Hongjing thought Ben was just Mabo. He said that the character Bo meant the flourishing state of the flower. Then, he gave the seed. This is a redundancy. Since Maben is considered a kind of cereal of superior class, how can it be the flower?

Chen Cangqi: When the seed is planted in early spring, it is called Chunmazi (spring hemp). It is small and toxic. If the seed is planted in late spring, it is Qiumazi (autumn hemp), which is good for medical use. It can be pressed to get oil, which can be used as paint.

Kou Zongshi: Mazi imported from Maoluo Island to the east of the sea is as big as a lotus seed. It is the best drug. The next is the drug from Shangjun. The drug produced in the north is as big as a soybean. That produced in the south has a smaller seed.

Su Song: Mazi is planted everywhere. Soak the bark of herb and use the fiber to weave cloth. Farmers select the seed with black vein and use it as seed to plant. It is called the female seed. Such seed will develop into a herb with ample seeds. If other seeds are used, they will not grow into a very prosperous plant. In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, both Maben and Mazi were recorded with the same therapeutic functions. Mahua (hemp flower) is not edible. What Su Gong had explained is quite reasonable. But in the record of red characters in *Shen Nong Bencao Jing*, it is recorded that Maben is pungent and Mazi is sweet. They seem to be two different things. It could be the case that the names of the herb are different in *Shen Nong Bencao Jing*, *Er Ya* and *Li Ji (Book of Rites)*. In *Yaoting Lun (Materia Medica Concerning Medicinal Qualities)*, it is recorded that Mahua (hemp flower) is bitter in taste and is good to





经不利。然则蕒也、子也、花也，其三物乎？〔时珍曰〕大麻即今火麻，亦曰黄麻。处处种之，剥麻收子。有雌有雄：雄者为臬，雌者为苴。大科如油麻。叶狭而长，状如益母草叶，一枝七叶或九叶。五六月开细黄花成穗，随即结实，大如胡荽子，可取油。剥其皮作麻。其秸白而有棱，轻虚可为烛心。齐民要术云：麻子放勃时，拔去雄者。若未放勃，先拔之，则不成子也。其子黑而重，可捣治为烛。即此也。本经有麻蕒、麻子二条，谓蕒即麻勃，谓麻子入土者杀人。苏恭谓蕒是麻子，非花也。苏颂谓蕒、子、花为三物。疑而不决。谨按吴普本草云：麻勃一名麻花，味辛无毒。麻蓝一名麻蕒，一名青葛，味辛甘有毒。麻叶有毒，食之杀人。麻子中仁无毒，先藏地中者，食之杀人。据此说则麻勃是花，麻蕒是实，麻仁是实中仁也。晋三国时人，去古未远，说甚分明。神农本经以花为蕒，以藏入土杀人，其文皆传写脱误尔。陶氏及唐宋诸家，皆不考究而臆度疑似，可谓疏矣。今依吴氏改正于下。



disperse the invading pathogenic Wind and is also good for treating menstruation disorders. So the names Maben, Mazi and Mahua may mean three things or may not. It is somewhat uncertain.

Li Shizhen: Dama is just today's Huoma or Huangma. It is planted everywhere. The bark is peeled and the seed is collected. The male herb is called Xi and the female is called Ju. The herb is big and looks like Huma. The leaf is narrow and long, similar to Yimucao/herba leonuri/motherwort herb. In one herb there are seven or nine leaves. In the fifth and sixth months of the year, small and yellow flowers bloom and form a spike. A fruit is then formed. It is as big as Husuizi/semem coriandri/coriander seed. It can be pressed to get oil. The bark of stem can be used as fiber. Its stem is white and is of angular shape. It is loose and light and can be used as a lamp wick.

The book *Qimin Yaoshu*: When the flower blooms, take off the stamen. The seed is black and heavy and can be pounded to get oil, which can be used as lamp oil. In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, there are both Maben and Mazi saying that Maben is just Mabo. It also said that when the seed falls on the ground, it may kill a person if it is taken. Su Gong thought Maben was just the seed. It was not the flower. Su Song thought that Maben, Mazi and Mahua were three different things. Such records have aroused confusion. According to *Wu Pu Bencao (Wu Pu's Herbal)*, Mabo is also called Mahua. It is pungent and nontoxic. Malan is also called Maben, or Qingge. It is pungent, sweet and toxic. Hemp leaf is toxic and kills a person if it is taken. The kernel in the hemp seed is nontoxic. The seed that has fallen onto the ground may become toxic and may kill a person. According to the above record, Mabo should be the flower and Maben should be the fruit and Maren is the kernel in the fruit. Wu Pu lived in Three Kingdoms Period (220-280). He was not too far away from ancient times, so what he said is more reliable. According to *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, the hemp flower is called Maben and seed that has fallen onto the ground may kill a person. But such records could be the result of miscopying. Tao Hongjing and other scholars of the Tang Dynasty (618-907) and Song Dynasty (960-1279) did not study the matter carefully and passed on to us uncertain records, which have aroused



## 麻勃

〔普曰〕一名麻花。〔时珍曰〕观齐民要术有放勃时拔去雄者之文，则勃为花明矣。

〔气味〕辛，温，无毒。〔甄权曰〕苦，微热，无毒。畏牡蛎。入行血药，以麈虫为之使。

〔主治〕一百二十种恶风，黑色遍身苦痒，逐诸风恶血，治女人经候不通药性。治健忘及金疮内漏时珍。

〔发明〕〔弘景曰〕麻勃方药少用。术家合人参服之，逆知未来事。〔时珍曰〕按范汪方有治健忘方：七月七日收麻勃一升，人参二两，为末，蒸令气遍。每临卧服一刀圭，



doubts. What a negligence! In our book, all the above misunderstandings are rectified in accordance with Wu Pu's records. They are listed as follows:

## **MABO**

Wu Pu: It is also called Mahua (hemp flower).

Li Shizhen: In the book *Qimin Yaoshu*, it mentions taking off the stamens of the flourishing flower (Bo means "flourishing"). This can be inferred that Bo is just the flower. There should be no more doubt.

### **[Quality and Taste]**

It is pungent, warm and nontoxic.

Zhen Quan: It is bitter, slightly hot and nontoxic. It is incompatible to Muli/concha ostreae/oyster shell. When it goes with drugs that facilitate blood circulation, Zhechong/eupolyphaga seu opisthopatia/female ground beetle should be used as its guiding drug.

### **[Indications]**

It disperses invading pathogenic Wind of 120 kinds. It is good for treating itching all over the body with darkened skin. It disperses invading pathogenic Wind and eliminates malignant blood. It promotes the normal function of menstruation.

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

Li Shizhen: It is good for treating amnesia and internal hemorrhage in an incised wound.

### **[Explication]**

Tao Hongjing: Medical doctors do not often use Mabo, but Taoist alchemists use it together with Renshen/radix ginseng/ginseng root. Such a drug is good for enabling one to foretell things.

Li Shizhen: In the book *Fang Wang Fang*, there is a prescription for treating amnesia:

One *sheng* of Mabo, collected on the seventh day of the seventh month, and two *liang* of Renshen/radix ginseng/ginseng root, grind it into powder.

Steam the above drugs until completely done. Take one Daogui of the



能尽知四方之事。此乃治健忘，服之能记四方事也。陶云逆知未来事，过言矣。又外台言生疔肿人，忌见麻勃，见之即死者，用胡麻、针砂、烛烬为末，醋和傅之。不知麻勃与疔何故相忌？亦如人有见漆即生疮者，此理皆不可晓。

### 麻蕒

〔普曰〕一名麻蓝，一名青葛。〔时珍曰〕此当是麻子连壳者，故周礼朝事之筮供蕒。月令食麻，与大麻可食、蕒可供稍有分别，壳有毒而仁无毒也。

〔气味〕辛，平，有毒。〔普曰〕神农：辛。雷公：甘。岐伯：有毒。畏牡蛎、白微。

〔主治〕五劳七伤。多服，令人见鬼狂走本经。〔洗



drug before sleep. This will make the person become knowledgeable of all manner of things. It is also good for treating amnesia. Tao Hongjing said that this drug could make a person foretell things, but he exaggerated. According to *Waitai Miyao (Medical Secrets of an Official)*, a person suffering from furuncles and swelling should not come into contact with Mabo, as the person will die. The treatment is as follows: Grind the following drugs into powder:

Huma,  
Zhensha (iron scraps), and  
candle cinder.

Blend the above drugs with vinegar and apply it to the affected part. It is now known how it is possible that Mabo is so contradictory to furuncle? This could be similar to the case when someone is exposed to lacquer, and then suffers from dermatitis rhus. The reasoning is not known.

### MABEN

Hemp seed  
Semen cannabis

Wu Pu: It is also called Malan or Qingge.

Li Shizhen: This is Damazi/semen cannabis/hemp seed with capsule. In the book *Zhou Li (Rites of the Zhou Dynasty)* it was recorded that Maben was somehow used in official affairs.

The book *Yue Ling*: Ma is edible. But Maben is a little different from Dama, as the capsule is poisonous. The kernel is nontoxic.

### [Quality and Taste]

It is pungent, plain and toxic.

Wu Pu: It is pungent, according to Shen Nong. It is toxic, according to Qi Bo. It is incompatible to Muli/concha ostreae/oyster shell and Baiwei/radix cynanchi atrati/root of black end swallowwort.

### [Indications]

It is good for treating five overstrains and seven impairments. If it is overused, the patient will see ghosts and run around maniacally.

曰〕要见鬼者，取生麻子、菖蒲、鬼白等分，杵丸弹子大。每朝向日服一丸。满百日即见鬼也。利五脏，下血，寒气，破积止痹散脓。久服，通神明，轻身别录。

## 麻仁

〔修治〕〔宗奭曰〕麻仁极难去壳。取帛包置沸汤中，浸至冷出之。垂井中一夜，勿令着水。次日日中曝干，就新瓦上掇去壳，簸扬取仁，粒粒皆完。张仲景麻仁丸，即此大麻子中仁也。





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

Meng Xian: If one wants to see a ghost, he should have the following drugs:

Damazi,

Changpu/rhizoma acori graminei/rhizome of grassleaf sweetflag, and

Guijiu/rhizoma dysosmae versipellis/rhizome of common dysosma.

Pound equal amounts of the above drugs into powder and make pills the size of a bullet. Take one pill every morning facing the sun. After 100 days of such treatment, the person will be able to see a ghost.

It facilitates the function of the Five Viscera. It brings down blood stasis and cold gas. It disperses accumulation, eliminates arthralgia and pus. Long-term use of the drug makes one more intelligent, as well as feeling happy and vigorous.

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

## MAREN

Kernel of hemp seed

Semen cannabis

### [Preparation]

Kou Zongshi: It is very difficult to peel off the capsule of hemp seed. Put the seeds in a silk sack and soak in boiling water. Take out the sack until the water cools down. Hang the sack in the well overnight. Do not let it to be soaked in water. Dry the drug in the sun the next noon. Rub the capsule against a piece of new tile. Winnow away the capsule. Make sure that every seed is peeled. In the prescription of Maziren Wan\* of Master Zhang Zhongjing, such Maziren/semen cannabis/hemp seed is used.

\*Maziren Wan:

Maziren,

Dahuang/radix et rhizome rhei/rhubarb,

Zhishi/fructus aurantii immaturus/immature bitter orange,

Houpo/cortex magnoliae officinalis/bark of officinal magnolia,

Shaoyao/radix paeoniae/peony root, and

Xingren/semen armeniacaе amarum/bitter apricot seed.





〔气味〕甘，平，无毒。〔诹曰〕微寒。〔普曰〕先藏地中者，食之杀人。〔士良曰〕多食损血脉，滑精气，痿阳气。妇人多食即发带疾。畏牡蛎、白微，恶茯苓。

〔主治〕补中益气。久服，肥健不老，神仙本经。治中风汗出，逐水气，利小便，破积血，复血脉，乳妇产后余疾。沐发，长润别录。下气，去风痹皮顽，令人心欢，炒香，浸小便，绞汁服之。妇人倒产，吞二七枚即正藏器。润五脏，利大肠风热结燥及热淋士良。补虚劳，逐一切风气，



### [Quality and Taste]

It is sweet, plain and nontoxic.

Meng Xian: It is slightly cold.

Wu Pu: That found in the earth may kill a person if it is taken.

Chen Shiliang: Overdose of the drug will damage the blood, promote seminal emission and bring on impotence. For woman, if it is overdosed, it will cause leucorrhea. It is incompatible to Muli/concha ostreae/oyster shell and Baiwei/radix cynanchi atrati/root of blackened swallowwort. It is mutually inhibiting to Fuling/poria/Indian bread.

### [Indications]

It tonifies the interior and reinforces the qi. Long-term use of the drug makes one strong and fleshy and able to enjoy a long life like an immortal.

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

It is good for treating febrile disease caused by Wind with perspiration. It disperses fluid retention, facilitates urination, removes blood stasis, and restores the blood. It is also good for treating puerperal diseases of woman in lactation. It can be used to wash the hair, helping to moisten it and promote growth.

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

Chen Cangqi: It brings down adverse ascending of gas. It disperses invading pathogenic Wind in arthralgia and numbness of the skin. It makes one feel happy and gay. Stir-fry the drug until it emits a good smell. Soak the drug in Tongniao/urina hominis/urine of boys under three years and then squeeze it to get juice. Swallow 14 pills of the drug to help a difficult labor.

Chen Shiliang: It moistens the Five Viscera. It facilitates the function of the Large Intestine to get rid of hard feces due to accumulation of pathogenic Wind and Heat. It is also good for treating stranguria due to excessive Heat.

It tonifies a deficient and consumptive disease. It disperses all kinds of invading pathogenic Wind. It promotes growth of muscle and hair. It also promotes lactation and quenches thirst in diabetes. It promotes baby delivery in a difficult labor.



长肌肉，益毛发，通乳汁，止消渴，催生难产日华。取汁煮粥，去五脏风，润肺，治关节不通，发落孟洗。利女人经脉，调大肠下痢。涂诸疮癩，杀虫。取汁煮粥食，止呕逆时珍。

〔发明〕〔弘景曰〕麻子中仁，合丸药并酿酒，大善。但性滑利。〔刘完素曰〕麻，木谷也而治风，同气相求也。〔好古曰〕麻仁，手阳明、足太阴药也。阳明病汗多、胃热、便难，三者皆燥也。故用之以通润也。〔成无己曰〕脾欲缓，急食甘以缓之。麻仁之甘，以缓脾润燥。

〔附方〕旧十九，新十九。（略）



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

Meng Xian: Use the juice of the drug to prepare porridge. Such food is good for dispersing invading pathogenic Wind resting with the Five Viscera. It moistens the Lung, facilitates the movement of joints and stops hair falling out.

Li Shizhen: It facilitates menstruation. It regulates the function of the Large Intestine and stops dysentery. It can be applied to treat sores and pertinacious skin disease. It kills worms. Use the juice of the drug in the preparation of porridge. Use will stop nausea and retching.

### [Explication]

Tao Hongjing: Use the kernel of Damazi in the preparation of medicinal pills and wine. It gives very good results. But it is slippery and works as a laxative.

Liu Wansu: Ma is a cereal of the Wood Element. It is good for treating diseases caused by invading pathogenic Wind. This is due to the correspondence of elements.\*

Wang Haogu: Maziren is a drug that functions on the Large Intestine Channel of Hand Greater Yang and Spleen Channel of Foot Initial Yin. When the Greater Yang Channel is diseased, it will trigger profuse perspiration, Heat in the Stomach and constipation. All the symptoms are due to the excessive condition of Dryness. Maziren should be used to moisten the Dryness and facilitate the functions.

Cheng Wuji: When the spleen is in strain, it should be released. A drug of sweet taste should be used, and Maziren is just such a drug. It relieves the strained Spleen and moistens the Dryness.

### [Prescriptions]

Nineteen prescriptions collected previously, and  
19 prescriptions collected recently.

\*Wood is understood to be connected with Wind.



## 荞麦 (宋嘉祐)

### 【释名】

苽麦音翹。乌麦吴瑞。花荞

〔时珍曰〕荞麦之茎弱而翹然，易长易收，磨面如麦，故曰荞曰苽，而与麦同名也。俗亦呼为甜荞，以别苦荞。杨慎丹铅录，指乌麦为燕麦，盖未读日用本草也。

### 【集解】

〔炳曰〕荞麦作饭，须蒸使气馏，烈日暴令开口，舂取米仁作之。〔时珍曰〕荞麦南北皆有。立秋前后下种，八九月收刈，性最畏霜。苗高一二尺，赤茎绿叶，如乌柏树叶。开小白花，繁密粲粲然。结实累累如羊蹄，实有三棱，老则



## QIAOMAI

Buckwheat

*Fagopyri esculenti moench.*

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

### [Explanation of Names]

QIAOMAI (苽麦)

WUMAI

— Wu Rui.

HUAQIAO

Li Shizhen: Qiaomai has weak, but upright stem. It is a herb that grows easily and can be harvested conveniently. The seed can be ground into flour, which is similar to Xiaomai/semen tritici/wheat. It is colloquially called Tianqiao (meaning “sweet Qiao”) to differentiate from Kuqiaomai (meaning “bitter Qiao”). Yang Shen in his work *Danqian Lu* said that Wumai was just Yanmai (Quemai/herba bromi japonica/herb of Japanese brome grass), but he was wrong, he did not read of the book *Riyong Bencao (Materia Medica for Daily Use)*.

### [Previous Explanations]

Xiao Bing: First steam buckwheat and then dry it in the sun until it cracks. Husk the thing to get the grain, and then it can be used to make food.

Li Shizhen: Qiaomai is found both in the south and north. Sow the seed around the day of the solar term of the Beginning of Autumn (August 7). Harvest the crop in the eighth and ninth months. It is a herb that is easily damaged by frost. The seedling is one or two *chi* tall. The stalk is red and the leaf is green, and it looks like Wujiuye/folium sapii radice/leaf of Chinese tallow tree. Small white flowers bloom and gather together. There



乌黑色。王禎农书云：北方多种。磨而为面，作煎饼，配蒜食。或作汤饼，谓之河漏，以供常食，滑细如粉，亚于麦面。南方亦种，但作粉饵食，乃农家居冬谷也。

### 【气味】

甘，平，寒，无毒。

〔思邈曰〕酸，微寒，食之难消。久食动风，令人头眩。作面和猪、羊肉热食，不过八九顿，即患热风，须眉脱落，还生亦希。泾、邠以北，多此疾。又不可合黄鱼食。

### 【主治】

实肠胃，益气力，续精神，能炼五脏滓秽孟诜。作饭食，压丹石毒，甚良萧炳。以醋调粉，涂小儿丹毒赤肿热疮吴瑞。降气宽肠，磨积滞，消热肿风痛，除白浊白带，脾积



is abundant fruit similar to Yangti/frutus rumicis japonica/fruit of Japanese dock. The seed is triangular in shape, and it turns black when ripe.

The book *Nong Shu* by Wang Zhen: The herb is planted in bulk in the north. People grind the grain into flour and make stir-fried cakes eaten together with garlic. Or, it can be made into gruel. It is locally called Helou. It is a common food. It is fine and slippery like rice powder. It is secondary to Maimian/semen tritici/wheat flour. The herb is also planted in the south. People prepare noodles with it. It is a common food in winter for farmers.

### [Quality and Taste]

It is sweet, plain, cold and nontoxic.

Sun Simiao: It is sour and slightly cold, and is hard to digest. Long-term use of it will stir up pathogenic Wind and cause vertigo. People eat hot noodles made of Qiaomai with pork and mutton. But, after consuming eight or nine portions of such noodles, the person will suffer from febrile disease caused by pathogenic Heat with his beard and eyebrows falling off. It is a very difficult case to overcome. People in Jing and Bin areas suffer such a disease quite often. Also, this food should not be served together with Huangyu/huso dauricus/huso sturgeon.

### [Indications]

Meng Xian: It fills the intestine and stomach, reinforces qi and bodily strength and enhances one's spirit. It refines the sediment and residue of the Five Viscera.

Xiao Bing: Steam the drug and eat it to suppress toxin of alchemical stone drugs. It is very effective.

Wu Rui: Blend the flour of the drug with vinegar. Apply it to treat infantile erysipelas with red and swollen skin and sore with hot feeling.

Li Shizhen: It brings down adverse ascending gas and facilitates bowel movement. It helps dissolve indigestion and stagnation. It eliminates hot swelling and arthralgia due to invading pathogenic Wind. It eliminates whitish and turbid urine and treats leucorrhea. It stops diarrhea due to Spleen accumulation. Blend two *qian* of stir-fried flour of Qiaomai with sugared water. Take it to stop dysentery. Stir-fry the flour of Qiaomai until





泄泻。以沙糖水调炒面二钱服，治痢疾。炒焦，热水冲服，治绞肠沙痛时珍。

### 【发明】

〔颖曰〕本草言荞麦能炼五脏滓秽。俗言一年沉积在肠胃者，食之亦消去也。〔时珍曰〕荞麦最降气宽肠，故能炼肠胃滓滞，而治浊带泄痢腹痛上气之疾，气盛有湿热者宜之。若脾胃虚寒人食之，则大脱元气而落须眉，非所宜矣。孟诜云：益气力者，殆未然也。按杨起简便方云：肚腹微微作痛，出即泻，泻亦不多，日夜数行者。用荞麦面一味作饭，连食三四次即愈。予壮年患此两月，瘦怯尤甚。用消食化气药俱不效，一僧授此而愈，转用皆效，此可征其炼积滞之功矣。普济治小儿天吊及历节风方中亦用之。

### 【附方】

新十六。（略）



it becomes scorched. Wash it down with hot water to relieve the pain in dry cholera (or exanthema of intestine).

### [Explication]

Wang Ying: *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* says that the drug is good to refine the sediment and residue resting with the Five Viscera. This can be understood as meaning that the indigestion accumulated in the Stomach and Intestine in the last year can be cleared away.

Li Shizhen: Qiaomai is a drug that brings down the adverse ascending of gas and facilitates bowel movement. So, it is good to refine the sediment and residue resting in the Stomach and Intestine. It is, therefore, effective to treat diarrhea and dysentery with stagnation of turbidity and adverse ascending of gas. It is especially good for people whose qi is rampant and with invading pathogenic Humidity and Heat. If a person suffering from a debilitated and cold condition of the Spleen and Stomach takes the drug, his Yuanqi (Primordial Vital Energy) will be badly consumed and his beard and eyebrows will fall off. It is strictly prohibited. Meng Xian said that the drug "reinforces qi and strength," but this is not correct.

The book *Jianbian Fang* by Yang Qi: When the patient suffers from a vague pain in the abdominal region and produces a stool, although only in a small amount, several times in the day or night when he moves around, the treatment is to cook food with flour of Qiaomai. After eating three or four meals made of Qiaomai, the syndrome will be gone. When I was in my middle age, I suffered from this disease for two months. Drugs designed to dissolve indigestion and to facilitate the function of qi were prescribed, but they did not work. One day, a monk told me of the above treatment. I treated myself accordingly and recovered. From then on, I used the prescription on many other people and it worked every time. From this, we can see its function of dissolving indigestion and stagnation. In *Puji Fang (Prescriptions for Universal Relief)*, the drug is also used in prescriptions designed to treat infantile convulsion with uplifted eye and arthritis.

### [Prescriptions]

Sixteen prescriptions collected recently.



## 薏苡 (本经上品)

### 【释名】

解蠡音礼，本经。芑实音起，别录。藟米别录，音感。陶氏作籐珠，雷氏撼作米。回回米救荒本草。薏珠子图经。

〔时珍曰〕薏苡名义未详。其叶似蠡实叶而解散，又似芑黍之苗，故有解蠡、芑实之名。藟米乃其坚硬者，有藟强



## YIYI

Coix

Coix lacryma-jobi L. var. ma-yuen (Roman.) stapf.

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

### [Rectification]

In accordance with *Qianjin Yaofang*, this drug is removed from the “Category of Herbs” into this clause.

### [Explanation of Names]

JIELI

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

QISHI

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

GANMI (蕡米)

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

GANZHU

— Tao Hongjing.

GANMI (糲米)

— Lei Xiao.

HUIHUIMI

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

YIZHUZI

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

Li Shizhen: The meaning of the characters Yiyi is not known. Its leaf is similar to Lishi/semen *iris chinensis*/seed of Chinese small iris. They spread in a dispersing way. It is also similar to the seedling of Shu. So, the names are related to (Jie Li and Qi Shi). Ganmi is the species with hard



之意。苗名屋莢。救荒本草云：回回米又呼西番蜀秫。俗名草珠儿。

### 【集解】

〔别录曰〕蕙苾仁生真定平泽及田野。八月采实，采根无时。〔弘景曰〕真定县属常山郡。近道处处多有，人家种之。出交趾者子最大，彼土呼为籐珠。故马援在交趾饵之，载还为种，人谗以为珍珠也。实重累者为良。取仁用。〔志云〕今多用梁汉者，气劣于真定。取青白色者良。藏器云：取子于甑中蒸使气馏，曝干按之，得仁矣。亦可磨取之。〔颂曰〕蕙苾所在有之。春生苗茎，高三四尺。叶如黍叶。开红白花，作穗。五六月结实，青白色，形如珠子而稍长，故人呼为蕙珠子。小儿多以线穿如贯珠为戏。九月、十月采其实。〔斆曰〕凡使勿用糲米，颗大无味，时人呼为粳糲是也。蕙苾仁颗小色青味甘，咬着粘人齿也。〔时珍曰〕蕙苾人多种之。二三月宿根自生。叶如初生芭茅。五六月抽茎开



grain. Gan means strong and hard. The seedling of it is called Wutan.

The book *Jiuhuang Bencao (Herbal for Relief of Famines)*: Huihuimi is also called Xifanshushu. Colloquially it is called Caozhu'er.

### [Previous Explanations]

Yiyiren grows in the wild and swamp in Zhending. Collect the seed in the eighth month of the year. There is no definite time for collection of its root.

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

Tao Hongjing: Zhending County belongs to the Changshan Prefecture. Now, the drug is planted everywhere in nearby places by farmers. That produced in Jiaozhi has the biggest seed. Locally it is called Ganzhu. In the Han Dynasty (206 BC – AD 220), while General Ma Yuan was based in Jiaozhi, he used the drug as tonic and took the seeds back for planting on the mainland, but people reported to the emperor that the general was taking back huge quantity of pearls. Fruit that is solid and heavy is the best. For medical purpose, use the grain.

Ma Zhi: Now, the drug produced in the Liang and Han areas is used medically, but it is inferior in quality to that produced in Zhending. Seed of blue-green and white color is the best.

Chen Cangqi: Steam the fruit in a pot until it is completely done. Dry the drug in the sun and scrub or grind it to get the grain.

Su Song: Yiyi can be found everywhere. In spring, the seedling and stem begin to grow to a height of three to four *chi*. Its leaf is similar to that of corn. White and red flowers bloom and form a spike. Fruit is borne in the fifth and sixth month. It is blue-green and white. It looks like a pearl, but it is a bit longer. Ancient people called it Yizhuzi (meaning pearl-like Yiyi). Infants penetrate the drug with string and play with it as a ring. Collect the fruit in the ninth and tenth months.

Lei Xiao: When the drug is to be used, be careful not use Ganmi, which has bigger grain but it is tasteless. Local people call it Genggan. The best Yiyiren should be small grain of blue-green and white color and a sweet taste. When it is bitten, it gets sticky to the teeth.

Li Shizhen: People plant this drug a lot. In the second and third month,



花结实。有二种：一种粘牙者，尖而壳薄，即薏苡也。其米白色如糯米，可作粥饭及磨面食，亦可同米酿酒。一种圆而壳厚坚硬者，即菩提子也。其米少，即粳糲也。但可穿作念经数珠，故人亦呼为念珠云。其根并白色，大如匙柄，乱结而味甘也。

### 薏苡仁

〔修治〕〔斲曰〕凡使，每一两，以糯米一两同炒熟，去糯米用。亦有更以盐汤煮过者。

〔气味〕甘，微寒，无毒。〔洗曰〕平。

〔主治〕筋急拘挛，不可屈伸，久风湿痹，下气。久服，轻身益气本经。除筋骨中邪气不仁，利肠胃，消水肿，



the seedling germinates from its perennial root. The leaf is similar to the seedling of Baimao/herba imperatea/lalang grass. In the fifth and sixth month, a stem germinates with a flower on top. Fruit is formed then. There are two species: One is with grain that is sticky to teeth when it is bitten. It has a pointed tip and thin capsule. This is Yiyiren. Its grain is as white as Nuomi and can be steamed as food or ground into powder. Or, it can be used together with rice to brew wine. Another species has round grain and thick capsule. It is called Putizi. The grain is relatively smaller. It is merely Genggan. It is only used by monks to make beads. Both of their roots are white and as big as a spoon handle. They flock together. They taste sweet.

### YIYIREN

Coix seed  
Semen Coicis

#### [Preparation]

Lei Xiao: Stir-fry one *liang* of Yiyiren together with one *liang* of Nuomi. Take off the latter, then. Some people still stew the drug with salt water.

#### [Quality and Taste]

It is sweet, slightly cold and nontoxic.  
Meng Xian: It is plain.

#### [Indications]

It is good for treating contracted tendon that makes the bending and stretching of the extremities difficult. It is also good to disperse persistent arthralgia due to invasion of pathogenic Wind and Humidity. It brings down adverse ascending gas. Long-term use of the drug makes one feel happy and vigorous. It tones the qi.

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

It disperses the invading pathogenic factors resting with the tendon and bone that brings numbness. It facilitates the function of the Intestine and Stomach. It eliminates edema and whets the appetite.

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





令人能食别录。炊饭作面食，主不饥，温气。煮饮，止消渴，杀蛔虫藏器。治肺痿肺气，积脓血，咳嗽涕唾，上气。煎服，破毒肿甄叔。去干湿脚气，大验孟诜。健脾益胃，补肺清热，去风胜湿。炊饭食，治冷气。煎饮，利小便热淋时珍。

〔发明〕〔宗奭曰〕薏苡仁本经云微寒，主筋急拘挛。拘挛有两等：素问注中，大筋受热，则缩而短，故挛急不伸，此是因热而拘挛也，故可用薏苡；若素问言因寒则筋急者，不可更用此也。盖受寒使人筋急；寒热使人筋挛；若但受热不曾受寒，亦使人筋缓；受湿则又引长无力也。此药力势和缓，凡用须加倍即见效。〔震亨曰〕寒则筋急，热则筋缩。急因于坚强，缩因于短促。若受湿则弛，弛则引



Chen Cangqi: It can be steamed into food or can be ground into flour or make other food. Eating of such foods frees the patient from feeling hungry. It warms the qi. Stew the drug to make a decoction. Take the decoction to quench thirst in diabetes. It kills roundworms.

Zhen Quan: It is good for treating pulmonary flaccidity, regulating the disordered qi in the Lung with accumulation of blood and pus and coughing with sniffing and sputum. It brings down dyspnoea. Stew the drug to make a decoction. Take it to eliminate pyrogenic infection.

Meng Xian: It is good for treating beriberi of dry or damp types. It is proven very effective.

Li Shizhen: It replenishes the Spleen and Stomach, tones the Lung and clears away the invading Heat. It disperses pathogenic Wind and overcomes Humidity. Steam the drug to make food. Take the cooked food to drive away invading pathogenic Wind. Stew the drug to make a decoction to treat stranguria with hot feeling.

#### [Explication]

Kou Zongshi: *Shen Nong Bencao Jing* recorded that Yiyiren is slightly cold in quality and is good for treating contracted tendon with spasms. Spasms and contractions of the tendon can be divided into two categories in accordance with records in *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*:

One: When the big tendon is invaded by pathogenic Heat, it shrinks and is shortened. So, the tendon contracts and stretching is impossible. Yiyiren can be used to treat the case.

Two: Contraction and spasm of the tendon due to invading pathogenic Cold should not be treated by Yiyiren. When the tendon is exposed to cold, it contracts. When both pathogenic Cold and Heat attack simultaneously, spasms and twisting occur. When invasion of pathogenic Heat is the only pathogen, the tendon will become loose. When invaded by pathogenic Humidity, the tendon become loose, longer and debilitated. Yiyiren is a drug with a mild function, so whenever it is used, it should be heavily dosed.

Zhu Zhenheng: When Cold invades, the tendon becomes contracted. When Heat attacks, the tendon shrinks. A contracted tendon is tense and

长。然寒与湿未尝不挟热。三者皆因于湿，然外湿非内湿启之不能成病。故湿之为病，因酒而鱼肉继之。甘滑、陈久、烧炙并辛香，皆致湿之因也。〔时珍曰〕薏苡仁属土，阳明药也，故能健脾益胃。虚则补其母，故肺痿、肺痛用之。筋骨之病，以治阳明为本，故拘挛筋急风痹者用之。土能胜水除湿，故泄痢水肿用之。按古方小续命汤注云：中风筋急拘挛，语迟脉弦者，加薏苡仁。亦扶脾抑肝之义。又后汉书云：马援在交趾常饵薏苡实，云能轻身省欲以胜瘴气也。又张师正倦游录云：辛稼轩忽患疝疾，重坠大如杯。一道人教以薏珠用东壁黄土炒过，水煮为膏服，数服即消。程沙随





hard and shrinking tendon is short and prone to spasms. When Humidity is the pathogen, the tendon will become loose and longer. But normally, when pathogenic Cold and Humidity attack, Heat is also present. Among the three pathogens, Humidity is the most basic one. But, when pathogenic Humidity is attacking, it needs the corresponding internal Humidity, otherwise it will not cause the trouble. The internal Humidity evolves simultaneously with continuous intake of wine, fish and meat. Slippery, sweet and long-stored food; roasted and baked food and pungent, and delicious and spicy food all contribute to the accumulation of internal Humidity.

Li Shizhen: Yiyiren pertains to the Earth element and is a drug that functions on the Greater Yang Channels. It is good to replenish the Spleen and tone the Stomach. When on Viscus is deficient, tone the mother.\* So Yiyiren is used in the treatment of pulmonary flaccidity and abscess syndromes. The diseases of the tendon and bone are related to the Greater Yang Channels. Yiyiren is used in the treatment of contraction and spasm of the tendon and arthralgia due to invading pathogenic Wind. When the Earth element is strong, it has a stronger function in dispersing invading pathogenic Humidity and fluid retention. So, Yiyiren is used in the treatment of diarrhea and dysentery and edema. In the annotation to Xiao Xuming Tang in *Jinkui Yaolue (Synopsis of Prescriptions of the Golden Chamber)*, it was recorded: If there is contraction and spasm of the tendon due to an attack of pathogenic Wind with retarded speech and tight pulse, Yiyiren should be added. This can be explained by the theory of reinforcing the Spleen to fight against the restriction of the Liver.\*\*

\*The Spleen is the mother Viscus of the Lung. So when the Lung is diseased, its mother Viscus, the Spleen, should be toned.

\*\*Among the Five Elements, there exists the sequence of restriction and generation relationships. The restriction sequence is as follows:

Liver restricts Spleen,  
Spleen restricts Kidney,  
Kidney restricts Heart,  
Heart restricts Lung,  
Lung restricts Liver.

病此，稼轩授之亦效。本草薏苡乃上品养心药，故此有功。颂曰：薏苡仁心肺之药多用之。故范汪治肺痛，张仲景治风湿、胸痹，并有方法。济生方治肺损咯血，以熟猪肺切，蘸薏苡仁末，空心食之。薏苡补肺，猪肺引经也。赵君猷言屡用有效。

〔附方〕旧七，新七。（略）





The book *Houhan Shu*: General Ma Yuan took Yiyiren regularly for a long time while he was stationed in Jiaozhi. He said that this drug was good to make one happy and vigorous, to hold back one from too much sex and to prevent attack of miasma. The book *Juanyou Lu* by Zhang Shizheng recorded a case: The poet Xin Jiakuan suddenly suffered from hernia with a descending thing as big as a cup. A Taoist physician treated him with the following recipe: Stir-fry Yiyiren together with Dongbitu/loess from the east wall. Clean the drug from the loess and stew it with water until an ointment is obtained. After taking several times of the above drug, the ailment was gone. When Cheng Shasui, Xin Jiakuan's friend, was suffering from the same trouble, Mr. Xin told him the recipe. The latter was treated with the same drug and soon got well. Comment: Yiyiren is a drug categorized in *Shen Nong Bencao Jing* as of superior class that tones the Heart. So, it is effective in treating diseases as described above.

Su Song: Yiyiren can be used in treating disorders of the Heart and the Lung. That is why the drug was used in Fan Wang's prescription designed to treat pulmonary abscess and also in Master Zhang Zhongjing's prescriptions designed to treat arthralgia due to invading pathogenic Wind and Humidity and Xiongbi (chest obstruction with pain and stuffiness). The book *Jisheng Fang* carried a prescription to treat hemoptysis due to a damaged Lung: Cut cooked pig's lung into slices. Absorb powder of Yiyiren with each slice and take it before meal. In this prescription, Yiyiren is used to tone the Lung and pig's lung is used as a guiding drug. Doctor Zhao Junqiu said that he had used this prescription many times and it always worked.

In this sequence, the Liver restricts the Spleen. In order not to be restricted too much, the Spleen should be toned first.

### [Prescriptions]

Seven prescriptions collected previously, and seven prescriptions collected recently.



## 罌子粟 (宋开宝)

### 【释名】

米囊子开宝。御米同上。象谷

〔时珍曰〕其实状如罌子，其米如粟，乃象乎谷，而可以供御，故有诸名。

### 【集解】

〔藏器曰〕嵩阳子云：罌粟花有四叶，红白色，上有浅红晕子。其囊形如髑箭头，中有细米。〔颂曰〕处处有之，人多蒔以为饰。花有红、白二种，微腥气。其实形如瓶子，有米粒极细。圃人隔年粪地，九月布子，涉冬至春，始生苗，极繁茂。不尔则不生，生亦不茂。俟瓶焦黄，乃采之。〔宗奭曰〕其花亦有千叶者。一罌凡数千万粒，大小如葶苈



## YINGZISU

Poppy

*Papaver somniferum* L.

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

### [Explanation of Names]

MINANGZI

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

YUMI

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

XIANGGU

Li Shizhen: Its fruit looks like a cherry. Its seed is similar to Sumi. The plant looks like cereal. It can be used as a royal sacrifice, so it has the above other names.

### [Previous Explanations]

Chen Cangqi: Song Yangzi — The poppy has four leaves of red and white color with a pink blot. Its fruit looks like the head of a whistling arrow in which there are fine seeds.

Su Song: Now the drug can be found everywhere. People plant it and use it as an ornament. There are two species: One has a red flower and the other white. It smells a bit fishy. Its fruit looks like a vase with very fine seeds in it. Farmers spread manure on the land every other year. The seed is sowed in the ninth month and the seedling germinates the following spring. It develops into a flourishing plant. If not planted at the right time, it does not grow. Or, it may grow, but will not flourish. Collect the fruit when it turns scorched yellow.

Kou Zongshi: There is a species with multi flowers. There are thousands of seeds in one plant. It is as big as Tinglizi/semen lepidi/seed of





子而色白。〔时珍曰〕罌粟秋种冬生，嫩苗作蔬食甚佳。叶如白苣，三四月抽莖结青苞，花开则苞脱。花凡四瓣，大如仰盖，罌在花中，须蕊裹之。花开三日即谢，而罌在茎头，长一二寸，大如马兜铃，上有盖，下有蒂，宛然如酒罌。中有白米极细，可煮粥和饭食。水研滤浆，同绿豆粉作腐食尤佳。亦可取油。其壳入药甚多，而本草不载，乃知古人不用之也。江东人呼千叶者为丽春花。或谓是罌粟别种，盖亦不然。其花变态，本自不常。有白者、红者、紫者、粉红者、杏黄者、半红者、半紫者、半白者。艳丽可爱，故曰丽春，又曰赛牡丹，曰锦被花。详见游默斋花谱。

## 米

〔气味〕甘，平，无毒。〔颂曰〕性寒。多食利二便，动膀胱气。



pepperweed, but it is white.

Li Shizhen: The poppy is planted in the autumn and the seedling germinates in winter. The tender seedling can be eaten as a vegetable. The leaf looks like Baiju/caulis et folium lactucae sativae/stem and leaf of garden lettuce. In the third and fourth months, a stem appears with a blue-green bud. After the flower blooms, the bud falls off. There are four petals in the flower. It looks like a cup. The fruit is in the center of the flower, covered with stamen and pistil. After three days of flowering, it withers. Fruit appears on top of the stem one to two *cun* in length. It is as big as Madouling/fructus aristolochiae/dutchman's pipe fruit. There is a cover on top of the flower and a base under it. It looks like a wine vase. There are very fine white seeds in it. It can be stewed together with rice to make porridge. Grind the seed with water into juice. Filter the juice and blend it with powder of Lüdou/semen phaseoli radiati/green gram. Food made of it is delicious. It can be squeezed to get oil. Its capsule is widely used in medicine now. But it was not recorded in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). Ancient people did not know about the use of this drug. People in the Jiangdong area call the species with multi flowers as Lichunhua. Some say that this is another species of poppy, but it is not correct. The variation of its flowers makes it look different. The colors of the flowers may be white, red, purple, pink, apricot-yellow, half red, half purple or half white. It looks pretty and lovely. So it is called Lichun (flower that beautifies the spring). It is also called Saimudan or Jinbeihua. Details see the book *Hua Pu* (*Collections of Flowers*) by You Mozhai.

## YINGZISU MI

Poppy seed

Semen Papaveris

### [Quality and Taste]

It is sweet, plain and nontoxic.

Su Song: It is cold in quality. Overuse smoothes urination and stool. It stirs up the qi in the Urinary Bladder.



〔主治〕丹石发动，不下饮食，和竹沥煮作粥食，极美开宝。〔寇曰〕服石人研此水煮，加蜜作汤饮，甚宜。行风气，逐邪热，治反胃胸中痰滞颂。治泻痢，润燥时珍。

〔附方〕旧一，新一。（略）

## 壳

〔修治〕〔时珍曰〕凡用以水洗润，去蒂及筋膜，取外薄皮，阴干细切，以米醋拌炒入药。亦有蜜炒、蜜炙者。

〔气味〕酸、涩，微寒，无毒。〔时珍曰〕得醋、乌梅、橘皮良。

〔主治〕止泻痢，固脱肛，治遗精久咳，敛肺涩肠，止心腹筋骨诸痛时珍。



**[Indications]**

It is good for treating attack of side effect of alchemical stone drugs with anorexia. Stew the drug together with Zhuli/succus bambusae/juice in a bamboo stem to make porridge. It tastes very delicious.

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

Kou Zongshi: Grind the drug and stew it in water. Add in honey, and serve to people who have taken alchemical stone drugs.

Su Song: It disperses invading pathogenic Wind, dispels pathogenic Heat. It treats regurgitation with accumulation of phlegm in chest.

Li Shizhen: It stops diarrhea and dysentery. It moistens the Dryness.

**[Prescriptions]**

One prescription collected previously, and one prescription collected recently.

**YINGZISU QIAO**

Poppy capsule

Pericarpium papaveris

**[Preparation]**

Li Shizhen: First wash the drug until it becomes moistened. Take off the base, vein and membrane. Peel the outside thin capsule and dry the drug in the shade. Cut it into fine slices. Blend with rice vinegar and stir-fry it. Or, fry or stir-fry it with honey.

**[Quality and Taste]**

It is sour, astringent, slightly cold and nontoxic.

Li Shizhen: It is reinforced if it is used together with vinegar, Wumei/fructus mume/smoked plum and Jupi/pericarpium citri reticulatae/tangerine peel.

**[Indications]**

Li Shizhen: It stops diarrhea and dysentery, stabilizes a prolapsed rectum. It treats seminal emission and prolonged coughing. It astringes the Lung and the Intestine. It relieves pain in the Epigastria and abdomen and



〔发明〕〔杲曰〕收敛固气。能入肾，故治骨病尤宜。  
〔震亨曰〕今人虚劳咳嗽，多用粟壳止劫；及湿热泄痢者，用之止涩。其治病之功虽急，杀人如剑，宜深戒之。又曰：治嗽多用粟壳，不必疑，但要先去病根，此乃收后药也。治痢亦同。凡痢须先散邪行滞，岂可遽投粟壳、龙骨之药，以闭塞肠胃。邪气得补而愈甚，所以变症作而淹延不已也。  
〔时珍曰〕酸主收涩，故初病不可用之。泄泻下痢既久，则气散不固，而肠滑肛脱。咳嗽诸痛既久，则气散不收，而肺胀痛剧。故俱宜此涩之固之，收之敛之。按杨氏直指方云：粟壳治痢，人皆薄之，固矣。然下痢日久，腹中无积痛，当止涩者，岂容不涩？不有此剂，何以对治乎？但要有辅佐



in the tendon and bone.

**[Explication]**

Li Gao: It astringes and stabilizes the qi. It functions on the Kidney. It is therefore a good drug in treating bone diseases.

Zhu Zhenheng: It is good to stop coughing due to consumptive disease with general debility. It is also effective in stopping diarrhea and dysentery due to invasion of pathogenic Humidity and Heat. Although it is a drug that is very effective in treating diseases, it can also be lethal. Doctors should be very cautious in its use. It is a drug that should be used to treat coughing. But, before use the drug, those dealing with the root cause of the disease should first be given. And this is a drug that works with the coughing itself. The same principle should be carried out in the treatment of dysentery. In treating dysentery, drugs that can disperse the pathogenic factors and activate the stagnation should be given first. Astringing drugs such as Yingsuqiao and Longgu/os draconis/dragon's bone can be given afterwards to stop the dysentery. This is because, when pathogenic factors are not dispersed but toned, it becomes even more rampant. So it should first be purged. Otherwise, complications may occur and the syndrome may become persistent.

Li Shizhen: Drugs of sour taste are normally astringing. So, it should not be used in the early phase of a disease. When diarrhea and dysentery have lasted for a long time, the qi is dispersing and unstable. The intestine becomes slippery and the rectum becomes loose and prolapsed. When coughing and pains of various types have lasted a long time, qi becomes loose and dispersing. This leads to Lung distention with severe pain. Only on that condition, should Yingsuqiao be used to astringe and to stabilize the condition.

The book *Zhizhi Fang* by Yang Shiyong: People criticize the use of Yingsuqiao in treating dysentery. There is good reason in some cases. But, when dysentery has lasted a long time and there is no more accumulation and pain in abdomen, a drug of astringent quality should be given. In such conditions, an astringent drug is needed. If this drug is not used, what else can we use? But there should be assisting drugs to accompany it.

The book *Yijian Fang* by Wang Shuo: Yingsuqiao is a wonder drug in treating dysentery. But, as this drug is astringent and functions strongly, it may cause nausea and vomiting. So, people are normally afraid of it. But if the drug is processed with vinegar or used together with Wumei, it be-

耳。又王硕易简方云：粟壳治痢如神。但性紧涩，多令呕逆，故人畏而不敢服。若用醋制，加以乌梅，则用得法矣。或同四君子药，尤不致闭胃妨食而获奇功也。

【附方】

新八。（略）



comes mild and can be used safely. If Yingsuqiao is used together with Si Junzi Tang,\* the drug will not harm the Stomach and the patient can still have good appetite. In this way, the drug may function very effectively.

**[Prescriptions]**

Eight prescriptions collected recently.

\*Si Junzi Tang:

Renshen/radix ginseng/ginseng root,

Fuling/poria/Indian bread,

Baizhu/rhizoma atractylodis macrocephalae/rhizome of large-head atractylodes,

Gancao/radix glycyrrhizae/licuorice root.







## 阿芙蓉 (纲目)

### 【释名】

阿片

〔时珍曰〕俗作鸦片，名义未详。或云：阿，方音称我也。以其花色似芙蓉而得此名。

### 【集解】

〔时珍曰〕阿芙蓉前代罕闻，近方有用者，云是罌粟花之津液也。罌粟结青苞时，午后以大针刺其外面青皮，勿损里面硬皮，或三五处，次早津出，以竹刀刮，收入瓷器，阴干用之。故今市者犹有苞片在内。王氏医林集要言是天方国种红罌粟花，不令水淹头，七八月花谢后，刺青皮取之者。案此花五月实枯，安得七八月后尚有青皮？或方土不同乎？

### 【气味】

酸，涩，温，微毒。



## EFURONG

Opium

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

### [Explanatin of Names]

EPIAN

Li Shizhen: It is colloquially called Yapiian. The meaning is unknown. As its flower and color looks like lotus flower, so it is called Efurong (Furong = lotus flower).

### [Previous Explanations]

Li Shizhen: In ancient times, opium was never heard of, and it is only recently that this thing is being used. It is said to be the juice of poppy flower. When the poppy first has a blue-green bud, puncture the green capsule with a big needle in the afternoon. Do not hurt the hard capsule inside. Do that in three to five locations. The next morning, there will be secretion of a white fluid. Scrub the thing with a bamboo knife and hold it in a porcelain vase. Dry the drug in the shade. That sold in the market still has pieces of bud in it.

The book *Yilin Jiyao* by Doctor Wang: People in Tianfangguo plant the red poppy. The head of the flower should not be soaked in water. After the flower withers in the seventh and eighth month, puncture the blue-green peel to get the fluid. Comment: The flower bears fruit in the fifth month. How could there be a blue-green capsule in the seventh and eighth month? Or, maybe in that place the weather and season are different than ours?

### [Quality and Taste]

It is sour, astringent, warm and slightly toxic.

【主治】

泻痢脱肛不止，能涩丈夫精气时珍。

【发明】

〔时珍曰〕俗人房中术用之。京师售一粒金丹，云通治百病，皆方伎家之术耳。

【附方】

新四。（略）





**[Indications]**

Li Shizhen: It stops incessant diarrhea and dysentery and a prolapsed rectum. It will stop male seminal emission.

**[Explication]**

Li Shizhen: People use the drug in Fangzhongshu (sexual skills). In the capital, a drug called Yili Dan, which is said to be effective to treat a hundred diseases (in which opium is used). Taoist practitioners use it.

**[Prescriptions]**

Four prescriptions collected recently.

## 大豆（本经中品）

### 【释名】

赤俗作菽。〔时珍曰〕豆、赤皆荚谷之总称也。篆文赤，象荚生附茎下垂之形。豆象子在荚中之形。广雅云：大豆，菽也，小豆，荅也。角曰荚，叶曰藿，茎曰萁

### 【集解】

〔别录曰〕大豆生太山平泽，九月采之。〔颂曰〕今处处种之。有黑白二种，入药用黑者。紧小者为雄，用之尤佳。〔宗奭曰〕大豆有绿、褐、黑三种。有大、小两类：大者出江、浙、湖南、湖北；小者生他处，入药力更佳。又





## DADOU

Black soybean

*Glycine max* (L.) Merr.

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

### [Rectification]

Zhang Yuxi: Originally this drug was attached to the drug DADOUHUANGJUAN. Now it is taken as an independent entry.

### [Explanation of Names]

SHU (尗) or SHU (菽).

Li Shizhen: Dou and Shu are general names of beans. Shu written as a seal character symbolizes the pod hanging from the stem of the bean. Dou symbolizes the seed in the pod.

The book *Guang Ya*: Dadou is merely Shu and Xiaodadou (Chixiaodou/ semen phaseoli/rice bean) is Da. Its pod is called Jia. Its leaf is called Huo and its stem is called Qi.

### [Previous Explanations]

Dadou grows on the plain and marshland of the Taishan mountain area. Collect it in the ninth month.

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

Su Song: Now, the drug is planted everywhere. There are two species, one black and the other white. For medical use, the black one is used. The small, solid bean is the male, and is especially good for medical purposes.

Kou Zongshi: Dadou has three species—green, brown and black. They can be big or small. The big one is produced in Jiangsu, Zhejiang, Hunan



可硃为腐食。〔时珍曰〕大豆有黑、白、黄、褐、青、斑数色：黑者名乌豆，可入药，及充食，作豉；黄者可作腐，榨油，造酱：余但可作腐及炒食而已。皆以夏至前后下种，苗高三四尺，叶团有尖，秋开小白花成丛，结荚长寸余，经霜乃枯。按吕氏春秋云：得时之豆，长茎短足，其荚二七为族，多枝数节，竞叶蕃实，大菽则圆，小菽则团。先时者，必长以蔓，浮叶疏节，小荚不实。后时者，必短茎疏节，本虚不实。又汜胜之种植书云：夏至种豆，不用深耕。豆花憎见日，见日则黄烂而根焦矣。知岁所宜，以囊盛豆子，平量埋阴地，冬至后十五日发取量之，最多者种焉。盖大豆保岁易得，可以备凶年，小豆不保岁而难得也。



and Hubei. The small one is produced elsewhere, and is better for medical use. It can be ground and processed into bean curd.

Li Shizhen: Dadou comes in several colors — black, white, yellow, brown, blue-green and spotted. The black one is called Wudou. It can be used for medical purpose, or be eaten or processed into Douchi/sojae preparatum/fermented soybean. The yellow one can be made into bean curd, pressed to get oil or processed into Jiang/miscellus amyllum preparatum/paste. The other species are only good to make bean curd and stir-fried for eating. The seed can be sown around the Summer Solstice (June 21). The seedling is three to four cun tall. The leaf can be round or have a pointed tip. In autumn, small and white flowers bloom and flock together, and a pod one cun long is formed. After the frost falls, it withers.

The book Lu Shi Chunqiu: If Dou is planted in time, it has long stem and a short foot. About 14 pods form a group. It has many twigs and several nodes. The leaf flourishes, and the pod is formed. The big bean and small bean all have round leaves. If the plant is sowed earlier than normal, it has long vines and few leaves and nodes. Pod is small and there is no seed in it. If it is planted later than normal, it has a short stem and fewer nodes. The plant is loose.

The book *Zhongzhi Shu* by Si Shengzhi: Sow the bean at the Summer Solstice (June 21). The earth need not be ploughed deeply. The lower end of the bean does not like to be exposed to sunlight, as otherwise it gets yellowed and rotten and its root gets scorched. The following practice is good for telling which is the best seed: keep the beans in sacks and weigh them to make sure that each is of the same weight. Bury the sacks in shady land and take them out 15 days after the Winter Solstice (December 21). Weigh each sack and try to find out the one that is heaviest, which is the best seed. Dadou is a bean that has a guaranteed yield and can be used as food in times of famine. The crop of Chixiaodou/sojae phaseoli/rice bean is not guaranteed and cannot be relied on to produce a normal yield.

## HEIDADOU

Black soybean

Semen sojae nigra





## 黑大豆

〔气味〕甘，平，无毒。久服，令人身重。〔岐伯曰〕生温，熟寒。〔藏器曰〕大豆生平，炒食极热，煮食甚寒，作豉极冷，造酱及生黄卷则平。牛食之温，马食之冷。一体之中，用之数变。〔之才曰〕恶五参、龙胆，得前胡、乌喙、杏仁、牡蛎、诸胆汁良。〔洗曰〕大豆黄屑忌猪肉。小儿以炒豆、猪肉同食，必壅气致死，十有八九。十岁已上不畏也。〔时珍曰〕服蓖麻子者忌炒豆，犯之胀满致死。服厚朴者亦忌之，动气也。



### [Quality and Taste]

It is sweet, plain and nontoxic. Long-term use makes one feel heavy while moving the body.

Qi Bo: The crude drug is warm and the prepared one is cold.

Chen Cangqi: The quality of the drug varies in different conditions: The crude drug is plain. When it is stir-fried, it becomes very hot. But when it is stewed, it becomes very cold. When it is processed into Douchi, it becomes extremely cold. When it is made into Jiang or Dadouhuangjuan/ semen sojae germinatum/germinated soybean, it becomes plain. For cattle, it is something of warm quality and for horse, it is something cold. The same thing presents itself in different qualities under various conditions.

Xu Zhicai: It is mutually inhibiting to the five Shen\* and Longdan/radix gentianae/Chinese gentian. The following drugs reinforce it:

Qianhu/radix peucedani/root of white flower hog fennel,

Wuhui/radix aconiti kusnezoffii/root of Kusnezoff monkshoot,

Xingren/semen armeniacae amarum/bitter apricot seed,

Muli/concha ostreae/oyster shell,

bile of various types of livestock.

Meng Xian: The yellow powder of Dadou should never be served together with pork. When an infant eats stir-fried soybean together with pork, there will be a feeling of obstruction and suffocation. This may lead to death in eight or nine cases out of 10. But it causes no hurt to a child of ten years or older.

Li Shizhen: After taking Bima/semen ricini/ castor bean, stir-fried soybean is prohibited. Eating both simultaneously will cause distention that may kill the person. When Houpo/cortex magnoliae officinalis/bark of officinal magnolia is consumed, soybean is also prohibited, as this will stir up the qi.

\*This refers to the five Renshen-like drugs such as Renshen/radix ginseng/ginseng root, Xuanshen/radix scrophulariae/figwort root, Shashen/radix glehniae/root of coastal glehnia, Danshen/radix salviae miltiorrhizae/root of danshen, and Zishen.



〔主治〕生研，涂痈肿。煮汁饮，杀鬼毒，止痛本经。逐水胀，除胃中热痹，伤中淋露，下瘀血，散五脏结积内寒。杀乌头毒。炒为屑，主胃中热，除痹去肿，止腹胀哨谷别录。煮食，治温毒水肿蜀本。调中下气，通关脉，制金石药毒。治牛马温毒日华。煮汁，解礬石、砒石、甘遂、天雄、附子、射罔、巴豆、芫青、斑蝥、百药之毒及蛊



### [Indications]

Grind the crude drug into paste. Apply it to treat carbuncle and swelling. Stew the drug to get a decoction that will kill toxin of unknown origin and stop pain.

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

It disperses edema and distention. It eliminates Heat and obstruction in the Stomach. It restores the damaged interior, treats stranguria and lochia. It disperses blood stasis, eliminates accumulation of Cold in the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It detoxifies toxin of Wutou/radix aconiti/sichuan aconite root. Stirfry the drug and then grind it into powder. It can be used to eliminate Heat in the Stomach, disperse obstruction and swelling. It relieves abdominal distention and eliminates swelling.

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

Stew the drug and use it to treat acute febrile disease caused by virulent Heat and edema.

— *Shu Bencao (Materia Medica of the Shu State)*.

It regulates the interior and brings down the adverse ascending gas. It facilitates the function of joints and blood. It detoxifies the toxin of alchemical stone drugs. It treats acute febrile disease caused by virulent Heat in cattle and horses.

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

Li Shizhen: Stew the drug to make juice. Drink the juice to detoxify toxin caused by the following drugs:

Pishi/arsenicum/arsenic,

Gansui/radix kansui/gansui root,

Tianxiong/radix aconiti/root of common monkshood,

Fuzi/radix aconiti lateralis/daughter root of common monkshood,

Shewang/extractum aconiti/medicinal extract of common monkshood,

Badou/fructus crotonis/croton seed,

Yuanqing/lytta caraganae/lytta caraganae,

Banmao/mylabris/blister beetle\telini fly.

It detoxifies all kinds of toxins and treats Gudu (disease due to noxious agents produced by various parasites). When it is added into a medicinal



毒。入药，治下痢脐痛。冲酒，治风痉及阴毒腹痛。牛胆贮之，止消渴时珍。炒黑，热投酒中饮之，治风痹瘫缓口噤，产后头风。食罢生吞半两，去心胸烦热，热风恍惚，明目镇心，温补。久服，好颜色，变白不老。煮食性寒，下热气肿，压丹石烦热。汁，消肿藏器。主中风脚弱，产后诸疾。同甘草煮汤饮，去一切热毒气，治风毒脚气。煮食，治心痛筋挛膝痛胀满。同桑柴灰汁煮食，下水鼓腹胀。和饭捣，涂一切毒肿。疗男女阴肿，以绵裹纳之盂洗。治肾病，利水下气，制诸风热，活血，解诸毒时珍。

〔发明〕〔颂曰〕仙方修治未服之，可以辟谷度饥。然



decoction, it has the function of stopping dysentery with umbilical pain. When it is soaked in wine, it is good for treating wind-type convulsion and abdominal pain due to Yindu (toxin of Yin and cold nature). Prepare the drug with ox bile to quench thirst in diabetes.

Chen Cangqi: Stir-fry the drug until it turns black. Throw it in wine and use it to treat arthralgia due to invading pathogenic Wind, paralysis with lockjaw and puerperal severe intermittent headache. Swallow 0.5 liang of the crude drug after a meal. This will eliminate restlessness and hot feeling in chest and Epigastria, and a trance due to invading pathogenic Heat and Wind. It reinforces the Water (Kidney) and stabilizes the Heart. It is a drug both for toning up and warming. Long-term use makes one look younger and prettier. White hair will turn black. When it is stewed, it becomes cold in quality. It is then good to bring down pathogenic Heat and eliminate swelling. It eliminates restlessness and hot feeling due to intake of alchemical stone drugs. Juice of the drug is good to eliminate swelling.

Meng Xian: It is good for treating apoplexy with weak feet and puerperal diseases. Stew the drug together with Gancao/radix glycyrrhizae/liquorice root. Take the decoction to eliminate all kinds of pyrogenic infection and treat beriberi due to invading pathogenic Wind. Stew the drug and eat it. It is good for treating heart pain, relieving contraction of tendon, knee pain and abdominal distention. Stew the drug with a solution of Sangchaihui/carbo mori lignum/ash of white mulberry wood. Use it to treat ascites and tympanites. Pound the drug together with cooked rice, and apply to treat all kinds of pyrogenic infections. It is also good for treating swelling of the male and female genitalia. Wrap the drug with silk fabric and keep it on the affected part.

Li Shizhen: It is good for a patient suffering from Kidney disease. It facilitates circulation of Water and qi. It disperses invading pathogenic Wind and Heat, and activates the blood and detoxifies toxins of various kinds.

#### [Explication]

Su Song: Taoist alchemists make a kind of powder from the drug, which is used to feed people in time of famine. If it is heavily dosed, it may cause heaviness in moving the body. But, after a long usage, the patient



多食令人体重，久则如故也。〔诜曰〕每食后磨拭吞三十粒，令人长生。初服时似身重，一年以后，便觉身轻，又益阳道也。〔颖曰〕陶华以黑豆入盐煮，常时食之，云能补肾。盖豆乃肾之谷，其形类肾，而又黑色通肾，引之以盐，所以妙也。〔时珍曰〕按养老书云：李守愚每晨水吞黑豆二七枚，谓之五脏谷，到老不衰。夫豆有五色，各治五脏。惟黑豆属水性寒，为肾之谷，入肾功多，故能治水消胀下气，制风热而活血解毒，所谓同气相求也。又按古方称大豆解百药毒，予每试之大不然；又加甘草，其验乃奇。如此之事，不可不知。

〔附方〕旧三十一，新三十六。（略）



will return normal.

Meng Xian: After every meal, eat 30 pieces of the drug that have been rubbed. This will bring about a long life. At first, one will feel heavy in moving the body, but after a year of use one feels happy and vigorous. It is also effective to enhance male sexual ability.

Wang Ying: Mr. Tao Hua stewed Dadou with salt and ate it regularly for a long time. He said that this was something good for toning up the Kidney, as the bean is the cereal of the Kidney and corresponds to the Kidney as it is black.\* Guided by salt, it functions on the Kidney effectively.

Li Shizhen: The book *Yanglao Shu* — Mr. Li Shouyu swallowed 14 Dadou every morning, saying that this was the cereal of the Five Viscera. He remained energetic even when he was very old. Beans of five colors correspond to the Five Viscera and treat their respective diseases. The black soybean pertains to the Water element and is cold in quality. It is a cereal corresponding to the Kidney, working on it in many ways, and is good for eliminating edema and distention and bringing down the adverse ascending gas. It is also good for dispersing pathogenic Wind and Heat, activating the blood and detoxifying toxin. This is called “things of the same quality correspond to each other.” According to ancient prescriptions, Dadou is good for detoxifying all kinds of toxins. I tried but found it not so. When Gancao is also used, it works miraculously.

### [Prescriptions]

Thirty-one prescriptions collected previously, and  
36 prescriptions collected recently.

\*The Five Viscera have their corresponding colors:

Liver = blue-green;

Heart = red;

Spleen = yellow;

Lung = white;

Kidney = black.