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CONDENSED COMPENDIUM
OF MATERIA MEDICA

V



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Chinese-English

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CONDENSED COMPENDIUM OF MATERIA MEDICA

V



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白 菘



蔓 菁



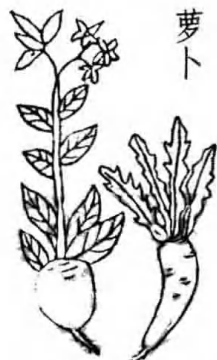
同 蒿



芥



菜 菔



邪 蒿



白 芥



生 姜



胡 荽



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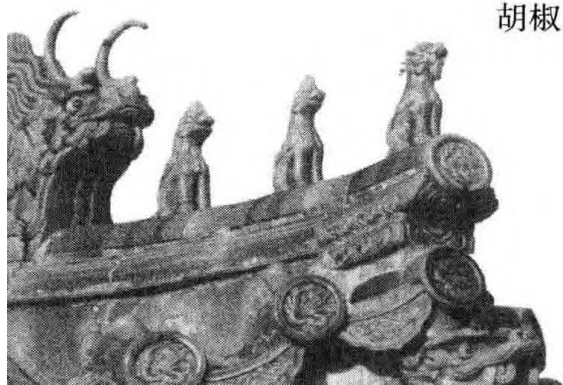
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大豆黄卷（本经中品）

【释名】

豆蘖

〔弘景曰〕黑大豆为蘖牙，生五寸长，便于之，名为黄卷，用之熬过，服食所须。〔时珍曰〕一法：壬癸日以井华水浸大豆，候生芽，取皮，阴干用。

【气味】

甘，平，无毒。

〔普曰〕得前胡、杏子、牡蛎、乌喙、天雄、鼠屎，共蜜和良。恶海藻、龙胆。





DADOUHUANGJUAN

Germinant black soybean

Semen sojae nigra germinatum

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

[Explanation of Names]

DOUBAI

Tao Hongjing: Keep Dadou wet so that a bud germinates. When the bud is five cun long, dry it. And this is Dadouhuangjuan. When it is to be used, it should be stir-fried. It is a drug used in the processing of tonics.

Li Shizhen: Another method of preparation: Soak Dadou in first fetched well water on the Rengui day until the bud germinates. Get the peel and dry it in the shade for medical use.

[Quality and Taste]

It is sweet, plain and nontoxic.

Wu Pu: The drug is reinforced if used together with either of the following drugs:

Qianhu/radix peucedani/root of white flower hog fennel,

Xingren/semen armeniaca amarum/bitter apricot seed,

Muli/concha ostreae/oyster shell,

Wuhui/radix aconiti kusnezoffii/root of Kusnezoff monkshood,

Tianxiong/radix aconiti/root of common monkshood,

rat feces,

honey.

It is mutually inhibiting to Haizao/sargassum/seaweed and Longdan/radix gentiana/Chinese gentian.



【主治】

湿痹，筋挛膝痛本经。五脏不足，胃气结积，益气止痛，去黑疸，润肌肤皮毛别录。破妇人恶血孟诜。〔颂曰〕古方蓐妇药中多用之。宜肾思邈。除胃中积热，消水病胀满时珍。

【附方】

新四。（略）



[Indications]

It is good for treating arthralgia due to invading pathogenic Humidity, contraction of tendon and pain in the knee.

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

It tones up a deficient condition of the Five Viscera and eliminates accumulation of gas in the Stomach. It reinforces the qi and relieves pain. It improves a dark complexion, and moistens the skin and hair.

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

Meng Xian: It removes blood stasis in women.

Su Song: In ancient prescriptions designed to treat puerperal diseases, the drug was widely used.

Sun Simiao: It is a drug good for the Kidney.

Li Shizhen: It eliminates accumulation of Heat in the Stomach, and disperses edema with distention.

[Prescriptions]

Four prescriptions collected recently.



赤小豆（本经中品）

【释名】

赤豆恭。红豆俗。荅广雅。叶名藿

〔时珍曰〕案诗云：黍稷稻粱，禾麻菽麦。此即八谷也。董仲舒注云：菽是大豆，有两种。小豆名荅，有三四种。王禎云：今之赤豆、白豆、绿豆、豇豆，皆小豆也。此则入药用赤小者也。



CHIXIAODOU

Rice bean

Phaseolus calcaratus roxb.

Phaseolus angularis wight.

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

[Rectification]

It is removed from Dadou and is now an independent drug.

[Explanation of Names]

CHIDOU

— Su Gong.

HONGDOU

— a common name.

DA

— *Guang Ya*.

HUO (the leaf)

Li Shizhen: The book *Shi Jing* (*Book of Songs*) — Shu, Ji, Dao, Liang, He, Ma, Shu and Mai* are the eight cereals. Dong Zhongshu annotated: Shu is merely soybean and rice bean. Rice bean is also called Da, which has three to four species. Wang Zhen annotated: Now we have Chidou (red bean), Baidou (white bean), Lüdou (green bean) and Youdou. All these are varieties of rice bean. The red and the small ones are used medically.

*They are: Shu, Jimi/*semen panici miliacei*/seed of broomcorn millet, rice, Liang-mi/*semen setariae*/millet, cereal, Dama/*cannabis sativa*/hemp, bean, and wheat.



【集解】

〔颂曰〕赤小豆，今江淮间多种之。〔宗奭曰〕关西、河北、汴洛多食之。〔时珍曰〕此豆以紧小而赤黯色者入药，其稍大而鲜红、淡红色者，并不治病。俱于夏至后下种，苗科高尺许，枝叶似豇豆，叶微圆峭而小。至秋开花，似豇豆花而小淡，银褐色，有腐气。结荚长二三寸，比绿豆荚稍大，皮色微白带红。三青二黄时即收之，可煮可炒，可作粥、饭、馄饨馅并良也。

【气味】

甘、酸，平，无毒。

〔思邈曰〕甘、咸，冷。合鱼鲙食成消渴，作酱同饭食成口疮。〔藏器曰〕驴食足轻，人食身重。

【主治】

下水肿，排痈肿脓血本经。疗寒热热中消渴，止泄痢，利小便，下腹胀满，吐逆卒澀别录。消热毒，散恶血，除烦



[Previous Explanations]

Su Song: Chixiaodou is now planted in bulk in the Yangtze River and the Huai River areas.

Kou Zongshi: People living in Guangxi, Hebei, Bian and Luo areas eat it a lot.

Li Shizhen: The best quality drug is the small one with dark red color. The seed that is bigger, and bright or light red color, is no good for medical use. The seed should be sown after the Summer Solstice (June 21). It grows up to one *chi* tall. The twig and leaf are similar to those of cowpea. The leaf is small, roughly round and with a tip; a flower, looking like that of the cowpea but smaller and lighter in color, blooms in the autumn. It is silver-brown and emits a kind of foul smell. A pod of two to three *cun* is formed. It is a bit bigger than the pod of a green gram. It is slightly white and red. Harvest the crop when two of the five pods turn yellow. It can be stewed or stir-fried, or can be made into porridge, cooked food, and a dumpling filling. All of them are good.

[Quality and Taste]

It is sweat, sour, plain and nontoxic.

Sun Simiao: It is sweet, salty and cold. If it is eaten together with preserved fish, it will result in diabetes. When it is made into Jiang and eaten together with cooked rice, it will induce aphtha.

Chen Cangqi: When a donkey eats rice bean, it will walk mightily. But when man eats it, he will feel heavy in his movements.

[Indications]

It is good for eliminating edema, dispersing carbuncle with swelling and bloody pus.

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

It is good for treating diabetes with chill and fever and interior Heat. It stops diarrhea and dysentery. It facilitates urination, eliminates distention at the lower abdomen. It stops vomit and dyspnoea and hematochezia with projectile bleeding.

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

Zhen Quan: It eliminates Heat toxin, disperses malignant blood, and



满，通气，健脾胃，令人美食。捣末同鸡子白，涂一切热毒痈肿。煮汁，洗小儿黄烂疮，不过三度。缩气行风，坚筋骨，抽肌肉。久食瘦人良。散气，去关节烦热，令人心孔开。暴痢后，气满不能食者，煮食一顿即愈。和鲤鱼煮食，甚治脚气洗。解小麦热毒。煮汁，解酒病。解油衣粘缀日华。辟瘟疫，治产难，下胞衣，通乳汁。和鲤鱼、蠹鱼，鲫鱼、黄雌鸡煮食，并能利水消肿时珍。

【发明】

〔弘景曰〕小豆逐津液，利小便。久服令人肌肤枯燥。〔颂曰〕水气、脚气最为急用。有人患脚气，以袋盛此豆，朝夕展转践踏之，久久遂愈。〔好古曰〕治水者惟知治水，而不知补胃，则失之壅滞。赤小豆消水通气而健脾胃，乃其



relieves restlessness and fullness. It facilitates the flow of qi, replenishes the Spleen and Stomach and whets the appetite. Pound the drug into powder and blend with egg white. Apply it to treat all kinds of pyrogenic infection, carbuncles, and swelling. Stew the drug to make a decoction for washing an infant to treat pustulosis. No more than three treatments are needed.

Chen Shiliang: It astringes qi and disperses invading pathogenic Wind, consolidates tendon and bone and astringes muscle. Long-term use makes one become emaciated.

Meng Xian: It disperses qi. It eliminates arthritis with restlessness and fever. It brightens one's mind. After one has just recovered from acute dysentery, the patient feels stuffy and cannot eat anything. Then, stew the drug and eat it; one dose will work. Stew the drug together with Liyu/cyprinus/carp to treat beriberi. It is very effective.

It detoxifies Heat toxin of Xiaomai. Stew the drug to make a decoction to detoxify alcohol. It reduces the feeling of oily clothes sticking to the skin.

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

Li Shizhen: It prevents epidemics. It promotes baby delivery and descent of the placenta. It helps lactation. Stew the drug together with Liyu/cyprinus/carp, Liyu/channa argus/serpent-head, Jiyu/carassius/crucian carp or yellow hen. Take it to eliminate edema and swelling.

[Explication]

Tao Hongjing: Chixiaodou disperses JinYE (body fluids) and facilitates urination. Long-term use makes one appear withered, with dry skin and muscle.

Su Song: It is a drug very effective to treat edema and beriberi. It was recorded that one person was suffering from beriberi. A big sack was filled with Chixiaodou and the patient stood on the sack from morning until evening. After long treatment, the syndrome was gone.

Wang Haogu: A doctor who treats edema only knows to use the drug to expel the Water. But the stomach is not toned up at the same time. Chixiaodou is drug that not only disperses the edema, but also facilitates the flow of qi and replenishes the Spleen and Stomach.



药也。〔藏器曰〕赤小豆和桑根白皮煮食，去湿气痹肿；和通草煮食，则下气无限，名脱气丸。〔时珍曰〕赤小豆小而色赤，心之谷也。其性下行，通乎小肠，能入阴分，治有形之病。故行津液，利小便，消胀除肿止吐，而治下痢肠僻，解酒病，除寒热痈肿，排脓散血，而通乳汁，下胞衣产难，皆病之有形者。久服则降令太过，津血渗泄，所以令人肌瘦身重也。其吹鼻瓜蒂散以辟瘟疫用之，亦取其通气除湿散热耳。或言共工氏有不才子，以冬至死为疫鬼，而畏赤豆，故于是日作小豆粥厌之，亦傅会之妄说也。又案陈自明妇人良方云：予妇食素，产后七日，乳脉不行，服药无效。偶得赤小豆一升，煮粥食之，当夜遂行。因阅本草载此，谩记之。又朱氏集验方云：宋仁宗在东宫时，患疟腮，命道士赞宁治之。取小豆七十粒为末，傅之而愈。中贵人任承亮后患恶疮



Chen Cangqi: Stew Chixiaodou together with Sangbaipi/cortex mori radice/root-bark of white mulberry. Take the decoction to treat arthralgia and swelling due to excessive Humidity. Stew Chixiaodou together with Tongcao/caulis aristolochiae manshuriensis/stem of Manchurian dutchman's pipe to make a decoction. Take the decoction to facilitate the flow of qi. It works very effectively. This prescription is named Tuoqi Wan.

Li Shizhen: Chixiaodou, small and red, is the cereal corresponding to the Heart. It has a descending tendency and functions on the Small Intestine. It also functions on the Yin system and can treat a longstanding pathological condition. Chixiaodou is good for treating the following diseases that are considered longstanding pathological conditions: to activate flow of Jinyi (body fluids), to facilitate urination, to eliminate distention, swelling and stop vomiting, to treat dysentery with hematochezia with projectile bleeding, to detoxify alcohol, to eliminate carbuncle and swelling with chill and fever, to dispel pus and blood stasis, to promote lactation, to disperse the placenta and promote baby delivery. But long-term use drains too much Jinye and blood, making the patient emaciated and feel heavy in bodily movement. In the prescription of Guadi San, Chixiaodou is used to prevent epidemics. It also functions to disperse Humidity, facilitate the flow of qi and disperse Heat. Legend says that in remote antiquity, a tribal leader named Gonggong had an unworthy son who died on the Winter Solstice (December 21). He turned into a devil of epidemics. But he was afraid of Chixiaodou. That is why people make rice bean porridge on that day to prevent an attack of the devil. It is, of course, only groundless hearsay. The book *Furen Daquan Liangfang (Complete Effective Prescriptions for Women)* by Chen Ziming: My wife is a vegetarian. Seven days after baby delivery, she still had no lactation. Drugs had been taken but to no avail. By chance, I got a small *sheng* of Chixiaodou and stewed it into porridge. The same night, she began to have lactation.

The book *Zhushi Jiyan Fang*: Emperor Renzong of the Song Dynasty (960-1279) recalled that while he was still a prince, he once had mumps. The Taoist Zan Ning was sent for. He treated the case by grinding 70 pieces of Chixiaodou into powder and applying it to the affected part. This worked. Another record: Mr. Ren Chengliang (official title Zhongguiren)



近死，尚书郎傅永授以药立愈。叩其方，赤小豆也。予苦胁疽，既至五脏，医以药治之甚验。承亮曰：得非赤小豆耶？医谢曰：某用此活三十口，愿勿复言。有僧发背如烂瓜，邻家乳婢用此治之如神。此药治一切痈疽疮疥及赤肿，不拘善恶，但水调涂之，无不愈者。但其性粘，干则难揭，入苾根末即不粘，此法尤佳。

【附方】

旧十五，新十九。（略）

once suffered from a malignant sore. The patient was almost dying. Mr. Fu Yong (official title Shangshulang) gave him some drug, and he was immediately cured. When he enquired about the drug, he learnt it was just Chixiaodou. Mr. Cheng Liang was once suffering from phlegmon on the rib and it developed towards the Five Viscera. The drug the doctor used was very effective. Cheng Liang enquired: Is this drug made of Chixiaodou? The doctor replied: Yes. But do not tell this to others. I treat my patients with this drug to make a living to support my family of 30 members. Yet another case: A monk was suffering from lumbar dorsal carbuncle with terrible ulceration. A wet nurse in the neighborhood treated him with Chixiaodou. The drug worked miraculously. This drug is effective in treating all kinds of carbuncle and phlegmon, sores, scabies and swelling, no matter malignant or benign. Treatment is to blend the powder of Chixiaodou with water and apply it to the affected part. But it is somewhat sticky, and when it dries, it is very difficult to pull out. To avoid this, blend it with powder of Zhumagen/*radix boehmeriae*/root of ramie.

[Prescriptions]

Fifteen prescriptions collected previously, and
19 prescriptions collected recently.



绿豆（宋开宝）

【释名】

〔时珍曰〕绿以色名也。旧本作菽者，非矣。

【集解】

〔志曰〕绿豆圆小者佳。粉作饵炙食之良。大者名植豆，苗、子相似，亦能下气治霍乱也。〔瑞曰〕有官绿、油绿，主疗则一。〔时珍曰〕绿豆处处种之。三四月下种，苗高尺许，叶小而有毛，至秋开小花，荚如赤豆荚。粒粗而色鲜者为官绿；皮薄而粉多、粒小而色深者为油绿；皮厚而粉少早种者，呼为摘绿，可频摘也；迟种呼为拔绿，一拔而已。北人用之甚广，可作豆粥、豆饭、豆酒，炒食，粿食，磨而为面，澄滤取粉，可以作饵顿糕，荡皮搓索，为食中要物。以水浸湿生白芽，又为菜中佳品。牛马之食亦多赖之。真济世之良谷也。





LÜDOU

Green gram

Phaseoli radiatus L.

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

[Explanation of Names]

Li Shizhen: Lüdou means green bean, a name depicting the seed.

[Previous Explanations]

Ma Zhi: The small and round green gram is the best drug. Grind it into powder and stir-fry to make a kind of food. It is delicious. The big green gram is called Zhidou, which has similar seedling and seed. It is also effective to bring down adverse ascending of gas and to treat cholera.

Wu Rui: There are species such as Guanlu and Youlu; both have the same therapeutic functions.

Li Shizhen: Green gram is planted everywhere. Sow the seed in the third and fourth months of the year. The seedling is about one *chi* tall. The leaf is small, covered with hair. In the autumn, a small flower blooms. Its pod is similar to that of the rice bean. That with bigger and bright color is called Guanlu, which has a thin capsule and can produce more flour. That with smaller seed and dark color is called Youlu. That sowed earlier with seed of thicker capsule and can produce less flour is called Zhailu, which can be picked often. That which is sowed later is called Balu, which should be harvested by pulling out the plant. Green gram is widely used in the north. It can be made into porridge, steamed food, green gram wine; it can be stir-fried, stewed or ground into flour. It can further be soaked in water and filtered to get starch. It can be made into cake or vermicelli. It is a very commonly used food. Soak the gram in water to let it sprout. It is a delicacy. It can also be used to feed cattle and horses. It is a very good cereal



【气味】

甘，寒，无毒。

〔藏器曰〕用之宜连皮，去皮则令人小壅气，盖皮寒而肉平也。反榷子壳，害人。合鲤鱼鲙食，久则令人肝黄成渴病。

【主治】

煮食，消肿下气，压热解毒。生研绞汁服，治丹毒烦热风疹，药石发动，热气奔豚开宝。治寒热热中，止泄痢卒澀，利小便胀满思邈。厚肠胃。作枕，明目，治头风头痛。除吐逆日华。补益元气，和调五脏，安精神，行十二经脉，去浮风，润皮肤，宜常食之。煮汁，止消渴孟诜。解一切药草、牛马、金石诸毒宁原。治痘毒，利肿胀时珍。



benefiting everyone.

[Quality and Taste]

It is sweet, cold and nontoxic.

Cheng Cangqi: When green grain is used, it should not be peeled. If the capsule is taken away, it causes slight suffocation. The capsule is cold and the kernel is plain in quality. It contradicts to Feiziqiao/pericarpium torreyae/capsule of grand torreya. They are harmful if eaten at the same time. If eaten together with preserved Liyu/cyprinus/carp, it will turn the Liver yellow and evolve into diabetes.

[Indications]

Stew the drug in water and take to eliminate edema and bring down adverse ascending gas. Grind the crude drug with water and squeeze it to get juice. Take the juice to treat erysipelas and rubella with restlessness and fever. It relieves the side effects of alchemical stone drugs, brings down interior heat and stops Bentun (upward ascension of gas like a running piglet.)

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

Sun Simiao: It disperses interior Heat with chill and fever. It stops diarrhea and dysentery with sudden hematochezia and projectile bleeding. It reduces abdominal distention and facilitates urination.

It strengthens the Intestine and Stomach functions. Lying on a filled pillowcase brightens the eye and relieves severe intermittent headaches. It stops vomiting and nausea.

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

Meng Xian: It tones up Yuanqi (Primordial Vital Energy), harmonizes the Five Viscera, pacifies the mind, activates the flow of the twelve Channels, disperses floating pathogenic Wind, and moistens the skin. It should be taken regularly over a long time. Stew the drug to make a decoction to quench thirst in diabetes.

Ning Yuan: It can detoxify all drugs, cattle and horsemeat and alchemical stone drugs.

Li Shizhen: It is good for detoxifying smallpox and eliminating disten-



【发明】

〔时珍曰〕绿豆肉平皮寒，解金石、砒霜、草木一切诸毒，宜连皮生研水服。按夷坚志云：有人服附子酒多，头肿如斗、唇裂血流。急求绿豆、黑豆各数合嚼食，并煎汤饮之，乃解也。

【附方】

新十一。（略）

tion and swelling.

[Explication]

Li Shizhen: The kernel of green gram is plain and its capsule is cold in quality. It is good to detoxify alchemical stone drugs, herbs and woods and Pishuang/arsenicum sublimatum/arsenic. The seed should not be peeled and be ground into powder. Take it with water.

The book *Yijian Zhi*: Someone had too much wine of Fuzi/radix aconiti lateralis/daughter root of common monkshood. His head got swollen as big as a *dou* measure with chipped lips and bleeding. The patient was urgently treated by chewing several *ge* of Lüdou and Dadou. Also, the drugs were stewed to make a decoction. The syndrome was soon gone.

[Prescriptions]

Eleven prescriptions collected recently.





刀豆 (纲目)

【释名】

挟剑豆

〔时珍曰〕以荚形命名也。案段成式酉阳杂俎云：乐浪有挟剑豆，荚生横斜，如人挟剑。即此豆也。

【集解】

〔颖曰〕刀豆长尺许，可入酱用。〔时珍曰〕刀豆人多种之。三月下种，蔓生引一二丈，叶如豇豆叶而稍长大，五六七月开紫花如蛾形。结荚，长者近尺，微似皂荚，扁而剑脊，三棱宛然。嫩时煮食、酱食、蜜煎皆佳。老则收子，子大如拇指头，淡红色。同猪肉、鸡肉煮食，尤美。

【气味】

甘，平，无毒。



DAODOU

Jack bean

Canavalia gladiata (Jacq.) DC.

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

[Explanation of Names]

JIAJIANDOU

Li Shizhen: Jiajian means “carry a sword under the arm,” a name to depict the shape of its pod.

The book *Youyang Zaju* by Duan Chengshi: There is a kind of Jiajiandou growing in Lelang. Its pod grows in a position as if it were a sword under one’s arm. This is merely Daodou.

[Previous Explanations]

Wang Ying: The pod of the jack bean is as long as one *chi*. Its seed can be processed to make paste.

Li Shizhen: Farmers plant the herb a lot. Sow the seed in the third month of the year. Its vine grows as long as 10 to 20 *chi*. Its leaf is similar to a cowpea leaf, but is a bit longer and bigger. In the fifth, sixth and seventh months, a purple flower in the shape of a moth blooms. The pod is formed then and grows to almost one *chi* long. It looks like *Zaojia*/fructus *gleditsiae*/fruit of Chinese honey locust. It is flat and with three sword-like edges. When it is tender, it can be stewed, or processed into paste or preserved with honey. All of them are delicious foods. When it gets ripe, collect the seed. This is as big as the tip of thumb and of pink color. Cook it together with pork or chicken meat. It is a wonderful delicacy.

[Quality and Taste]

It is sweet, plain and nontoxic.



【主治】

温中下气，利肠胃，止呃逆，益肾补元时珍。

【发明】

〔时珍曰〕刀豆本草失载，惟近时小书载其暖而补元阳也。又有人病后呃逆不止，声闻邻家。或令取刀豆子烧存性，白汤调服二钱即止。此亦取其下气归元，而逆自止也。

[Indications]

Li Shizhen: It warms the interior and brings down the adverse ascending of gas, facilitates the function of the Intestine and Stomach, stops nausea and retching. It tones the Kidney and Yuanqi.

[Explication]

Li Shizhen: Daodou was not recorded in *Bencao* works. It is found recorded in small books only recently, saying that it is warm and can tone the Yuanqi and Yangqi. There was one patient who had incessant hiccups after recovering from a disease. His neighbor heard this and told him to burn Daodou, but with its property retained. The drug was then ground into powder and taken with Miyin or hot water. The hiccups stopped. This shows that Daodou has the function of bringing down the adverse ascending gas (hiccup).





大豆豉（别录中品）

【释名】

〔时珍曰〕按刘熙释名云：豉，嗜也。调和五味，可甘嗜也。许慎说文谓豉为配盐幽菽者，乃咸豉也。

【集解】

〔弘景曰〕豉出襄阳、钱塘者香美丽浓，入药取中心者佳。〔藏器曰〕蒲州豉味咸，作法与诸豉不同，其味烈。陕州有豉汁，经年不败，入药并不如今之豉心，为其无盐故也。〔诜曰〕陕府豉汁，甚胜常豉。其法以大豆为黄蒸，每一斗，加盐四升，椒四两，春三日、夏二日、冬五日即成。半熟加生姜五两，既洁净且精也。〔时珍曰〕豉，诸大豆皆



DADOUCHI

Fermented soybean

Semen sojae preparatum

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

[Explanation of Names]

Li Shizhen: The book *Shi Ming* by Liu Xi — the meaning of the character Chi is “eat” or “addiction.” It is something that can be eaten as a delicacy and can harmonize the five flavors.

The book *Shuowen Jiezi (Book of Philology)* by Xu Shen: Chi is something prepared with soybean and salt. It is a kind of salty fermented soybean.

[Previous Explanations]

Tao Hongjing: Douchi/semens sojae preparatum/fermented soybean produced in Xiangyang and Qiantang is a delicacy with a strong, good flavor. Use the middle part of the drug for medical purposes.

Chen Cangqi: Douchi produced in Puzhou is salty and is prepared differently than that produced in other places. It is with strong flavor. Chizhi/semens sojae preparatum/juice of fermented soybean produced in Shanzhou can be kept for a year without decaying. When it is used as drug, it is not as good as the heart of Douchi, as it lacks salt.

Meng Xian: Chizhi produced in Shanfu is much better than normal Douchi. The preparation is as follows: Steam powder of Dadou/semens sojae nigra/seed of black soybean together with four *sheng* of salt and four *liang* of Huajiao/pericarpium zanthoxyli/Chinese prickly ash for every one *dou* of the drug. It should be stewed three days in spring, two days in summer and five days in winter. When it is half stewed, add in five *liang* of



可为之，以黑豆者入药。有淡豉、咸豉，治病多用淡豉汁及咸者，当随方法。其豉心乃合豉时取其中心者，非剥皮取心也。此说见外台秘要。造淡豉法：用黑大豆二三斗，六月内淘净，水浸一宿沥干，蒸熟取出摊席上，候微温蒿覆。每三日一看，候黄衣上遍，不可太过。取晒簸净，以水拌干湿得所，以汁出指间为准。安瓮中，筑实，桑叶盖厚三寸，密封泥，于日中晒七日，取出，曝一时，又以水拌入瓮。如此七次，再蒸过，摊去火气，瓮收筑封即成矣。造成豉法：用大豆一斗，水浸三日，淘蒸摊署，候上黄取出簸净，水淘晒干。每四斤，入盐一斤，姜丝半斤，椒、橘、苏、茴、



Shengjiang/rhizoma zingiberis recens/fresh ginger. It is something clean and fine.

Li Shizhen: All kinds of soybeans can be processed into Douchi. For medical use, Dadou is used. It can be made into Douchi with or without salt. For medical use, Chizhi without salt and Douchi with salt are commonly used. The heart of Douchi is the part in the center when the drug is just made. It is not the central part of pieces of the drug obtained by peeling off the outside layer. This is recorded in *Waitai Miyao (Medical Secrets of an Official)*. The method of preparing Douchi without salt:

Rinse two to three *dou* of Dadou in the sixth month. Soak it in water overnight. Then, steam the drug and spread it over a piece of mat. When it is lukewarm, cover it with wormwood. Examine it every three days. The drug is good when it is entirely covered by a yellow coating. *Do not let it to have too much coating. Dry the drug in the sun, winnow and blend with water. Do not use too much water. Put your finger into the drug and see if your fingertip is wet, which is good. Put the drug in a jar and press it. Cover the drug with three *cun* of Sangye/folium mori/mulberry leaf and seal the jar with mud. Place it in the sun for seven days; then, take out the drug and dry it in the sun for two hours. Blend it with water and put it into the jar and seal it again. Do this seven times, and then steam it again. Spread it over a mat to get rid of fire. Put back into the jar again and press it and seal it. And this is now the drug you want.

The method of preparing Douchi with salt:

Soak one *dou* of Dadou in water for three days. Steam the drug and spread it over a mat and cover it. When it is covered with a yellow coating, winnow it clean and rinse it in water. Take it out and dry it in the sun. Blend four *jin* of the drug together with the following:

- One *jin* of salt,
- half a *jin* of slices of Shengjiang,
- a little Huajiao,
- a little Jupi/pericarpium citri reticulatae/tangerine peel,
- a little Zisuzi/fructus perillae/perilla fruit,
- a little Huixiang/fructus foeniculi/fennel fruit, and
- a little Xingren/semen armeniaca amarum/bitter apricot seed.



杏仁拌匀，入瓮。上面水浸过一寸，以叶盖封口，晒一月乃成也。造豉汁法：十月至正月，用好豉三斗，清麻油熬令烟断，以一升拌豉蒸过，摊冷晒干，拌再蒸，凡三遍。以白盐一斗捣和，以汤淋汁三四斗，入净釜。下椒、姜、葱、橘丝同煎，三分减一，贮于不津器中，香美绝胜也。有麸豉、瓜豉、酱豉诸品皆可为之，但充食品，不入药用也。

淡豉

〔气味〕苦，寒，无毒。〔思邈曰〕苦、甘，寒，涩。得醯良。〔杲曰〕阴中之阴也。

〔主治〕伤寒头痛寒热，瘴气恶毒，烦躁满闷，虚劳喘



Keep it in a jar and pour in water until it immerses the drug to a depth of one *cun*. Cover the drug with leaves and seal the jar, placing it in the sun. It will be ready within a month. Then the drug is well made.

The method of preparing Chizhi:

It should be prepared from the tenth month until the first month of the following year. Stir-fry three *dou* of good quality Douchi with Mayou/oleum sesame seminis/sesame oil until the smoke is exhausted. Blend one *sheng* with Douchi and steam it. Sprerad it over a mat and dry it in the sun. Blend it again and steam. Repeat that process three times. Then, blend the drug together with one *dou* of salt. Soak the drug in water and filter it to get three to four *dou* of juice. Keep the juice in a clean pot and add in a little of the following:

Huajiao,
Shengjiang,
Cong/herba allii fistulosi/fistular onion, and
Jupi.

Stew the drug until two-thirds of the juice is left. Keep it in a leak-proof container. It is something with a good flavor and smell. There are different kinds of such preparations such as Fuchi, Guachi, and Jiangchi. But such things can only be taken as food, and not used as a drug.

DANCHI

Fermented soybean without salt
Semen sojae preparatum

[Quality and Taste]

It is bitter, cold and nontoxic.

Sun Simiao: It is bitter, sweet, cold and astringent. It functions better if it is used together with vinegar.

Li Gao: It is a drug of *Yin* in the *Yin*.

[Indications]

It is good for treating febrile disease caused by Cold with headache, chill and fever. It disperses miasma and vicious toxin. It also treats restless-



吸，两脚疼冷。杀六畜胎子诸毒别录。治时疾热病发汗。熬末，能止盗汗，除烦躁。生捣为丸服，治寒热风，胸中生疮。煮服，治血痢腹痛。研涂阴茎生疮药性。治疟疾骨蒸，中毒药蛊气，犬咬大明。下气调中，治伤寒温毒发癍呕逆时珍。 千金治温毒黑膏用之

蒲州豉

〔气味〕咸，寒，无毒。

〔主治〕解烦热热毒，寒热虚劳，调中发汗，通关节，杀腥气，伤寒鼻塞。

陕州豉汁：亦除烦热藏器。



ness and irritation, fullness and suffocation, consumptive disease with severe asthma, pain and coldness in both feet. It detoxifies toxin of meat and fetus of the six livestock.

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

It treats epidemic febrile disease with perspiration. Stir-fry the drug and then grind it into powder. Take it to stop night sweat and relieve restlessness and irritation. Pound the drug to make pills. Take the pills to disperse pathogenic Cold, Heat and Wind. It eliminates sores in the chest. Stew the drug to make a decoction to stop bloody dysentery with abdominal pain. Grind the drug and apply it on the penis to eliminate sore.

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

It treats malaria with hectic fever due to *Yin* deficiency. It detoxifies the toxin of drugs and treats Gudu (diseases due to noxious agents produced by various parasites) and the bite of rabid dog.

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

Li Shizhen: It brings down adverse ascending of gas and harmonizes the interior. It treats febrile disease caused by Cold and virulent Heat with skin rash, vomit and nausea. It is used in the prescription Hei Gao in *Qianjin Yaofang (Essential Prescriptions Worth A Thousand Gold)*.

PUZHOUCHI

Fermented soybean produced in Puzhou.

Semen sojae preparatum

[Quality and Taste]

It is salty, cold and nontoxic.

[Indications]

Chen Cangqi: It relieves restlessness and fever and detoxifies Heat toxin. It treats consumptive disease with chill and fever, harmonizes the interior and induces perspiration. It facilitates movement of joints, kills fishy smell, and relieves a stuffy nose in febrile disease caused by Cold. Chizhi produced in Shanzhou is also good to eliminate fever and restlessness.



【发明】

〔弘景曰〕豉，食中常用。春夏天气不和，蒸炒以酒渍服之至佳。依康伯法，先以醋、酒漉蒸曝燥，麻油和，再蒸曝之，凡三过，末椒、姜治和进食，大胜今时油豉也。患脚人，常将渍酒饮之，以滓傅脚，皆瘥。〔颂曰〕古今方书用豉治病最多，江南人善作豉，凡得时气，即先用葱豉汤服之取汗，往往便瘥也。〔时珍曰〕陶说康伯豉法，见博物志，云原出外国，中国谓之康伯，乃传此法之姓名耳。其豉调中下气最妙。黑豆性平，作豉则温。既经蒸罾，故能升能散。得葱则发汗，得盐则能吐，得酒则治风，得薤则治痢，得蒜则止血，炒熟则又能止汗，亦麻黄根节之义也。

【附方】

旧三十一，新一十九。（略）



[Explication]

Tao Hongjing: Douchi is something commonly used in cuisine. In spring and summer, when the weather is not harmonious, steam the drug and then stir-fry it. Soak it in wine and take the medicated wine as a treatment. According to the method provided by Kang Bo, the drug should be processed in the following way: First soak it in vinegar and wine; steam and then dry it in the sun. Blend it with Mayou and dry it again. Repeat that three times. Blend it with powder of Huajiao and Ganjiang/rhizome zingiberis/dried ginger. Such a preparation is much better than the oily Douchi provided today. The patient suffering from foot disease should drink the medicated wine with Douchi and apply the dregs to the foot.

Su Song: In ancient and modern prescription books, Douchi has been used widely in treating various diseases. People living in area south of the Yangtze River are good at processing Douchi. When people are exposed to an epidemic, they drink a decoction of Douchi and Cong. And this is always an efficient treatment if used in good time.

Li Shizhen: Tao Hongjing mentioned the processing of Douchi provided by Kang Bo. Tao quoted this form the book *Bowu Zhi*. Kang Bo is the name of the person who invented the method. Such Douchi is especially good at regulating the interior and bringing down the adverse ascending of gas. Dadou is plain in quality. When it is processed into Douchi, it becomes warm. Since it has been steamed and preserved, it has the property of ascending and descending. Used together with cong, it has the function of inducing perspiration. When processed with salt, it induces vomiting. Reinforced by wine, it will be good to disperse invading pathogenic Wind. Used together with Xiebai/bulbus allii macrostemi/bulb of long stamen onion, it is good for treating dysentery; with Suan/bulbus allii sativum/garlic, it stops bleeding. When Douchi is fried, it stops perspiration. This is the same as Mahuang/herba ephedrae/ephedra and Mahuanggen/radix ephedrae/ephedra root. The former induces perspiration and the latter stops it, although they are the same thing.

[Prescriptions]

Thirty-one prescriptions collected previously, and
19 prescriptions collected recently.



陈廩米 (别录下品)

【释名】

陈仓米古名。老米俗名。火米

〔时珍〕有屋曰廩，无屋曰仓，皆官积也。方曰仓，圆曰困，皆私积也。老亦陈也。火米有三：有火蒸治成者，有火烧治成者，又有畚田火米，与此不同。

【集解】

〔弘景曰〕陈廩米即粳米久入仓陈赤者。以廩军人，故曰廩尔。方中多用之。人以作醋，胜于新粳米也。〔藏器曰〕廩米、吴人以粟为良，汉地以粳为善。亦犹吴纆郑缟，



CHENLINMI

Long-stored rice/millet

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

[Explanation of Names]

CHENCANGMI

— An ancient name.

LAOMI

— A common name.

HUOMI

Li Shizhen: If the granary is built in a house, it is called Lin (the Lin in Chenlinmi). If the granary is not housed, it is called Cang (the Cang in Chencangmi). Both are granaries of the government. In private granaries, there are square-shaped or round-shaped granaries. The square one is called Cang and the round one is called Qun. Laomi means Chenmi (long-stored rice). There are three kinds of Huomi (meaning “fire rice”): One is rice after steaming, another is burned rice and the third is rice produced in She-tian (rice field in minority region). So Huomi is different from long-stored rice/millet.

[Previous Explanations]

Tao Hongjing: Chenlinmi is merely Jingmi/semen oryzae stivae/polished round-grained non-glutinous rice that has been stored for a long time. The rice has turned red. It is something used for military supply. It is often used in making up prescriptions. When such rice is used to brew vinegar, the quality of vinegar is better than that made of newly cropped Jingmi.

Chen Cangqi: People living in the Wu area (lower Yangtze River plain) take the long-stored millet as a good drug. People in the Han area (the north and central areas) take long-stored Jingmi as being authentic. This is a nor-



贵远贱近之意。确论其功，粟当居前。〔宗奭曰〕诸家注说不言是粳是粟，然二米陈者性皆冷，煎煮亦无膏膩，频食令人自利，与经说稍戾。〔时珍曰〕廩米北人多用粟，南人多用粳及粘，并水浸蒸晒为之，亦有火烧过治成者。入仓陈久，皆气过色变，故古人谓之红粟红腐，陈陈相因也。

【气味】

咸、酸，温，无毒。

〔藏器曰〕廩米热食即热，冷食即冷，假以火气也，体自温平。同马肉飧，发痼疾。〔时珍曰〕廩米年久，其性多凉，但炒食则温尔，岂有热食即热者乎？

〔主治〕下气，除烦渴，调胃止泄别录。补五脏，涩肠胃日华。暖脾，去惫气，宜作汤食士良。炊饭食，止痢，补



mal bias that people treat things from afar as good and things from nearby as inferior. When their therapeutic functions are examined, the long-stored millet is better.

Kou Zongshi: In previous Bencao works, whether Chenlinmi refers to Sumi or Jingmi is not specified. But, anyhow, both are cold in quality. When stewed, neither of them becomes greasy. Frequent intake of such food induces diarrhea. This is not the same as what the classics have recorded.

Li Shizhen: People in the north use more often the long-stored Sumi and people in the south use Jingmi and Xianmi/semem oryzae sativa/rice grain more frequently. The preparation of the drug is the same: soak the drug in water, steam it and dry it in the sun. Some people process it by burning. When rice/millet is stored in the granary for too long a time, it will turn red and its quality is also changed. Ancient people called it Hongsu or Hongfu.

[Quality and Taste]

It is salty, sour, warm and nontoxic.

Chen Cangqi: It is warm and plain in quality. When it is eaten hot, it becomes hot in quality. And when it is eaten cold, it becomes cold, too. Its quality corresponds to the fire. If it is eaten together with horsemeat, it induces an obstinate disease.

Li Shizhen: Rice/millet that has been stored for years is cold in quality. But when it is stir-fried, it turns warm. How can it be hot in quality if it is eaten hot?

[Indications]

It brings down adverse ascending gas, relieves restlessness and quenches thirst, regulates the Stomach and stops diarrhea.

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

It tones up the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) and astringes the Intestine and Stomach.

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

Cheng Shiliang: It warms the Spleen and improves the condition of



中益气，坚筋骨，通血脉，起阳道。以饭和酢捣封毒肿恶疮，立瘥。北人以饭置瓮中，水浸令酸，食之，暖五脏六腑之气。研取汁服，去卒心痛孟洗。宽中消食。多食易饥宁原。调肠胃，利小便，止渴除热时珍。

【发明】

〔时珍曰〕陈仓米煮汁不浑，初时气味俱尽，故冲淡可以养胃。古人多以煮汁煎药，亦取其调肠胃、利小便、去湿热之功也。千金方治洞注下利，炒此米研末饮服者，亦取此义。日华子谓其涩肠胃，寇氏谓其冷利，皆非中论。

【附方】

新五。（略）



general debility. It can be prepared into soup.

Meng Xian: Cook the drug. Eat the food to stop dysentery, tone up the interior and reinforce the qi, consolidate the tendon and bone, dredge through the blood vein and enhance male sexuality. Blend the cooked rice with vinegar and apply it to treat pyrogenic infection and malignant sores. It works immediately. People in the north soak the cooked rice in a jar with water and keep it there until it becomes sour. The food is taken to warm the qi of the Five Viscera and the Six Bowels (Gall Bladder, Stomach, Large Intestine, Small intestine, Urinary Bladder and Sanjiao). Grind the drug to get juice for treating the sudden onset of heart pain.

Ning Yuan: It relieves epigastric distention and helps digestion. Over-use makes one feel hungry easily.

Li Shizhen: It regulates the Intestine and Stomach, facilitates urination, quenches thirst and eliminates fever.

[Explication]

Li Shizhen: When Chencangmi is stewed, its soup does not become sticky and turbid. Its quality and taste are gone after a short time. The thin soup is good to nourish the Stomach. In the book *Qianjin Yaofang*, there was a prescription to stop watery dysentery: Stir-fry Chencangmi and grind it into powder. Wash it down with hot water. It is also based on such understandings of its functions mentioned above. The book *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*) says that the drug astringes the Intestine and Stomach. Kou Zongshi says that the drug is cold and dispersing. Both are incorrect.

[Prescriptions]

Five prescriptions collected recently.



麴 (宋嘉祐)

【释名】

酒母

〔时珍曰〕麴以米、麦包罨而成，故字从麦、从米、从包省文，会意也。酒非麴不生，故曰酒母。书云：若作酒醴，尔惟麴蘖。是矣。刘熙释名云：麴，朽也，郁使生衣败朽也。

【集解】

〔藏器曰〕，麴六月作者良。入药须陈久者，炒香用。
〔时珍曰〕麴有麦、面、米造者不一，皆酒醋所须，俱能消导，功不甚远。造大小麦麴法：用大麦米或小麦连皮，井水淘净，晒干。六月六日磨碎，以淘麦水和作块，楮叶包扎，悬风处，七十日可用矣。造面麴法：三伏时，用白面五斤，



QU

Jiuqu/distiller's yeast

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

[Explanation of Names]

JIUMU

Li Shizhen: Jiuqu is made by covering rice and wheat, so, the character includes radicals meaning “rice,” “wheat” and “covering.” Without Jiuqu, wine cannot be brewed. So, it is called Jiumu (meaning “mother of wine”).

The book *Shang Shu*: If wine is to be brewed, Jiuqu must be used. And this is a very early record.

The book *Shi Ming* by Liu Xi: Qu means “decayed,” indicating that the thing is decaying when it is kept covered and sealed.

[Previous Explanations]

Chen Cangqi: Jiuqu made in the sixth month of the year is of good quality. When it is used as a drug, the long-stored one is the best. Stir-fry the drug until it emits a good smell.

Li Shizhen: Jiuqu can be brewed with wheat, wheat flour or rice. It is a thing that is needed in the brewing of wine and vinegar. Jiuqu of different kinds are all good to help digestion.

The method of brewing Jiuqu with Xiaomai and Damai/semens hordeum/barley: Rinse Damai or Xiaomai (with peel) in well water. Dry the drug in the sun. Grind it into powder on the sixth day of the sixth month. Blend the powder with water in which wheat has been washed and make lumps. Wrap the lump with Chuye/foolium broussonetiae/paper mulberry leaf and hang it in a well-ventilated place for 70 days. Then it is ready for use.

The method of brewing Jiuqu with wheat flour: It should be brewed in Sanfu days (three ten-day-periods of the hottest days in the year).



绿豆五升，以蓼汁煮烂。辣蓼末五两，杏仁泥十两，和踏成饼，楮叶裹悬风处，候生黄收之。造白麩法：用面五斤，糯米粉一斗，水拌微湿，筛过踏饼，楮叶包挂风处，五十日成矣。又米麩法：用糯米粉一斗，自然蓼汁和作圆丸，楮叶包挂风处，七七日晒收。此数种麩皆可入药。其各地有入诸药草及毒药者，皆有毒，惟可造酒，不可入药也。

小麦麩

〔气味〕甘，温，无毒。〔震亨曰〕麸皮麩：凉，入大肠经。

〔主治〕消谷止痢别录。平胃气，消食痔，治小儿食痢



Five *jin* of wheat flour,
five *sheng* of Lüdou/semen phaseoli radiati/green gram, stew it with
decoction of Liaoye/folium polygoni hydropiperis/leaf of red-knees,
five *liang* of powder of Liaoye, and
ten *liang* of paste of Xingren/semen armeniacae amarum/bitter apricot
seed.

Pound into a pie. Wrap it with Chuye and hang it over a place with
good ventilation. Keep it there until a yellow coating appears, when it is
ready for use.

The method of brewing white Jiuqu:

Five *jin* of wheat flour, and
one *dou* of powder of Nuomi. Blend it with a little water and pound it
into a pie. Wrap it with Chuye and hang it over a place of good ventilation.
It will be ready after 50 days.

The method of brewing rice Jiuqu:

Blend one *dou* of powder of Nuomi with natural juice of Liao/herba
polygoni hydropiperis/herb of red-knees and make pills. Wrap the pills
with Chuye and hang it over a place of good ventilation for 49 days. Then,
dry the drug in the sun. It is now ready for medical use.

The above Jiuqu are good for medical use. In different places, the
brewing may be varied. In some places, people blend in herbs or even toxic
drugs. In that case, the Jiuqu is poisonous and is only good for brewing
wine. It should not be used as a drug.

XIAOMAIQU

Jiuqu made of Xiaomai

[Quality and Taste]

It is sweet, warm and nontoxic.

Zhu Zhenheng: Jiuqu made of Maifu/testa tritici levis/wheat bran: It is
cool. It functions on the Large Intestine Channel.

[Indications]

It helps digestion and stops dysentery.

苏恭。调中下气，开胃，疗脏腑中风寒藏器。主霍乱、心膈气、痰逆，除烦，破癥结孟洗。补虚，去冷气，除肠胃中塞，不下食，令人有颜色吴瑞。落胎，并下鬼胎日华。止河鱼之腹疾梁简文帝劝医文。

大麦麴

〔气味〕同前

〔主治〕消食和中，下生胎，破血。取五升，以水一斗煮三沸，分五服，其子如糜，令母肥盛时珍。





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

Su Gong: It pacifies the Stomach qi, eliminates hemorrhoid due to indigestion. It is also good for treating infantile epilepsy due to indigestion.

Chen Cangqi: It regulates the interior, brings down the adverse ascending gas, whets the appetite. It disperses the invading pathogenic Wind and Cold to the Viscera and Bowels.

Meng Xian: It treats cholera, regulates the qi in chest and diaphragm, disperses accumulation of phlegm, relieves restlessness and removes blood stasis.

Wu Rui: It tones deficiency, disperses cold gas, dredges through obstruction in the Intestine and Stomach and whets the appetite. It keeps younger and better looking.

It brings down the fetus. It also disperses hydatidiform mole.

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

It detoxifies toxin of river fish.

— *Quanyi Wen* by Emperor Jianwen of Liang.

DAMAIQU

Jiuqu made of Damai/semien hordei/barley

[Quality and Taste]

It is sweet, warm and nontoxic.

[Indications]

Li Shizhen: It helps digestion and harmonizes the interior. It brings down a live fetus and removes blood stasis. Boil five *sheng* of the drug in one *dou* of water three times. Take it in five draughts. When the seed is stewed into gruel, it is good to promote weight gain for a woman in puerperium.

MIANQU

Jiuqu made of wheat flour

MIQU

Jiuqu made of rice

面麴 米麴

〔气味〕同前

〔主治〕消食积、酒积、糯米积，研末酒服立愈。余功同小麦麴时珍。出千金。

【附方】

旧五，新四。（略）



[Quality and Taste]

It is sweet, warm and nontoxic.

[Indications]

Li Shizhen: It helps the digestion due to overeating, alcoholism, and overeating Nuomi. Grind the drug into powder and drink with wine. It works immediately. Other therapeutic functions are the same as Jiuqu made of Xiaomai.

— Quotations from the book *Qianjin Yaofang (Essential Prescriptions Worth A Thousand Gold)*.

[Prescriptions]

Five prescriptions collected previously, and
four prescriptions collected recently.



神麩 (药性论)

【集解】

〔时珍曰〕昔人用麩，多是造酒之麩。后医乃造神麩，专以供药，力更胜之。盖取诸神聚会之日造之，故得神名。贾思勰齐民要术虽有造神麩古法，繁琐不便。近时造法，更简易也。叶氏水云录云：五月五日，或六月六日，或三伏日，用白面百斤，青蒿自然汁三升，赤小豆末、杏仁泥各三升，苍耳自然汁、野蓼自然汁各三升，以配白虎、青龙、朱雀、玄武、勾陈、螣蛇六神，用汁和面、豆、杏仁作饼，麻





SHENQU

Medicated leaven

Massa medicata fermentata

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

[Previous Explanations]

Li Shizhen: People in ancient times used Jiuqu as a drug. It was exactly the same as that used by wine brewers. Later, pharmacists began to make Shenqu just for medical use. This has much stronger therapeutic function. As the drug is made on the day when all the Gods gather, so it is called Shenqu (Shen = god). The book *Qimin Yaoshu* by Jia Sixie recorded the ancient method of making Shenqu, but it was too complicated a process. The method of processing today is much easier and more convenient.

The book *Shuiyun Lu* by Mr. Ye: Brew the thing on the fifth day of the fifth month, or the sixth day of the sixth month or in Sanfu days (three 10-day periods of the hottest days in the year).

Hundred *jin* of wheat flour,

three *sheng* of natural juice of Qinghao/herba artemisiae annuae/herb of sweet wormwood,

three *sheng* of powder of Chixiaodou/semen phaseoli/rice bean,

three *sheng* of paste of Xingren/semen armeniacae amarum/bitter apricot seed,

three *sheng* of natural juice of Cang'er/herba xanthii/herb of Siberian cocklebur, and

three *sheng* of natural juice of Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena.

The above six drugs correspond to the Six Gods in divination: The Baihu, Qinglong, Zhuque, Xuanwu, Gouchen and Tengshe. Blend the flour, bean and Xingren with the juices and make pies. Wrap the pies with Damaye



叶或楮叶包罾，如造酱黄法，待生黄衣，晒收之。

【气味】

甘、辛，温，无毒。

〔元素曰〕阳中之阳也，入足阳明经。凡用须火炒黄，以助土气。陈久者良。

【主治】

化水谷宿食，癥结积滞，健脾暖胃药性。养胃气，治赤白痢元素。消食下气，除痰逆霍乱，泄痢胀满诸疾，其功与麴同。闪挫腰痛者，煨过淬酒温服有效。妇人产后欲回乳者，炒研，酒服二钱，日二即止，甚验时珍。

【发明】

〔时珍曰〕按倪维德启微集云：神麴治目病，生用能发其生气，熟用能敛其暴气也。

【附方】

旧一，新六。（略）



or Chuye. Keep them for a long time until a yellow coating appears. Dry the drug in the sun and keep it in a safe place.

[Quality and Taste]

It is sweet, pungent, warm and nontoxic.

Zhang Yuansu: It is a drug of Yang in the Yang. It functions on the Stomach Channel of Foot Greater Yang. Before it is used, stir-fry the drug until it turns yellow. In this way, its Earth element is reinforced. The longer it is stored, the better its quality.

[Indications]

It helps digestion of cereals and indigestion, dissolves hard mass, accumulation and stagnation, replenishes the Spleen and warms the Stomach.

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

Zhuang Yuansu: It nourishes the Stomach, stops dysentery with whitish and bloody discharge.

Li Shizhen: It helps digestion and brings down adverse ascending gas, eliminates phlegm accumulation, treats cholera, stops diarrhea and dysentery with distention and fullness. It has the same therapeutic function as Jiuqu. To treat lumbago due to twisting, calcinate the drug and then dip it into wine and drink the warm wine. It works. If it is wished to stop lactation after a woman has just given birth to a baby, stir-fry the drug and grind it into powder. Take two *qian* with wine, two times a day. This will halt the lactation. It works very effectively.

[Explication]

Li Shizhen: The book *Qiwei Ji* by Ni Weide — Shenqu is good to treat eye diseases. When unprepared Shenqu is used, it helps produce qi; when it is prepared, it astringes rampant qi.

[Prescriptions]

One prescription collected previously, and six prescriptions collected recently.

红麴 (丹溪补遗)

【集解】

〔时珍曰〕红麴本草不载，法出近世，亦奇术也。其法：白粳米一石五斗，水淘浸一宿，作饭。分作十五处，入麴母三斤，搓揉令匀，并作一处，以帛密覆。热即去帛摊开，觉温急堆起，又密覆。次日日中又作三堆，过一时分作五堆，再一时合作一堆，又过一时分作十五堆，稍温又作一堆，如此数次。第三日，用大桶盛新汲水，以竹箩盛麴作五六分，蘸湿完又作一堆，如前法作一次。第四日，如前又蘸。若麴半沉半浮，再依前法作一次，又蘸。若尽浮则成矣，取出日干收之。其米过心者谓之生黄，入酒及酢醢中，鲜红可爱。未过心者不甚佳。入药以陈久者良。





HONGQU

Medicated red rice

Semen oryzae cum monasci

(*Monascus purpureus* Went)

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

[Previous Explanations]

Li Shizhen: The drug was not recorded in previous Bencao works. It is a drug processed only in recent time. Preparation:

Rinse one *dan* five *dou* of white Jingmi and soak it in water overnight. Steam the rice. Separate the rice into 15 lots and rub the rice with three *jin* of Jiuqu. Then, put all the rice together and cover it with a silk fabric. When it gets hot, spread the rice until it gets cooler. Then pile up the rice and cover it again. At noon the next day, separate the rice into three piles. After two hours, separate the rice into five lots. After another two hours, gather the rice into one big pile; after another two hours, separate it into 15 lots. When it gets cooler, gather it into one pile. Repeat that a few times. On the third day, get a big bucket of newly fetched well water. Dip Jiuqu in a bamboo basket into the water. Separate the rice into five to six lots. Dip the rice in the water and then pile them together. Separate the rice and gather it in the same as done previously. On the fourth day, dip the rice into water with Jiuqu again in the same way as on the third day. When the Jiuqu is half floating and half sinking, dip the rice into the water again in the same way as before. If all the Jiuqu floats, it means that the drug is well done. Dry the rice in the sun. And this is the drug. If the rice is red to the heart of the grain, it is called Shenhuang, which can be used in brewing wine or in preserving fish and meat. It makes the wine or food red and lovable. If the rice is not totally colored, then it is not a very well done drug. For medical use, the long-stored drug is the best.



【气味】

甘，温，无毒。

〔瑞曰〕酿酒则辛热，有小毒，发肠风痔痿、脚气、哮喘痰嗽诸疾。

【主治】

消食活血，健脾燥胃，治赤白痢下水谷震亨。酿酒，破血行药势，杀山岚瘴气，治打扑伤损吴瑞。治女人血气痛，及产后恶血不尽，搗酒饮之，良时珍。

【发明】

〔时珍曰〕人之水谷入于胃，受中焦湿热熏蒸，游溢精气，日化为红，散布脏腑经络，是为营血，此造化自然之微妙也。造红鞠者，以白米饭受湿热郁蒸变而为红，即成真色，久亦不渝，此乃人窥造化之巧者也。故红鞠有治脾胃营血之功，得同气相求之理。

【附方】

新四。（略）



[Quality and Taste]

It is sweet, warm and nontoxic.

Wu Rui: When this drug is used in brewing wine, the wine will be pungent and hot and slightly toxic. It induces hematochezia due to attack of pathogenic Wind into the Intestine, hemorrhoid and fistula, beriberi, asthma and coughing.

[Indications]

Zhu Zhenheng: It helps digestion and activates blood circulation, replenishes the Spleen and dries the Stomach. It is good to stop dysentery with whitish and bloody discharge and undigested cereal.

Wu Rui: Brew wine with the drug. The wine is good to remove blood stasis and accelerate the movement of drugs. It is also good for killing miasma, treating damage and injuries due to flogging and tumbling.

Li Shizhen: It is good for treating abdominal pain of woman due to disorder of blood and qi and dispersing the remaining malignant blood after childbirth. Grind the drug with wine.

[Explication]

Li Shizhen: After water and cereals enter the Stomach, they are fumigated and steamed by the Humidity and Heat and evolve into a kind of red substance and deploy in the Viscera and Bowels, Channels and Collaterals. And this is the Ying and blood. This is the subtle creation of nature. The medicated red rice is made from white steamed rice. Fumigated and steamed by Humidity and Heat, rice turns red. And this is the real color that will not fade after a long time. The processing of this drug is based on the understanding that cereals can evolve into red blood within the human body. In the same way, rice can also be processed into a red thing when it is under the same condition (Humidity and Heat). Therefore, medicated red rice has the function of treating Spleen and Stomach disorders and regulating the Ying. Things with the same quality function in a similar way.

[Prescriptions]

Four prescriptions collected recently.

藥米（别录中品）

【释名】

〔弘景曰〕此是以米作藥，非别米名也。〔恭曰〕藥犹蓐也，生不以理之名也。皆当以可生之物生之，取其藥中之米入药。按食经用稻藥，稻即秠谷之总名。陶谓以米作藥，非矣。米岂能更生乎？

【集解】

〔宗奭曰〕藥米，粟藥也。〔时珍曰〕别录止云藥米，不云粟作也。苏恭言凡谷皆可生者，是矣。有粟、黍、谷、麦、豆诸藥，皆水浸胀，候生芽曝干去须，取其中米，炒研面用。其功皆主消导。今并集于左方。日华子谓藥米为作醋黄子者，亦误矣。





NIEMI

Sprout of cereals

Germinatus: *Setaria itlica* (L.) Beauv., *Hordeum vulgaie* L.

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

[Explanation of Names]

Tao Hongjing: Nie is the sprout of rice. It is not another kind of rice.

Su Gong: All kinds of cereals can have sprouts. For medical use, use the seed in the sprout. According to the book *Shi Jing* (*Book of Songs*), *Daonie* (sprout of rice) was recorded. Actually, *Dao* here refers to all kinds of cereals. Tao Hongjing said that rice is used to germinate the sprout. He is wrong to say so. How could rice (husked rice) be germinating a sprout?

[Previous Explanations]

Kou Zongshi: Niemi is the sprouted *Sumi*/semen *setariae*/millet.

Li Shizhen: In *Mingyi Bielu*, only Niemi was recorded. The book did not say that it was the sprout of *Sumi*. Su Gong said that all kinds of cereals could germinate sprouts. He is correct to say so. Sprout can be germinated from either *Sumi*, *Shu Jingmi* or *Nuomi*, *Xiaomai* or beans. Soak the cereal in water until it swells, then the sprout germinates. Dry the drug in the sun. Take off the root. Stir-fry the seed and then grind it into powder. All of them have the function of helping digestion. In the text below all of them are listed and explored. In *Da Ming Rihua Bencao*, Niemi was recorded as yeast in the brewing of vinegar. It is not correct.

SUNIE, also called SUYA

Budded millet

Fructus *setariae germinatus*



粟蘖一名粟芽

〔气味〕苦，温，无毒。〔宗奭曰〕今谷神散中用之，性温于麦蘖。

〔主治〕寒中，下气，除热别录。除烦，消宿食，开胃日华。为末和脂傅面，令皮肤悦泽陶弘景。

稻蘖一名谷芽

〔气味〕甘，温，无毒。

〔主治〕快脾开胃，下气和中，消食化积时珍。

秬麦蘖一名麦芽

〔气味〕咸，温，无毒。



[Quality and Taste]

It is bitter, warm and nontoxic.

Kou Zongshi: The drug is used in prescription of Gushen San. It is warmer in quality than Maiya.

[Indications]

It is good for treating Hanzhong (Invasion of pathogenic Cold in the middle portion or apoplexy induced by invading pathogenic Cold), bringing down adverse ascending gas and eliminating pathogenic Heat.

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

It relieves restlessness, helps dissolve indigestion and whets the appetite.

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

Tao Hongjing: Blend the powder of the drug with fat to make a facial lotion. It improves and brightens the skin.

DAONIE, also called GUYA

Sprout of non-glutinous rice

Semen oryzae sativae germinatus

[Quality and Taste]

It is sweet, warm and nontoxic.

[Indications]

Li Shizhen: It reinforces the Spleen and whets the appetite, brings down the adverse ascending gas and harmonizes the interior; it also dissolves indigestion and accumulation.

KUANGMAINIE or also called MAIYA

Semen hordei germinatus

[Quality and Taste]

It is salty, warm and nontoxic.



〔主治〕消食和中别录。破冷气，去心腹胀满药性。开胃，止霍乱，除烦闷，消痰饮，破癥结，能催生落胎日华。补脾胃虚，宽肠下气，腹鸣者用之元素。消化一切米、面、诸果食积时珍。

〔发明〕〔好古曰〕麦芽、神麴二药，胃气虚人宜服之，以代戊己腐熟水谷。豆蔻、缩砂、乌梅、木瓜、芍药、五味子为之使。〔时珍曰〕麦蘖、谷芽、粟蘖，皆能消导米、面、诸果食积。观造饧者用之，可以类推矣。但有积者能消化，无积而久服，则消人元气也，不可不知。若久服



[Indications]

It helps digestion and harmonizes the interior.

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

It disperses cold gas, eliminates distention and fullness in the Epigastria and abdomen.

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

It whets the appetite, stops cholera, eliminates restlessness and stuffiness, disperses phlegm retention, dissolves hard mass. It promotes baby delivery or brings down the fetus.

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

Zhang Yuansu: It is good for toning the deficient and debilitated condition of Spleen and Stomach. It facilitates bowels movement and brings down adverse ascending gas. It is also good for eliminating intestinal booming sound.

Li Shizhen: It is good to help dissolve indigestion due to overeating of rice, wheat flour and fruits.

[Explication]

Wang Haogu: Both Maiya and Shenqu can be taken by a patient suffering from a debilitated Stomach condition. It helps the Spleen and Stomach to digest cereals. The following drugs can be their guiding drugs:

Doukou/semen alpiniae katsumadai/seed of Katsumade galangal,

Sharen/fructus amomi/fruit of amomum,

Wumei/fructus mume/smoked plum,

Mugua/fructus chaenomelis/fruit of common flowering quince,

Shaoyao/radix paeoniae/peony root, and

Wuweizi/fructus schisandrae/fruit of Chinese magnoliarine.

Li Shizhen: Maiya, Guya sprout and Suya are all good to dissolve indigestion caused by overeating of rice, flour and fruits. The drugs are used in the processing of Yitang/saccharum granorum/malt extract. From this, we can understand their function of dissolution. The drug is good to dissolve indigestion if there is any. But there is no more indigestion, use of the drug may consume one's Yuanqi (Primordial Vital Energy). Doctors have

者，须同白术诸药兼用，则无害也矣。

〔附方〕旧二，新六。（略）



to know this. If this drug is to be taken over a long period of time, it should be used together with drugs like Baizhu. In this way, there will be no harm done.

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.



饴糖（别录上品）

【释名】

饴音徐，盈切。

〔时珍曰〕按刘熙释名云：糖之清者曰饴，形怡怡然也。稠者曰饴，强硬如饴也。如饴而浊者曰饴。方言谓之饴饴（音长皇）。楚辞云，秬粃蜜餌有饴饴，是也。〔嘉谟曰〕因色紫类琥珀，方中谓之胶饴，干枯者名饴。

【集解】

〔弘景曰〕方家用饴，乃云胶饴，是湿糖如厚蜜者。其凝强及牵白者饴糖，不入药用。〔韩保昇曰〕饴，即软糖也。北人谓之饴。糯米、粳米、秣粟米、蜀秣米、大麻子、





YITANG

Maltose

Saccharum granorum

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

[Explanation of Names]

XING

Li Shizhen: The book *Shi Ming* by Liu Xi — The white and clear sugar is called Yi; the greasy one is called Xing. Something similar to Xing, but turbid, is called Pu. Its local name is Changhuang.

The book *Chu Ci (Elegies of Chu)*: Changhuang is a kind of delicacy like honey preserved tidbit.

Chen Jiamo: It is purple and looks like amber. In medical prescriptions, it is called Jiaoyi. The dried and withered one is called Xing.

[Previous Explanations]

Tao Hongjing: Yitang used by medical doctors is called Jiaoyi. It is a kind of wet sugar like honey. That with a greasy and elastic quality is called Xing. It is not good for medical purpose.

Han Baosheng: Yi is a kind of soft sugar. People in the north call it Xing. Either of the following cereals can be used to make Yitang:

Nuomi,

Jingmi,

Shu,

Sumi,

Gaoliang/semen sorghi vulgaris/seed of sorghum,

Damazi/semn cannabis/hemp seed,

Zhijuzi/fructus hoveniae/fruit of Japanese raisin tree,

Huangjing/rhizoma polygonati/rhizome of king solomon seal, and

Baizhu.



枳棋子、黄精、白术并堪熬造。惟以糯米作者入药，粟米者次之，余但可食耳。〔时珍曰〕饴饧用麦蘖或谷芽同诸米熬煎而成，古人寒食多食饧，故医方亦收用之。

【气味】

甘，大温，无毒。入太阴经。

〔宗奭曰〕多食动脾风。〔震亨曰〕饴糖属土而成于火，大发湿中之热。寇氏谓其动脾风，言末而遗本矣。〔时珍曰〕凡中满吐逆、秘结牙疳、赤目疳病者，切宜忌之，生痰动火最甚。甘属土，肾病毋多食甘，甘伤肾，骨痛而齿落，皆指此类也。

【主治】

补虚乏，止渴去血别录。补虚冷，益气力，止肠鸣咽



But only that made of Nuomi can be used as drug. That made of Sumi is of secondary quality. Those made of other drugs can only be taken as food.

Li Shizhen: Yitang is processed with Maiya or Guya with rice. Stew the drugs until they are done. Ancient people ate Yitang on the day of Han-shijie (or three straight days, according to another record). Medical books recorded it as a drug.

[Quality and Taste]

It is sweet, very warm and nontoxic. It functions on the initial Yin Channel.

Kou Zongshi: Overeating induces an attack of pathogenic Wind of the Spleen.

Zhu Zhenheng: Yitang pertains to the Earth element and is processed with fire. So, it mobilizes the pathogenic Heat in Humidity. Kou Zongshi said it induced attack of pathogenic Wind of the Spleen. He was correct in saying so, although he only mentioned the result, not the root cause.

Li Shizhen: Patients suffering the following diseases should not eat Yitang:

- vomiting and retching with interior fullness;
- constipation;
- dental caries;
- eye inflammation; and
- malnutrition.

This drug may help produce phlegm and excessive Fire. As a drug of sweet taste pertains to the Earth element, a patient suffering from Kidney disease should not have sweet drugs, as they will damage the Kidney, causing pain in the bone and the falling out of the teeth.

[Indications]

It tones deficiency with general debility, and quenches thirst and remove blood stasis.

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

Sun Simiao: It tones deficiency and warms cold, reinforces physical strength, and stops an intestinal booming sound and relieves throat pain. It stops the spitting of blood, eliminates phlegm, and moistens the Lung to

痛，治唾血，消痰润肺止嗽思邈。健脾胃，补中，治吐血。打损瘀血者，熬焦酒服，能下恶血。又伤寒大毒嗽，于蔓菁、薤汁中煮一沸，顿服之，良孟诜。脾弱不思食人少用，能和胃气。亦用和药寇宗奭。解附子、草乌头毒时珍。

【发明】

〔弘景曰〕古方建中汤多用之。糖与酒皆用米蘖，而糖居上品，酒居中品。是糖以和润为优，酒以醱乱为劣也。





stop coughing.

Meng Xian: It replenishes the Spleen and Stomach, tones the interior and stops hematemesis. Stir-fry the drug until it is scorched and take it with wine to treat physical injury due to flogging and tumbling with blood stasis. It purges malignant blood. It is good for bringing down incessant coughing in febrile disease caused by Cold with excessive toxin. Boil the drug in juice of Manjing/fructus viticis/fruit of shrub chaste tree and Xiebai/bulbus allii macrostemi/bulb of long stamen onion shortly. Take at one draught. It works effectively.

Kou Zongshi: A patient who does not want to eat due to deficient and debilitated condition of the Spleen should not use the drug too much. It is a drug that can harmonize the Stomach qi. It is also used to harmonize the drugs (in one prescription).

Li Shizhen: It detoxifies toxin of Fuzi/radix aconiti lateralis/daughter root of common monkshood and Caowutou/radix aconite kusnezoffii/root of Kusnezoff monkshood.

[Explication]

Tao Hongjing: It is used in big dosage in ancient prescription of Jianzhong Tang.* Both Yitang and wine can be brewed with Guya. But Yitang

*It may refer to either of the following prescriptions:

Xiao Jianzhong Tang:

Guizhi/ramulus cinnamomi/cassia twig,

Shaoyao/radix paeoniae/peony root,

Gancao/radix glycyrrhizae/licuorice root,

Shengjiang/rhizome zingiberis recens/fresh ginger,

Dazao/fructus jujubae/Chinese date, and

Yitang/saccharum granorum/malt extract.

Da Jianzhong Tang:

Shujiao/pericarpium zanthoxyli/Chinese prickly ash,

Ganjiang/rhizome zingiberis/dried ginger,

Renshen/radix ginseng/ginseng root, and

Yitang/saccharum granorum/malt extract.



〔成无己曰〕脾欲缓，急食甘以缓之。胶饴之甘以缓中也。
〔好古曰〕饴乃脾经气分药也。甘能补脾之不足。〔时珍曰〕集异记云：邢曹进，河朔健将也。为飞矢中目，拔矢而镞留于中，钳之不动，痛困俟死。忽梦胡僧令以米汁注之必愈。广询于人，无悟者。一日一僧丐食，肖所梦者。叩之。僧云：但以寒食饴点之。如法用之，应手清凉，顿减酸楚。至夜疮痒，用力一钳而出。旬日而瘥。

【附方】

旧二，新十。（略）



is something of superior quality. Wine is only of medium class. This is because Yitang is harmonizing and moistening. But wine may cause people to become intoxicated, so it is inferior to the former.

Cheng Wuji: when the Spleen is under a stranded condition, it needs to be relaxed by serving drugs of sweet taste urgently. Jiaoyi is just such a drug of sweet taste, which is good to harmonize the interior.

Wang Haogu: Yitang is a drug functioning on the qi system of the Spleen Channel of Foot Initial Yin. Drug of sweet taste can tone the insufficient condition of the Spleen.

Li Shizhen: The book *Jiyi Ji* — Xing Caojin, a mighty general serving in Heshuo area, was once hit in the eye by an arrow during a battle. The arrow shaft was removed but its head remained. It did not seem to be possible to pull out the head. The terrible pain almost killed him. The general had a dream, seeing a monk from the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times) telling him that the cure was to drop rice soup into the eye. The next day, he made inquiries, but nobody understood the cure. Another day, a monk came to him begging a meal. The general found that the monk looked like the one he had dreamed of. When questioned, the monk told him: Drip Yitang onto the locus. So, the general did. Right after that, he felt cooler and comfortable. That night, he felt a terrible itching in the sore. He ordered a doctor to pull the arrowhead out. The doctor did that easily and the general got well within ten days.

[Prescriptions]

Two prescriptions collected previously, and
10 prescriptions collected recently.

醋（别录下品）

【释名】

酢音醋。醯音兮。苦酒

〔弘景曰〕醋酒为用，无所不入，愈久愈良，亦谓之醯。以有苦味，俗呼苦酒，丹家又加余物，谓为华池左味。

〔时珍曰〕刘熙释名云：醋，措也。能措置食毒也。古方多用酢字也。

【集解】

〔恭曰〕醋有数种：有米醋、麦醋、麴醋、糠醋、糟醋、饧醋、桃醋，葡萄、大枣、蓂蓂等诸杂果醋，会意者亦极酸烈。惟米醋二三年者入药。余止可啖，不可入药也。

〔洗曰〕北人多为糟醋，江外人多为米醋，小麦醋不及。糟醋为多妨忌也。大麦醋良。〔藏器曰〕苏言葡萄、大枣诸果





CU

Vinegar

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

[Explanation of Names]

CU (酢)

XI

KUJIU

Tao Hongjing: When vinegar and wine are used as drugs, they function well in the body. The longer they are stored, the better the quality. Vinegar is also known as Xi. As it is bitter in taste, it is also called Kujiu (meaning “bitter wine”). Taoist alchemists blend vinegar with other drugs and use it as a seasoning in their processing.

Li Shizhen: The book *Shi Ming* by Liu Xi — Vinegar is something that can detoxify food toxins. In ancient times, the character used was 酢 (Cu).

[Previous Explanations]

Su Gong: Vinegar can be varied in accordance with the substances used: rice vinegar, wheat vinegar, vinegar made of Jiuqu, Mikang/spermodermis oryzae/seed-coat of rice, Jiuzao/vestigium vinum/remains of wine-brewing, Yitang/saccharum granorum/maltose, peach, grape and date. Some of them, if well, brewed, are very sour and strong. But only rice vinegar that has been stored for two to three years can be used in medicine. Vinegar made of other things can only be used as seasoning.

Meng Xian: People in the north brew vinegar with Jiuzao. People living south of the Yangtze River brew vinegar with rice. Wheat vinegar is not very good in quality. Vinegar made of Jiuzao has a lot of taboos in its use. Vinegar made of barley is of good quality.

Chen Cangqi: Su Gong said that grape and date can be brewed to make



堪作醋，缘渠是荆楚人，土地俭嗇，果败则以酿酒也。糟醋犹不入药，况于果乎？〔时珍曰〕米醋：三伏时用仓米一斗，淘净蒸饭，摊冷盒黄，晒簸，水淋净。别以仓米二斗蒸饭，和匀入瓮，以水淹过，密封暖处，三七日成矣。糯米醋：秋社日，用糯米一斗淘蒸，用六月六日造成小麦大麴和匀，用水二斗，入瓮封酿，三七日成矣。粟米醋：用陈粟米一斗，淘浸七日，再蒸淘熟，入瓮密封，日夕搅之，七日成矣。小麦醋：用小麦水浸三日，蒸熟盒黄，入瓮水淹，七七日成矣。大麦醋：用大麦米一斗，水浸蒸饭，盒黄晒干，水淋过，再以麦饭二斗和匀，入水封闭，三七日成矣。饴醋：用饴一斤，水三升煎化，入白麴末二两，瓶封晒成。其余



vinegar. This is because Su was a native of the Jing and Chu area (middle Yangtze valley). That was a place where life was harsh. So, even rotten fruits were used to brew wine. Even vinegar made of Jiuzao cannot be used in drugs, not to mention that brewed from fruits.

Li Shizhen: The brewing of vinegar may vary as follows:

Rice vinegar: In Sanfu days (three 10-day periods of the hottest days in the year), rinse one *dou* of long-stored rice and then steam it. Spread it to cool it down and seal it until a yellow coating appears. Dry the drug in the sun and winnow away the chaff. Rinse it in water again. Steam another two *dou* of long-stored rice and blend it with the previous processed lot. Keep it in a jar and immerse it in water. Seal the jar tightly and keep in a warm place. Vinegar is made after 21 days.

Vinegar made of Nuomi: On Qiushe day [the fifth Wu day after the day of the solar term marking the Beginning of Autumn (August 7), about mid-September], blend the following things evenly:

One *dou* of Nuomi, rinsed and steamed, and

Jiuqu made of Xiaomai, brewed on the sixth day of the sixth month.

Keep them in a jar and add in two *dou* of water. Seal the jar. After 21 days, vinegar is brewed.

Vinegar made of Sumi (millet): Rinse one *dou* of long-stored Sumi and soak for seven days. Steam it and rinse it. Keep the thing in a jar and seal it. Stir it in the daytime and the evening. Vinegar will be brewed after seven days.

Vinegar made of Xiaomai (wheat): Soak Xiaomai in water for three days. Steam it until it is well done. Seal it until a yellow coating appears. Keep it in a jar immersed in water. Vinegar will be brewed after 49 days.

Vinegar made of Damai (barley): Soak one *dou* of Damai in water and steam it until it is well done. Seal it in a jar until a yellow coating appears. Rinse with water. Blend another two *dou* of steamed Damai with the previous processed lot. Keep it in a jar immersed in water. Seal it. Vinegar will be ready after 21 days.

Vinegar made of Yitang (maltose). Stew one *jin* of Yitang in three *sheng* of water until it melts. Add in two *liang* of white Jiuqu. Seal it in a bottle and keep it in the sun.



糟、糠等醋，皆不入药，不能尽纪也。

米醋【气味】

酸、苦，温，无毒。

〔洗曰〕大麦醋：微寒。余醋并同。〔弘景曰〕多食损人肌脏。〔藏器曰〕多食损筋骨，亦损胃。不益男子，损人颜色。醋发诸药，不可同食。〔时珍曰〕酸属木，脾病毋多食酸。酸伤脾，肉胎而唇揭。服茯苓、丹参人，不可食醋。镜源曰：米醋煮制四黄、丹砂、胆矾、常山诸药也。

【主治】

消痈肿，散水气，杀邪毒别录。理诸药，消毒扁鹊。治产后血运，除癥块坚积，消食，杀恶毒，破结气、心中酸水



Vinegar made of Jiuzao and Mikang are not good for medical use. Brewing of them and other vinegars are not recorded here.

MICU

Rice vinegar

[Quality and Taste]

It is sour, bitter, warm and nontoxic.

Meng Xian: Barley vinegar is slightly cold. Other vinegars are the same.

Tao Hongjing: Overuse of vinegar damages the muscles and Viscera.

Chen Cangqi: Overuse of vinegar damages tendon, bone and Stomach. It is not thing beneficial to man. It damages one's complexion. When vinegar is used together with drugs, it causes side effects.

Li Shizhen: Drug of sour taste pertains to the Wood element. A patient suffering from Spleen disease should not take too much of a sour thing (like vinegar). When the Spleen is damaged, the skin will crease and the lip will crack. When Fuling/poria/Indian bread and Danshen/radix salviae miltiorrhizae/root of Danshen are taken, vinegar should not be taken simultaneously.

The book *Danfang Jingyuan*: In the processing of alchemical drugs, stew rice vinegar to control Xionghuang/realgar/red orpiment, Cihuang/orpimentum/orpiment, Pishi/arsenicum/arsenic, Liuhuang/sulfur/sulphur, Dansha/cinnabaris/cinnabar, Danfan/chalanthitum/chalanthite and Changshan/radix dichroae febrifugae/root of antifebrile dichroa.

[Indications]

It eliminates carbuncle and swelling, disperses Water retention, kills vicious agent and toxin.

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

Bian Que: It harmonizes the drugs and detoxifies toxin.

Chen Cangqi: It treats vertigo due to blood disorder in puerperium, dissolves hard mass and accumulation, helps digestion, kills vicious agent and toxin, and disperses accumulation of qi and phlegm retention with acid



痰饮藏器。下气除烦，治妇人心痛血气，并产后及伤损金疮出血昏运，杀一切鱼、肉、菜毒日华。醋磨青木香，止卒心痛、血气痛。浸黄檗含之，治口疮。调大黄末，涂肿毒。煎生大黄服，治痲癖甚良孟诜。散瘀血，治黄疸、黄汗。

〔好古曰〕张仲景治黄汗，有黄芪芍药桂枝苦酒汤；治黄疸，有麻黄醇酒汤，用苦酒、清酒。方见金匱要略。

【发明】

〔宗奭曰〕米醋比诸醋最醞，入药多用之，谷气全也，故胜糟醋。产妇房中，常以火炭沃醋气为佳，酸益血也。以磨雄黄，涂蜂蛰毒，亦取其收而不散之义。今人食酸则齿软，谓其水生木，水气弱，木气强，故如是。造靴皮者，须



regurgitation.

It brings down adverse ascending gas and eliminates restlessness. It treats female abdominal pain due to disorder of the blood and qi and heart pain, vertigo due to blood disorder in puerperium and due to an incised wound. It detoxifies toxin of all kinds of fish, meat and vegetable.

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

Meng Xian: Grind Qingmuxiang/radix aristolochiae/dutchman's pipe root with vinegar. Take it to stop sudden onset of heart pain and female abdominal pain due to disorder of the blood and qi. Soak Huangbai/cortex phellodendri/bark of Chinese cork tree in vinegar. Hold the solution in the mouth to treat aphtha. Blend it with powder of Dahuang/radix et rhizoma rhei/rhubarb. Apply it to treat pyrogenic infection. Stew Dahuang with vinegar. Use it to dissolve hard mass in the abdomen in the shape of a hanging noose. It works very effectively.

It disperses blood stasis. It treats jaundice and tawny sweat.

Wang Haogu: Master Zhang Zhongjing treated tawny sweat with a prescription of Huangqi Shaoyao Guizhi Kujiu Tang (Decoction of Huangqi/radix astragali/root of membranous milk vetch, Shaoyao/radix paeoniae/peony root, Guizhi/ramulus cinnamomi/cassia twig and vinegar) and the prescription of Mahuang Chunjiu Tang (Decoction of Mahuang/herba ephedrae/ephedra and wine). In this prescription wine and vinegar were used. See the prescriptions in *Jinkui Yaolue (Synopsis of Prescriptions of the Golden Chamber)*.

[Explication]

Kou Zongshi: Rice vinegar is denser than other vinegars and it is more often used in medicine. It has more nourishment of cereals. It is much better than vinegar made of Jiuzao. In the room of a woman in puerperium, it is advised to pour vinegar on the charcoal fire to fumigate the room. The sour atmosphere is good to nourish the blood. Grind Xionghuang with vinegar and apply it to wasp and scorpion stings. It is a good astringent for dispersion of the ailment. Overdose of vinegar makes the teeth soft. This is because the Water element produces the Wood element. When Water is weak, Wood is stronger. That makes the trouble. When boot leather is



得醋而纹皱，故知其性收敛，不负酸收之意。〔时珍曰〕按孙光宪北梦琐言云：一婢抱儿落炭火上烧灼，以醋泥傅之，旋愈无痕。又一少年，眼中常见一镜。赵卿谓之曰：来晨以鱼鲙奉候。及期延至，从容久之。少年饥甚，见台上一瓯芥醋，旋旋啜之，遂觉胸中豁然，眼花不见。卿云：君吃鱼鲙太多，鱼畏芥醋，故权诳而愈其疾也。观此二事，可证别录治痈肿、杀邪毒之验也。大抵醋治诸疮肿积块，心腹疼痛，痰水血病，杀鱼、肉、菜及诸虫毒气，无非取其酸收之义，而又有散瘀解毒之功。李鹏飞云：醋能少饮，辟寒胜酒。王戩自幼不食醋，年逾八十，犹能传神也。

【附方】

旧二十一，新十二。（略）



tanned, vinegar is used to make the leather soft enough to crease. From this, we know its astringing quality.

Li Shizhen: The book *Beimeng Suoyan* by Sun Guangxian — Once a maid was holding a baby in her arms over the charcoal fire to warm themselves, but accidentally dropped the baby onto the fire, and it was burned. Then, clay was blended with vinegar and applied to the burns. The wound healed very soon without any cicatrices. Another case: A young man was seeing a mirror in front of him (actually there was no such thing). Doctor Zhao told him: “I will treat you with preserved fish next morning.” But the young man was not given the fish. After a long time, the man got very hungry and saw a bottle of mustard vinegar. So, he had the vinegar. He began to feel the suffocation in his chest was gone and his illusion was gone, too. Doctor explained: “You have eaten too much preserved fish (so you have an illusion). As fish is afraid of mustard and vinegar, so I tried to let you drink the thing. Your trouble is gone now.” From the above cases, we know what *Mingyi Bielu* recorded about vinegar’s function of treating carbuncle and swelling and killing vicious agents and toxins was correct. Generally speaking, vinegar is good for treating sores, swelling, hard mass, epigastric and abdominal pain, diseases caused by phlegm accumulation. It is also good for detoxifying the toxin of fish, meat, vegetable and insects, this is based on its function of astringing, dispersing of stasis and detoxification of astringing.

Li Pengfei: Taking a little vinegar enables one to be more resistant to cold weather and keeps one from being drunken.

[Prescriptions]

Twenty-one prescriptions collected previously, and
12 prescriptions collected recently.



酒（别录中品）

【释名】

〔时珍曰〕按许氏说文云：酒，就也。所以就人之善恶也。一说：酒字篆文，象酒在卣中之状。饮膳标题云：酒之清者曰酿，浊者曰盎；厚曰醇，薄曰醪；重酿曰酎，一宿曰醴；美曰醕，未榨曰醅；红曰醞，绿曰醖，白曰醴。

【集解】

〔恭曰〕酒有秫、黍、粳、糯、粟、麴、蜜、葡萄等色。凡作酒醴须麴，而葡萄、蜜等酒独不用麴。诸酒醇醪不同，惟米酒入药用。〔藏器曰〕凡好酒欲熟时，皆能候风潮



JIU

Wine

Vinum

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

[Explanation of Names]

Li Shizhen: The book *Shuowen Jiezi* (*Book of Philology* by Xu Shen): Jiu means “an approach,” with which a man may have good or bad deed. Another explanation of the character is a pictograph depicting an ancient wine container with wine in it. The titles in the book *Yinshan Zhengyao* name different wines as follows:

- Lucid wine = Niang;
- turbid wine = Ang;
- thick wine = Chun;
- thin wine = Li;
- wine that is brewed repeatedly = Zhou;
- wine that is brewed the previous day = Li;
- wine of good taste = Xu;
- wine before it is filtered = Pei;
- red wine = Ti;
- green wine = Ling; and
- white wine = Cuo.

[Previous Explanations]

Su Gong: Wine can be brewed by either of the following: Shumi, Shu, Jingmi, Nuomi, Sumi, Jiuqu, honey and grape, etc. When wine is brewed, Jiuqu is needed. But when grape and honey are brewed, no Jiuqu is needed. Wines may be thick or thin. But in medical use, only rice wine is preferred.



而转，此是合阴阳也。〔诜曰〕酒有紫酒、姜酒、桑椹酒、葱豉酒、葡萄酒、蜜酒，及地黄、牛膝、虎骨、牛蒡、大豆、枸杞、通草、仙灵脾、狗肉汁等，皆可和酿作酒，俱各有方。〔宗奭曰〕战国策云：帝女仪狄造酒，进之于禹。说文云，少康造酒，即杜康也。然本草已著酒名，素问亦有酒浆，则酒自黄帝始，非仪狄矣。古方用酒，有醇酒、春酒、白酒、清酒、美酒、糟下酒、粳酒、秫黍酒、葡萄酒、地黄酒、蜜酒、有灰酒、新熟无灰酒，社坛余胙酒。今人所用，有糯酒、煮酒、小豆麹酒、香药麹酒、鹿头酒、羔儿等酒。



Chen Cangqi: When good wine is brewed, its quality may change in accordance with the wind and tide. This is a correspondence to the changes of Yin and Yang.

Meng Xian: There are lots of varieties of wines such as purple wine, ginger wine, wine with mulberry, wine with Cong/herba allii fistulosi/fistular onion and Dochi/semen sojae preparatum/fermented soybean, grape wine, honey wine, wine with Dihuang/radix rehmanniae/root of rehmannia, Niuxi/radix achyranthis bidentatae/root of two tooth achyranthes, Hugu/os tigris/tiger bone, Niubangzi/fructus arctii/achene of great burdock, Dadou/semen sojae nigra/seed of black soybean, Gouqizi/fructus lycii/ripe fruit of barberry wolfberry, Tongcao/caulis aristolochiae manshuriensis/stem of Manchurian dutchman's pipe, Xianlingpi/herba epimedii/herb of short-horned epimedium and juice of dog meat. Each is brewed in a special way.

Kou Zongshi: The book *Zhanguo Ce* — Ti Di, daughter of the king, brewed wine and offered it as a tribute to King Yu [founder of the Xia Dynasty (2070-1600 B.C.)].

The book *Shuowen Jiezi (Book of Philology by Xu Shen)*: Shao Kang, another king of the Xia Dynasty, brewed wine, and that was Dukang wine. But, since wine was recorded in *Shen Nong Bencao Jing* and in the classic *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*, the beginning of wine brewing should be set at the Yellow Emperor's time, and not from Yi Di. In ancient times the following wines were used in medicine:

- Thick wine;
- spring wine;
- white wine (spirit);
- lucid wine;
- wine of good taste;
- wine under Jiuzao;
- wine of Jingmi;
- wine of Shumi;
- grape wine;
- wine with Dihuang;
- honey wine;



江浙、湖南北又以糯粉入众药，和为鞠，曰饼子酒。至于官务中，亦有四夷酒，中国不可取以为法。今医家所用，正宜斟酌。但饮家惟取其味，不顾入药何如尔，然久之未见不作疾者。盖此物损益兼行，可不慎欤？汉赐丞相上尊酒，糯为上，稷为中，粟为下。今入药佐使，专用糯米，以清水白面鞠所造为正。古人造鞠未见入诸药，所以功力和厚，皆胜余酒。今人又以蘖造者，盖止是醴，非酒也。书云：若作酒醴，尔惟鞠蘖。酒则用鞠，醴则用蘖，气味甚相辽，治疗岂不殊也？〔颖曰〕入药用东阳酒最佳，其酒自古擅名。事林



- wine with ash;
- wine without ash newly brewed; and
- wine for sacrifices.

Wines used by modern people are:

- Wine of Nuomi;
- boiled wine;
- wine of Jiuqu made of Chixiaodou/semn phaseoli/rice bean;
- wine of Jiuqu made of fragrant drugs;
- deer head wine; and
- lamb wine.

People living in Jiangsu, Zhejiang, Hubei and Hunan prepare a kind of Jiuqu with powder of Nuomi blended with other drugs and brew wine with it. Such wine is called Bingziji. In official activities, wines imported from foreign countries are also used. Brewing of such wine is different from the Chinese way. With so many different wines, doctors should give careful consideration to them before choosing one for medical use. But normally, people who love drinking only consider the taste of the wine. The therapeutic function of wines are never taken into consideration. But after long time of consumption, diseases are sure to arise. This is because wine is something that is both good and bad to one's health. We have to be cautious in choosing the drink. In Han Dynasty (206 BC – AD 220), the emperor conferred wine on his prime minister. The wine was differentiated into three categories: wine made of Nuomi was considered superior; wine made of Jimi was of secondary quality and wine made of Sumi was inferior. Now, when wine is used as a guiding drug in making up a prescription, only wine made of Nuomi is used, and it should be brewed with good quality water and white Jiuqu made of wheat flour. In ancient times, no drug was added in the preparation of Jiuqu. Therefore the wine brewed was strong and harmonious in its quality. Now, people use sprout (of wheat, barley, millet, etc.) to brew wine. But the thing can only be called Li, rather than wine.

The book *Shang Shu*: If wine and Li are to be brewed, Qu (Jiuqu) and Nie (sprout) should be used. So, this means wine should be brewed with Jiuqu and Li with sprout. As the quality and taste of the two differ greatly, their therapeutic functions are not the same either.



广记所载酿法，其麴亦用药。今则绝无，惟用麸面、蓼汁拌造，假其辛辣之力，蓼亦解毒，清香远达，色复金黄，饮之至醉，不头痛，不口干，不作泻。其水秤之重于他水，邻邑所造俱不然，皆水土之美也。处州金盆露，水和姜汁造麴，以浮饭造酿，醇美可尚，而色香劣于东阳，以其水不及也。江西麻姑酒，以泉得名，而麴有群药。金陵瓶酒，麴米无嫌，而水有硷，且用灰，味太甘，多能聚痰。山东秋露白，色纯味烈。苏州小瓶酒，麴有葱及红豆、川乌之类，饮之头痛口渴。淮南绿豆酒，麴有绿豆，能解毒，然亦有灰不美。〔时珍曰〕东阳酒即金华酒，古兰陵也，李太白诗所谓“兰陵美酒郁金香”即此，常饮入药俱良。山西襄陵酒、蓟州薏苡酒皆清烈，但麴中亦有药物。黄酒有灰。秦、蜀有咂嘛酒，用稻、麦、黍、秫、药麴，小罌封酿而成，以筒吸饮。谷气既杂，酒不清美，并不可入药。



Wang Ying: Wine brewed in the Dongyang is the best for medical use. Wine brewed there has been famous since ancient times. The book *Shilin Guangji* recorded the method of brewing wine, including the blending of drugs. But now, people no longer put drugs into Jiuqu. It is made by Maifu/ *testa tritici levis*/wheat bran and flour blended with juice of Liao/ *herba polygoni hydropiperis*/herb of red-knees. Wine brewed with such yeast is pungent. And Liao has the function of detoxification. It adds longstanding fragrance to the wine. The wine is golden yellow in color. Even if one gets drunk, he will not feel any headache later, nor will he feel thirsty or have diarrhea. When the water taken from that place is weighed, it is heavier than that of other places. Wine brewed in the neighboring areas is not as good as that brewed in Dongyang. The difference lies in the special quality of water provided in the place. Jinpenlu, wine brewed in Chuzhou with Jiuqu made of Jiangzhi/ *succus zingiberis recens*/juice of fresh ginger and steamed rice, is also a good quality wine. But its color and fragrance are not as good as that brewed in Dongyang, as the water there is not as good. Magu wine brewed in Jiangxi is so named after the spring that provides the water. Jiuqu used in this wine contains drugs. The bottle wine brewed in Jinling is brewed with good Jiuqu, but the water is alkaline. It also contains ash and it is too sweet. Overuse will help accumulate phlegm. Qiulubai wine brewed in Shandong is pure in color and strong in taste. The little bottle wine brewed in Suzhou is brewed with a kind of Jiuqu containing Cong, Chixiaodou and Chuanwu/ *radix aconoti*/Sichuan aconite root. Drinking of this brings on a headache and thirst. Lüdou wine brewed in Huainan is brewed with Jiuqu of Lüdou/ *semen phaseoli radiati*/green gram. It has the function of detoxification. But it contains ash and does not look so good.

Li Shizhen: Dongyang wine is also called Jinhua wine. The place was called Lanling in ancient times. Li Bai had a poem mentioning this wine, saying: Good wine brewed in Lanling is enriched with fragrance of a tulip. It is a wine not only good for daily drinking but also good for medical use. Xiangling wine brewed in Shanxi, Yiyi wine brewed in Jizhou are all lucid and strong. But the Jiuqu used contains drugs. Yellow rice wine always has hass. In the Qin and Shu areas, there is a kind of Zama wine, which is brewed with rice, wheat, Shu, Shumi and Jiuqu with drugs. People drink



米酒

〔气味〕苦、甘、辛，大热，有毒。〔诜曰〕久饮伤神损寿，软筋骨，气动气痢。醉卧当风，则成癡风。醉浴冷水成痛痹。服丹砂人饮之，头痛吐热。〔士良曰〕凡服丹砂、北庭、石亭脂、钟乳、诸礬石、生姜，并不可长用酒下，能引石药气入四肢，滞血化为痈疽。〔藏器曰〕凡酒忌诸甜物。酒浆照人无影，不可饮。祭酒自耗，不可饮。酒合乳饮，令人气结。同牛肉食，令人生虫。酒后卧黍穰，食猪肉，患大风。〔时珍曰〕酒后食芥及辣物，缓入筋骨。酒后饮茶，伤肾脏，腰脚重坠，膀胱冷痛，兼患痰饮水肿、消渴挛痛之疾。一切毒药，因酒得者难治。又酒得咸而解者，水



such wine through a tube. It contains multiple cereals and is not very lucid. The above wines are no good for medical use.

MIJIU

Rice wine

[Quality and Taste]

It is bitter, sweet, pungent, very hot and toxic.

Meng Xian: Long-term drinking of it consumes one's energy and shortens one's lifespan, softens one's tendon and bone and induces dysentery with flatus. When one is drunk and exposed to wind, he will contract vitiligo. When he is drunk and exposed to cold water, he will contract arthralgia. When a person takes alchemical stone drugs, he should not drink the wine. If he does, he will have a headache, vomiting and fever.

Chen Shiliang: When alchemical stone drugs such as cinnabar, halitum purpureum, red sulfur, stalactite, Yushi or fresh ginger are taken, they should not be washed down with wine all the time as this will lead the drugs to stay with the extremities and to evolve into blood stasis and carbuncle and phlegmon.

Chen Cangqi: When drinking wine, sweet things are prohibited. When the drinker looks into the wine cup, if he cannot see his own reflections, the wine should not be taken. Wine that has been used as a sacrifice should not be taken. When wine is taken together with milk, it will bring about stagnation of qi. If the wine is taken together with beef, worms will germinate. After drinking wine, if the patient lies on the straw of Shumi and eat pork, he may contract leprosy.

Li Shizhen: After drinking, if one still takes mustard and other food of hot taste, it loosens the tendon and bone. After drinking wine, if one drinks tea, it will casue the following troubles: Kidney damage, cold and pain in the Urinary Bladder, also Tannin fluid retention and edema, diabetes with thirst and contraction with pain. Intoxication accompanied by drinking of wine will be difficult to treat, unless something salty is taken. This is because the Water element (the salt) can control the Fire element (the wine). Wine is something that flames and moves upward and salt is something that



制火也，酒性上而咸润下也。又畏枳椇、葛花、赤豆花、绿豆粉者，寒胜热也。

〔主治〕行药势，杀百邪恶毒气别录。通血脉，厚肠胃，润皮肤，散湿气，消忧发怒，宣言畅意藏器。养脾气，扶肝，除风下气孟诜。解马肉、桐油毒，丹石发动诸病，热饮之甚良时珍。

屠苏酒

陈延之小品方云：此华佗方也。元旦饮之，辟疫疠一切不正气。造法：用赤木桂心七钱五分，防风一两，菝葜五钱，蜀椒、桔梗、大黄五钱七分，乌头二钱五分，赤小豆



moistens and goes downward. Wine is incompatible to the following drugs:

- Zhijuzi/fructus hoveniae/fruit of Japanese raisin tree,
- Gehua/flos puerariae lobatae/flower of lobed kudzuvine,
- Chixiaodouhua/flos phaseoli/rice bean flower, and
- powder of Lüdou/semen phaseoli radiate/green gram.

This also shows that drugs of cold quality (as drugs listed above) can conquer drugs of hot quality.

[Indications]

It promotes the circulation and functioning of drugs. It kills vicious agents and toxin of various kinds.

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

Chen Cangqi: It dredges through the blood circulation, strengthens the Intestine and Stomach functions, moistens the skin, disperses Humidity, relieves melancholy and reduces anger, and makes one talk heartily and feel happy.

Meng Xian: It nourishes the Spleen qi, reinforces the Liver, disperses the invading pathogenic Wind and brings down the adverse ascending of gas.

Li Shizhen: It detoxifies toxin of horsemeat, Tongyou/oleum verniciae fordii seminis/seed-oil of tungoil tree and relieves the side effects of alchemical stone drugs. It works better if it is taken hot.

TUSUJIU

Tusu wine

The book *Xiaopin Fang* by Chen Yanzhi: This is a prescription provided by Master Hua Tuo. Drink the wine on New Year's Day. It prevents attacks of all kinds of vicious agents and epidemics. Preparation:

7.5 *qian* of Guixin/cortex cinnamomi/inner bark of cassia,

1 *liang* of Fangfeng/radix ledebouriellae/root of divaricate saposnikovia,

5 *qian* of Baqi/rhizome smilacis chinensis/rhizome of chinaroot greenbrier,

5.7 *qian* of Shujiao/pericarpium zanthoxyli/Chinese prickly ash from

十四枚，以三角绛囊盛之，除夜悬井底，元旦取出置酒中，煎数沸。举家东向，从少至长，次第饮之。药滓还投井中，岁饮此水，一世无病。

〔时珍曰〕苏魁，鬼名。此药屠割鬼爽，故名。或云，草庵名也。



Sichuan,

5.7 *qian* of Jiegeng/radix platycodi/platycodon root,

5.7 *qian* of Dahuang/radix et rhizome rhei/rhubarb,

2.5 *qian* of Wutou/radix aconite/Sichuan aconite root, and

14 Chixiaodou/semen phaseoli/rice bean.

Hold in a triangular silk bag and hang it over the bottom of a well on New Year's Eve. Take the bag out on New Year's Day. Soak it in wine and heat several times. Members of the family should all sit with their faces toward the east and drink the wine, starting from the youngest to the oldest. The dregs should be thrown into the drinking well. In this way, people will not get sick after drinking the water from this well.

Li shizhen: Su Kui is the name of a ghost. This drug is good to kill the ghost. Hence the name Tusu (meaning "kill the Su"). Some others say that Tusu is a name of a thatched monastery.





烧酒（纲目）

【释名】

火酒纲目。阿刺吉酒饮膳正要。

【集解】

〔时珍曰〕烧酒非古法也。自元时始创其法，用浓酒和糟入甑，蒸令气上，用器承取滴露。凡酸坏之酒，皆可蒸烧。近时惟以糯米或粳米或黍或秫或大麦蒸熟，和麴酿瓮中七日，以甑蒸取。其清如水，味极浓烈，盖酒露也。〔颖曰〕暹罗酒以烧酒复烧二次，入珍宝异香。其坛每个以檀香



SHAOJIU

Spirit

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

[Explanation of Names]

HUOJIU

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

ALAJIJIU

— *Yinshan Zhengyao (Principles of Correct Diet)*.

[Previous Explanations]

Li Shizhen: Spirit was not brewed in ancient times. The method of brewing this wine dates back to the Yuan Dynasty (1271-1368). Preparation: Steam thick wine together with Jiuzao/vestigium vinum/remains of wine brewing in a pot. Collect the distilled liquid from the steam with another container to produce the spirit. Even wine that has gone sour can be processed in this way. But now, the processing is different, being prepared with either of the following:

Nuomi,
Jingmi,
Shu,
Shumi, and
Damai.

Steam either of the above cereals. Blend it with Jiuqu and keep it in a jar for seven days. Then, steam it in a steaming pot to get the distilled liquid. It is as clear as pure water, but it is very strong in taste. This is actually the essence of wine.

Wang Ying: Spirit brewed in Xianluo (Thailand) is steamed twice and blended with certain precious spices. Each wine jar is fumigated by



十数斤烧烟熏令如漆，然后入酒蜡封，埋土中二三年，绝去烧气，取出用之。曾有人携至舶，能饮三四杯即醉，价值数倍也。有积病，饮一二杯即愈，且杀蛊。予亲见二人饮此，打下活虫长二寸许，谓之鱼蛊云。

【气味】

辛、甘，大热，有大毒。

〔时珍曰〕过饮败胃伤胆，丧心损寿，甚则黑肠腐胃而死。与姜、蒜同食，令人生痔。盐、冷水，绿豆粉解其毒。

【主治】

消冷积寒气，燥湿痰，开郁结，止水泄，治霍乱疟疾噎膈，心腹冷痛，阴毒欲死，杀虫辟瘴，利小便，坚大便，洗赤目肿痛，有效时珍。

【发明】

〔时珍曰〕烧酒，纯阳毒物也。面有细花者为真。与火同性，得火即燃，同乎焰消。北人四时饮之，南人止暑月饮



burning a dozen Tanxiang/lignum santali albi/sandalwood until the jar is as black as lacquer. Then, the jar is filled with spirit and sealed with wax. The jar is buried in the earth for two to three years. In this way, the burning function is completely eradicated. Once someone got the spirit and drank it in a boat. After drinking three to four cups, the person got intoxicated. This spirit is several times more expensive than ordinary spirit. After drinking one or two cups, one will get rid of inveterate disease. It also treats Gudu. I once saw two patients drinking this spirit. After that, they defecated live worms two *cun* long. It was said to be a disease of Yugu (disease due to noxious agents produced by fish).

[Quality and Taste]

It is pungent, sweet, very hot and very toxic.

Li Shizhen: Overdrinking of it will damage the Stomach and Gall Bladder, injure the Heart and shorten the lifespan. In a serious case, the Intestine will be blackened and the Stomach will rot, so that the person dies. If Shengjiang/rhizoma zingiberis recens/fresh ginger and Suan/bulbus allii sativum/garlic are eaten at the time of drinking, hemorrhoids will result. To detoxify the toxin of spirit, take either of the following: salt, cold water or powder of Lüdou.

[Indications]

Li Shizhen: It dissolves stagnation of pathogenic Cold, dries humid phlegm, eliminates stagnation and melancholy, and stops water diarrhea. It is good for treating cholera, malaria and dysphagia. It relieves epigastric and abdominal pain with cold feeling and terrible pain in Yin (toxin of *Yin* and cold nature). It kills worms and prevents an attack of miasma. It facilitates urination and consolidates the stool. It can be used to wash an inflamed eye.

[Explication]

Li Shizhen: Spirit is a toxic thing with pure Yang. If there are very fine ripples on the surface, it is genuine spirit. It has the same quality as fire, so, when it can burn. It is similar to Yanxiao/salnitri/niter in this respect.



之。其味辛甘，升扬发散；其气燥热，胜湿祛寒。故能开怫郁而消沉积，通膈噎而散痰饮，治泄症而止冷痛也。辛先入肺，和水饮之，则抑使下行，通调水道，而小便长白。热能燥金耗血，大肠受刑，故令大便燥结，与姜、蒜同饮即生痔也。若夫暑月饮之，汗出而膈快身凉；赤目洗之，泪出而肿消赤散，此乃从治之方焉。过饮不节，杀人顷刻。近之市沽，又加以砒石、草乌、辣灰、香药，助而引之，是假盗以方矣。善摄生者宜戒之。按刘克用病机赋云：有人病赤目，以烧酒入盐饮之，而痛止肿消。盖烧酒性走，引盐通行经络，使郁结开而邪热散，此亦反治劫剂也。

【附方】

新七。（略）



People in the north drink spirit all the year round. But people in the south only drink it in the summer. It is pungent and sweet and has the tendency of ascending and dispersing. It is dry and hot in quality. It overcomes Humidity and dispersed Cold. Therefore, it is good to open up a pent-up condition and disperse prolonged stagnation in depth, dredge through dysphagia and expel retained phlegm, stop diarrhea and malaria and relieve pain with cold. The pungent taste functions first on the Lung. But if it is blended with water, it may lead everything to flow downward, thus smoothing urination. Urine becomes ample and clear. It is also hot in quality. Therefore, it dries the Metal element and exhausts the blood. In this way, the Large Intestine is targeted and constipation is the logical result. If Shengjiang and Suan are eaten at the time of drinking, hemorrhoids result. If one drinks on humid summer days, he will have perspiration and feel comfortable in the chest and cool off a little. It can be used to wash an inflamed eye. After shedding of tears, swelling will disperse and the inflammation will be gone. This is called "treatment contrary to routine." If one drinks without any control, he may kill himself. Nowadays, merchants add strong drugs, such as Pishi/arsenicum/arsenic, Caowutou/radix aconite kusnezoffii/root of Kusnezoff monkshood, ash of pepper or spices to reinforce its function. This is a way to help a thief by giving him the tools (prescription). Those who wish to enjoy a long life should be aware of its harmful effect to the human body. The book *Bingji Fu* by Liu Keyong recorded a case: A patient was suffering from an eye inflammation. A doctor told him to drink spirit blended with salt. The pain was gone and inflammation subsided, too. Comment: This is because spirit is a drug characteristic of moving swiftly and salt is used to guide it to function along the Channels and Collaterals. In this way, pent-up condition is dredged through and pathogenic Heat is dispersed. This is also an example showing a treatment contrary to routine.

[Prescriptions]

Seven prescriptions collected recently.

韭（别录中品）

【释名】

草钟乳拾遗。起阳草侯氏药谱。

〔颂曰〕案许慎说文：韭字象叶出地上形。一种而久生，故谓之韭。一岁三四割，其根不伤，至冬壅培之，先春复生，信乎久生者也。〔藏器曰〕俗谓韭叶是草钟乳，言其温补也。〔时珍曰〕韭之茎名韭白，根名韭黄，花名韭菁。礼记谓韭为丰本，言其美在根也。薤之美在白，韭之美在黄，黄乃未出土者。





JIU

Tuber onion

Chive

Allium tuberosum Rottler

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

[Explanation of Names]

CAOZHONGRU

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

QIYANGCAO

— *Houshi Yaopu*.

Su Song: According to the book *Shuowen Jiezi (Book of philology by Xu Shen)*, the character Jiu symbolizes the leaves of the tuber onion on the ground. This is a herb that grows after cutting. In a year, the leaf can be cut three to four times, and the root is not hurt. In winter, earth up the root and next spring, it will grow again. So it is called 韭 (Jiu), which has the same pronunciation of 久 (Jiu), which means long life.

Chen Cangqi: People call Jiucai/*folium allii tuberosi*/leaf of tuber onion as Caozhongru* colloquially, as it is warm and has tonifying properties.

Li Shizhen: The stem of tuber onion is called Jiubai, while the root is called Jiuhuang and the flower is called Jiuqing. The book *Li Ji (Record of Rites)* said that rubber onion had a plump root, which was the best part of the herb. The best part of Xiebai/*bulbus allii macro stemi*/bulb of long stamen onion is the stem. And the best part of Jiucai is the yellow part, or the stem under the earth.

*Cao = herbal, Zhongru = Zhongrushu/*stalactium*/stalactite



【集解】

〔时珍曰〕韭丛生丰本，长叶青翠。可以根分，可以子种。其性内生，不得外长。叶高三寸便剪，剪忌日中。一岁不过五剪，收子者只可一剪。八月开花成丛，收取腌藏供饌，谓之长生韭，言剪而复生，久而不乏也。九月收子，其子黑色而扁，须风处阴干，勿令浥郁。北人至冬移根于土窖中，培以马屎，暖则即长，高可尺许，不见风日，其叶黄嫩，谓之韭黄，豪贵皆珍之。韭之为菜，可生可熟，可菹可久，乃菜中最有益者也。罗愿尔雅翼云：物久必变，故老韭为菹。〔颂曰〕郑玄言政道得则阴物变为阳，故葱变为韭，可验葱冷而韭温也。

【气味】

辛、微酸，温，涩，无毒。

〔时珍曰〕生：辛，涩。熟：甘、酸。〔大明日〕热。〔宗奭曰〕春食则香，夏食则臭，多食则能昏神暗目，酒后尤忌。〔诜曰〕热病后十日食之，即发困。五月多食，乏气



[Previous Explanations]

Li Shizhen: Jiucai grows in tussocks. Its root is plump; its leaf is long and fresh green. It can be transplanted by dividing the roots or by sowing the seed. It grows upright and does not spread all about. When the leaf is as long as three *cun*, it can be cut off, but cuttings should not exceed five times. Do not cut it at noon, however. If it is wished to have the seed, cut the leaf only once a year. In the eighth month, flowers bloom in the tussock. These can be collected and preserved with salt. It is a delicacy. It is colloquially called “long life tuber onion,” as it can be cut time after time. Collect the seed in the ninth month. It is black and flat. It should be dried in a well-ventilated place. It should not be kept in a humid location. People in the north transplant the root into an earthen cave in the winter and fill it up with horse dung. When it is warm, it begins to grow up to one *chi* tall. It is not exposed to the wine and sun, so its leaf is yellow and tender. It is called Jiuhuang. It is a delicacy cherished even by the rich. Jiucai is a kind of vegetable that can be eaten fresh or can be fried, or preserved and served after a long time. It is one the beneficial vegetables.

The book *Er Ya Yi* by Luo Yuan: When things are getting old, they may change, thus, Jiucai may turn into Xian.

Su Song: Zheng Xuan once said that when politics are in a harmonious state, things of Yin property may evolve into things related to Yang. So Cong/herba allii fistulosi/fistular onion may evolve into Jiucai. From this, we know that Cong is something cold and Jiucai is something warm.

[Quality and Taste]

It is pungent, slightly sour, warm, astringent and nontoxic.

Li Shizhen: The fresh herb is pungent and astringent and the prepared herb becomes sweet and sour.

Da Ming: It is hot in quality.

Kou Zongshi: When the herb is eaten in the spring, it smells wonderful; when it is eaten in the summer, it smells bad. Overeating of it will bring about mental confusion and dimness of the eyes. It is especially prohibited after drinking wine.

Meng Xian: If it is eaten ten days after one has just recovered from febrile disease, it induces sleepiness. If it is overeaten in the fifth month, it



力。冬月多食，动宿饮，吐水。不可与蜜及牛肉同食。

【主治】

归心，安五脏，除胃中热，利病人，可久食别录。〔时珍曰〕案千金方作可久食，不利病人。叶：煮鲫鱼鲐食，断卒下痢。根：入生发膏用弘景。根、叶：煮食，温中下气，补虚益阳，调和脏腑，令人能食，止泄血脓，腹中冷痛。生捣汁服，主胸痹骨痛不可触者，又解药毒，疗狂狗咬人数发者，亦涂诸蛇虺、蝎蚤、恶虫毒藏器。煮食，充肺气，除心腹痼冷痲癖。捣汁服，治肥白人中风失音日华。煮食，归肾壮阳，止泄精，暖腰膝宁原。炸熟，以盐、醋空心吃十顿，



causes general fatigue. If it is overeaten in winter, it induces an attack of fluid retention syndrome with vomiting of fluid. It should not be eaten together with honey and beef.

[Indications]

It functions on the Heart system. It pacifies the Five Viscera, eliminates Heat in the Stomach and is good for a patient. It can be eaten regularly over a long time.

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

Li Shizhen: According to *Qianjin Yaofang*, the drug can be eaten regularly over a long time. But it is not good for a patient.

Tao Hongjing: The leaf can be stewed together with Jiyu/carassius/crucian carp to make a preserved fish. Take it to stop the sudden onset of dysentery. The root can be added into ointment designed to promote hair growth.

Chen Cangqi: Stew the root and leaf and take to warm the interior and bring down adverse ascending gas; it tones up a deficient and debilitated condition and reinforces the Yang. It harmonizes the Viscera and Bowels and whets the appetite. It stops dysentery with discharge of blood and pus, abdominal pain with cold feeling. Pound the drug to get juice and take to treat Xiongbi (chest obstruction with pain and stuffiness) with terrible pain that cannot tolerate palpation. It is also good for detoxifying toxin of various drugs. It can be applied to treat the bite of a rabid dog with repeated attacks. It can also be applied to treat snakebite, and the sting of a scorpion and other toxic insects.

Stew the drug. Take it to fulfill the Lung qi, to disperse hard mass in the shape of a hanging noose with cold feeling in the epigastria and abdomen. Pound the drug to get juice. Drink it to treat apoplexy with aphasia of a man with plump build and tender complexion.

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

Ning Yuan: Stew the drug and take to replenish the Kidney and enhance male sexuality and stop emission. It warms the waist and knee.

Meng Xian: Fry the drug and eat with salt and vinegar. After eating ten servings, one's dyspnea in the chest and diaphragm can be cured.



治胸膈噎气。捣汁服，治胸痹刺痛如锥，即吐出胸中恶血甚验。又灌初生小儿，吐去恶水恶血，永无诸病洗。主吐血唾血，衄血尿血，妇人经脉逆行，打扑伤损及膈噎病。捣汁澄清，和童尿饮之，能消散胃脘瘀血，甚效震亨。饮生汁，主上气喘息欲绝，解肉脯毒。煮汁饮，止消渴盗汗。熏产妇血运，洗肠痔脱肛时珍。

【发明】

〔弘景曰〕此菜殊辛臭，虽煮食之，便出犹熏灼，不如葱、薤熟即无气，最是养生所忌。〔颂曰〕菜中此物最温而益人，宜常食之。昔人正月节食五辛以辟疠气，谓韭、薤、葱、蒜、姜也。〔宗奭曰〕韭黄未出粪土，最不益人，食之滞气，盖含抑郁未申之气故也。孔子曰不时不食，正谓此类。花食之亦动风。〔思邈曰〕韭味酸，肝病宜食之，



Pound the drug to get juice. Take it to treat Xiongbai with a stabbing pain. The patient will vomit out malignant blood after taking the drug. It is very effective. It can also be fed to a neonatal baby. The baby will vomit out malignant fluid and blood, and will then never have any disease.

Zhu Zhenheng: It is good for treating hematemesis, spitting of blood, epistaxis, hematuria and retrograde menstruation. It also treats damage and injury due to falling down or beating, and eliminates dysphagia. Pound the drug to get juice; filter and blend with Tongniao/urina hominis/urine of boys under the age of three years. Take to disperse blood stasis in the epigastria. It is very effective.

Li Shizhen: Take the juice of the fresh herb to bring down asthma with terrible dyspnea. It detoxifies the toxin of preserved meat. Stew the drug to get juice to quench thirst in diabetes and to stop night sweat. It can be burned to fumigate a woman in puerperium with vertigo due to blood disorder. It can also be used to make a solution to wash hemorrhoids and a prolapsed rectum.

[Explication]

Tao Hongjing: Jiucail is pungent and smells strongly. Even if it is boiled, it is still emitting a strong bad smell. When Cong or Xiebai are boiled, they do not have any smell. Therefore Jiucail is not something cherished by people who enjoy longevity.

Su Song: Among vegetables, this one is the warmest and is beneficial to health. It should be eaten regularly and frequently. In ancient time, people ate the five pungent vegetables in the festival in the first month of the year to prevent an attack of epidemics. The five pungent vegetables are: Jiucail, Xiebai, Cong, Suan/bulbus allii sativum/garlic and Shengjiang/rhizoma zingiberis recens/fresh ginger.

Kou Zongshi: Jiuhuang (yellow stem under earth) is buried with soil and is therefore not good for the health. Eating of it will lead to stagnation of qi, because it is something under the earth. Confucius said: Do not eat untimely things. And this is just such an untimely thing. The flower of tuber onion is something that triggers apoplexy.

Sun Simiao: Jiucail is sour in taste. People suffering from Liver disease



大益人心。〔时珍曰〕韭，叶热根温，功用相同。生则辛而散血，熟则甘而补中。入足厥阴经，乃肝之菜也。素问言心病宜食韭，食鉴本草言归肾，文虽异而理则相贯。盖心乃肝之子，肾乃肝之母，母能令子实，虚则补其母也。道家目为五荤之一，谓其能昏人神而动虚阳也。有一贫叟病噎膈，食入即吐，胸中刺痛。或令取韭汁，入盐、梅、卤汁少许，细呷，得入渐加，忽吐稠涎数升而愈。此亦仲景治胸痹用薤白，皆取其辛温能散胃脘痰饮恶血之义也。〔震亨曰〕心痛有食热物及怒郁，致死血留于胃口作痛者，宜用韭汁、桔梗加入药中，开提气血。有肾气上攻以致心痛者，宜用韭汁和五苓散为丸，空心茴香汤下。盖韭性急，能散胃口血滞也。



should use it. It is also beneficial to the Heart.

Li Shizhen: The leaf of tuber onion is hot and the root is warm in quality. They have the same therapeutic functions. When it is served fresh, it is pungent and disperses blood stasis. When it is prepared, it becomes sweet and tones up the interior. It functions on the Liver Channel of Foot Greater Yin. It is the vegetable of the Liver.

Huangdi Neijing: Suwen: People suffering from Heart disease should eat Jiucai.

Shijian Bencao: Jiucai functions on the Kidney system. Although the two ideas differ, they conform to each other theoretically. This is due to the interrelationships of the Five Viscera: The Heart is the son Viscus of the Liver, and the Kidney is the mother Viscus of the Liver. When the mother Viscus is strong, it makes the son Viscus strong, too. In this way, the strong Kidney tones up the son Viscus the Liver. The reinforced Liver will tone up the son Viscus, the Heart. This is a principle called “to tone up the mother Viscus when a Viscus is deficient.” Taoists consider Jiucai as one of the five pungent vegetables, thinking it may bring mental confusion and trigger the upward movement of deficient Yang. Here is a case: Once, a poor monk was suffering from dysphagia with vomiting of food very soon after intake and a stabbing pain in the chest. Someone told him to take the following:

Juice of Jiucai blended with a little salt, Mei/fructus mume/plum fruit and Lujian/crystallus bitter/bittern crystal.

The monk sipped the juice little by little. The dosage was gradually increased. Suddenly, the patient vomited out several *sheng* of sticky saliva. After that, he recovered. This is a case treated in the same way as Master Zhang Zhongjing treating Xiongbi with Xiebai. Treatment is based on the pungent taste and warm and dispersing quality of the drug, which can disperse the phlegm fluid retention and malignant blood in the epigastria.

Zhu Zhenheng: Eating hot food may cause heart pain and pent-up, excessive anger, causing the formation of blood stasis in the Stomach. Juice of Jiucai and Jiegeng/radix platycodi/platycodon root can be added into the decoction to activate the blood and qi. If heart pain is due to the upward

又反胃宜用韭汁二杯，入姜汁、牛乳各一杯，细细温服。盖韭汁消血，姜汁下气消痰和胃，牛乳能解热润燥补虚也。一人腊月饮刮剝酒三杯，自后食必屈曲下膈，硬涩微痛，右脉甚涩，关脉沉。此污血在胃脘之口，气因郁而成痰，隘塞食道也。遂以韭汁半盏，细细冷呷，尽半斤而愈。

【附方】

旧十二，新二十。（略）





attack of Kidney qi, juice of Jiucail should be blended with Wuling San* to make pills. Take the pills with a decoction of Huixiang/fructus foeniculi/fennel fruit before meal. In this prescription, Jiucail is used to disperse the blood stasis in the Stomach. The treatment of regurgitation is as follows: Blend two cups of juice of Jiucail with one cup of Jiangzhi and one cup of cow's milk. Take the warm solution little by little. In this prescription, juice of Jiucail is used to remove blood stasis, Jiangzhi is used to bring down the adverse ascending gas, eliminate phlegm and harmonize the Stomach qi, and cow's milk is used to eliminate the Heat, moisten the Dryness and tone up the deficiency. Here is another case: One man drank three cups of Guaduo** wine in the twelfth month. After that, the person would bend his back after eating with hardness and vague pain. His pulse on the right wrist was very hesitant. Pulse on Guan (bar) position was deep. This signified blood stasis staying at the upper opening of the Stomach, obstructing the esophagus. Pathology was accumulation of qi (Vital Energy) evolved into phlegm. The patient was given half a cup of cold juice of Jiucail/foolium allii tuberose/leaf of tuber onion to sip little by little. After half a jin of the juice was consumed, the syndrome was gone.

[Prescriptions]

Twelve prescriptions collected previously, and
20 prescriptions collected recently.

*Wuling San:

Zhuling/polyporus/agaric,

Fuling/poria/Indian bread,

Zexie/rhizoma alismatis/rhizome of oriental water plantain,

Guizhi/ramulus cinnamomi/cassia twig,

Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes.

**A kind of wine or spirit. Source is unknown.



葱（别录中品）

【释名】

朮纲目。菜伯同。和事草同。鹿胎

〔时珍曰〕葱从囟。外直中空，有囟通之象也。朮者，草中有孔也，故字从孔，朮脉象之。葱初生曰葱针，叶曰葱青，衣曰葱袍，茎曰葱白，叶中涕曰葱苒。诸物皆宜，故云菜伯、和事。

【集解】

〔恭曰〕葱有数种，山葱曰茗葱，疗病似胡葱。其人间



CONG

Fistular onion

Allium fistulosum L.

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

[Explanation of Names]

KOU

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

CAIBO

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

HESHICAO

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

LUTAI

Li Shizhen: Yu is a name given to depict the shape of the drug. It is also called Cong, meaning “chimney,” depicting the onion to be upright outside and hollow inside. Kou means a hollow stem of herb. There is kind of pulse called “void pulse,” a pulse that is hollow and weak inside. When the leaf first grows, it is called Congzhen (meaning “onion needle”). The leaf is called Congqing (meaning “blue-green onion”). The thing that covers the leaf is called Congpao (meaning “onion gown”). The stem is called Congbai (meaning “onion white”). The liquid in the leaf is called Congran. As Cong is generally good for all herbs, so it is called Caibo (meaning “the elderly among the vegetables”) and Heshicao (meaning “herb that harmonizes”).

[Previous Explanations]

Su Gong: There are several species of Cong: Shancong (meaning “mountain onion”) is called Gecong. Its therapeutic function is similar to



食葱有二种：一种冻葱，经冬不死，分茎栽蒔而无子；一种汉葱，冬即叶枯。食用入药，冻葱最善，气味亦佳也。〔保昇曰〕葱凡四种：冬葱即冻葱也，夏衰冬盛，茎叶俱软美，山南、江左有之；汉葱茎实硬而味薄，冬即叶枯；胡葱茎叶粗短，根若金灯；茗葱生于山谷，不入药用。〔颂曰〕入药用山葱、胡葱，食品用冬葱、汉葱。又有一种楼葱，亦冬葱类，江南人呼为龙角葱，荆楚间多种之，其皮赤，每茎上出歧如八角，故云。〔瑞曰〕龙角即龙爪葱，又名羊角葱。茎上生根，移下蒔之。〔时珍曰〕冬葱即慈葱，或名太官葱。谓其茎柔细而香，可以经冬，太官上供宜之，故有数名。汉葱一名木葱，其茎粗硬，故有木名。冬葱无子。汉葱春末开花成丛，青白色。其子味辛色黑，有皱纹，作三瓣状。收取阴干，勿令浥郁，可种可栽。



Hucong. People normally eat the following two Cong: One is called Dongcong (“onion that is cold-resistant”), which is good in winter. It can only be transplanted by taking a little of the root, as there is no seed. Another species is called Hancong, which withers in winter. Dongcong is better, whether served as food or medicine. It emits a good smell.

Han Baosheng: There are four species of Cong:

1. Dongcong. The herb does not grow very much in summer, but flourishes in winter. Both stem and leaf are soft and taste delicious. It is produced in the Shannan and Jiangzuo areas;

2. Hancong has a solid and hard stem, and thin taste. Its leaf withers in winter;

3. Hucong has a short and thick stem and leaf. Its root is similar to Jindeng (Shancigu/rhizoma pleionis/pleione rhizome or pseudobulb cremastreae appendiculatae/pseudobulb of appendiculate cremastra); and

4. Gecong grows in mountain valleys, and is not used as a drug.

Su Song: Use Shancong and Hucong for medical purpose and Dongcong and Hancong for food. There is another species called Loucong, which is also called Longjiaocong in the area south of the Yangtze River. It is a kind of Dongcong, too. It is planted in bulk in the Jing and Chu areas. Its peel is red and there are forks growing from the stem.

Wu Rui: Longjiaocong is merely Longzhaocong or Yangjiaocong. The root growing from the stem can be transplanted.

Li Shizhen: Dongcong is merely Cicong, or, it is also called Taiguancong. This herb has soft and thin stem with a good smell. It does not wither in winter. Officials use it in sacrificial activities. Hancong is also called Mucong. Its stem is coarse and hard, which gives it its name (Mucong = wooden onion). Dongcong does not bear a seed. Flowers of Hancong bloom in tussocks, and are blue-green and white in color. Its seed is pungent and black and with three cloves. It is covered with creases. Collect the seed and dry it in the shade. Do not expose it to humidity. The herb can be developed either by sowing the seed or transplanting the root.

CONGJINGBAI

Fistular onion stalk

Bulbus allii fistulosum



葱茎白

〔气味〕辛，平。叶：温。根须：平。并无毒。〔弘景曰〕葱有寒热，白冷青热，伤寒汤中不得用青也。〔宗奭曰〕葱主发散，多食昏人神。〔诜曰〕葱宜冬月食。不可过多，损须发，发人虚气上冲，五脏闭绝，为其开骨节出汗之故也。〔思邈曰〕正月食生葱，令人面上起游风。生葱同蜜食，作下利。烧葱同蜜食，壅气杀人。〔张仲景曰〕生葱合枣食，令人病；合犬、雉肉食，多令人病血。〔时珍曰〕服地黄、常山人，忌食葱。

〔主治〕作汤，治伤寒寒热，中风面目浮肿，能出汗本经。伤寒骨肉碎痛，喉痹不通，安胎，归目益目睛，除肝中



[Quality and Taste]

It is pungent and plain. The leaf is warm, and the fibrous root plain; none are toxic.

Tao Hongjing: Different parts of Cong may be cold or hot. The white stalk is cold and the blue-green part is hot. In a decoction treating febrile disease caused by Cold, the blue-green part should not be used.

Kou Zongshi: Cong is dispersive. If it is overdosed, it may cause mental confusion.

Meng Xian: Winter is the best time for eating Cong. It should not be overdosed, otherwise it damages one's hair and beard, induces the rushing up of deficient qi into the Five Viscera. This is because it opens the joints to let out sweat.

Sun Simiao: If fresh Cong is eaten in the first month of the year, it causes erysipelas on the face. If eaten together with honey, it causes diarrhea. If burned Cong is eaten together with honey, it causes accumulation of qi with fatal consequences.

Zhang Zhongjing: If fresh Cong is eaten together with Dazao/fructus jujubae/Chinese date, it induces a disease. If it is eaten together with dog or pheasant meat, it causes blood disorders.

Li Shizhen: When one eats Dihuang/radix rehmanniae/root of rehmannia and Changshan/radix dichroae febrifugae/root of antifebrile dichroa, he should not eat Cong.

[Indications]

Stew the drug to make a decoction, and take to treat febrile disease caused by cold with chill and fever, eliminate a puffy face due to attack of pathogenic Wind. It induces perspiration.

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

It is good for treating febrile disease caused by Cold with stabbing pain of the bone and flesh. It dredges through obstruction due to throat inflammation, soothes the fetus, improves eyesight, and disperses pathogenic factors resting with the Liver. It pacifies the interior and facilitates the Five



邪气，安中利五脏，杀百药毒。根：治伤寒头痛别录。主天行时疾，头痛热狂，霍乱转筋，及奔豚气、脚气，心腹痛，目眩，止心迷闷大明。通关节，止衄血，利大小便孟诜。治阳明下痢、下血李杲。达表和里，止血宁原。除风湿，身痛麻痹，虫积心痛，止大人阳脱，阴毒腹痛，小儿盘肠内钓，妇人妊娠溺血，通乳汁，散乳痈，利耳鸣，涂獠犬伤，制蚯蚓毒时珍。杀一切鱼、肉毒士良。

〔发明〕〔元素曰〕葱茎白，味辛而甘平，气厚味薄，升也，阳也。入手太阴、足阳明经，专主发散，以通上下阳气。故活人书治伤寒头痛如破，用连须葱白汤主之。张仲景治少阴病，下利清谷，里寒外热，厥逆脉微者，白通汤主



Viscera, and kills toxin of a hundred drugs. The root is good for eliminating headache in febrile disease caused by Cold.

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

Da Ming: It is good for treating epidemics, headache, fever with mania, cholera with spasm and Bentun (upward ascending of gas like a running piglet). It also treats beriberi, epigastric and abdominal pain, vertigo, and mental confusion with suffocation.

Meng Xian: It facilitates the movement of joints, stops epistaxis, smoothes the stool and urination.

Li Gao: It stops dysentery and hematochezia due to disorder of the Greater Yang Channel.

Ning Yuan: It harmonizes the interior and reaches the exterior. It stops bleeding.

Li Shizhen: It disperses invading pathogenic Wind and Humidity. It relieves pain of body with numbness and arthralgia as well as epigastric pain due to parasitosis. It stops evanescence of Yang, abdominal pain due to Yin (toxin of Yin and cold nature) of man and intestinal colic with infantile convulsions due to invasion of Cold. It stops hematuria of woman during pregnancy, promotes lactation, disperses acute mastitis, and stops tinnitus. It can be applied to locus of bite of rabid dog. It kills toxin of Qiu-yin/lumbricus/earth worm.

Chen Shiliang: It detoxifies toxin of all kinds of fish and meat.

[Explication]

Zhang Yuansu: Congbai/bulbus allii fistulosi/fistular onion stalk, with pungent, sweet taste and plain quality, has thick quality and a thin taste. It is a drug with ascending tendency. It is a drug of Yang. It functions on the Lung Channel of the Hand Initial Yin and Stomach Channel of the Foot Greater Yang. It is dispersive and dredges through the Yang qi at the upper and lower portions. In the book *Nanyang Huoren Shu*, there is a prescription Lianxu Congbai Tang (Decoction of Congbai with Fibrous Root). It is good for treating headache in febrile disease caused by Cold. The headache is so severe as if the head is going to be broken. In the prescription of Bai-



之，内用葱白。若面色赤者，四逆汤加葱白。腹中痛者，去葱白。成无己解之云：肾恶燥，急食辛以润之。葱白辛温以通阳气也。〔时珍曰〕葱乃释家五葷之一。生辛散，熟甘温，外实中空，肺之菜也，肺病宜食之。肺主气，外应皮毛，其合阳明。故所治之症多属太阴、阳明，皆取其发散通气之功，通气故能解毒及理血病。气者血之帅也，气通则血活矣。金疮磕损，折伤血出，疼痛不止者，王璆百一选方，用葱白、砂糖等分研封之。云痛立止，更无痕瘢也。葱叶亦



tong Tang* designed by Master Zhang Zhongjing, Congbai is used. It is good for treating dysentery with undigested cereal of Lesser Yin syndrome with interior Cold and exterior Heat, cold extremities and feeble pulse. If there is flushed face, it should be treated By Sini Tang** adding Congbai. If there is abdominal pain, Congbai should not be used. Cheng Wuji's annotation: As the Kidney is encroached by pathogenic dryness, take drugs of pungent taste to moisten it urgently. Congbai, pungent and warm, is used to dredge through the Yang Vital Energy.

Li Shizhen: Cong is one of the five pungent vegetables prohibited by Buddhism. When fresh Cong is served, it is pungent and dispersive. After it is prepared, it becomes sweet and warm. It is solid outside and hollow inside. It is the vegetable pertaining to the Lung, so people suffering from Lung disease should eat it. As the Lung dominates the qi and corresponds to the skin and hair at the exterior, it is related to the Greater Yang Channel. Therefore Congbai can be used to treat diseases of the Initial Yin and Greater Yang Channels. The therapeutic function is based on the dispersing function of Congbai. When the flow of qi is smoothed, toxin is detoxified and blood disorder is regulated. As the qi is the leading factor of blood, once the flow is activated, blood circulation will be in good order. In the book *Baiyi Xuanfang* by Wang Qiu, the following treatment is recorded: Grind Congbai together with Shatang/sacchari albicans/sugar into paste and apply it to the affected part to treat incised wound and fracture with bleeding and severe pain. It is said such application will halt the pain immediately and there will be no cicatrices left afterwards. In this prescription, Congye/*folium allii fistulosi*/leaf of fistular onion can also be used. In

*Baitong Tang:

Congbai,

Ganjiang/*rhizoma gingeris*/dried ginger, and

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

**Sini Tang:

Gancao/*radix plicyrrhizae*/liquorice root,

Ganjiang, and

Fuzi.

可用。又葱管吹盐入玉茎内，治小便不通及转脬危急者，极有捷效。余常用治数人得验。

〔附方〕旧十二，新三十六。（略）

叶

〔主治〕煨研，傅金疮水入鞞肿。盐研，傅蛇、虫伤及中射工、溪毒日华。主水病足肿苏颂。利五脏，益目精，发黄疸思邈。

〔发明〕〔颂曰〕煨葱治打扑损，见刘禹锡传信方，云得于崔给事。取葱新折者，塘火煨热剥皮，其间有涕，便将罨损处。仍多煨，续续易热者。崔云：顷在泽潞，与李抱真作判官。李相方以球杖按球子。其军将以杖相格，因伤李相





the following prescription, Congye can be used to blow salt into the urethra to treat dysuria with lower abdominal colic. It is a good remedy for a critical condition. It works very effectively. I have been successful in treating such diseases several times.

[Prescriptions]

Twelve prescriptions collected previously, and
36 prescriptions collected recently.

CONGYE

Leaf of fistular onion
Folium allii fistulosi

[Indications]

Roast the drug in hot ash and then grind it into powder. Apply it to treat swelling with chapped skin of an incised wound that has been exposed to water. Grind the drug together with salt into paste. Apply it to treat snakebites and insect stings or to detoxify toxin of Shegong (worm in water, see Drug Xiguichong) and xidu (attack by worms in a stream).

— *Da Ming Rihua Bencao*.

Su Song: It is good for treating swelling of the feet due to disorder of the Water element.

Sun Simiao: It facilitates the Five Viscera, sharpens the eye and treats jaundice.

[Explication]

Su Song: In the book *Chuanxin Fang* by Liu Yuxi, it was recorded that roasted Cong was good for treating damage due to falling and beating. The author said that he got the prescription from Mr. Cui (official title Jishi). Prescription: Roast Cong that is just harvested until it is hot. Peel it off, and there will be a secretion of juice. Collect the juice and apply it to the affected part. Do that continuously. Mr. Cui recorded the following case: While Mr. Li and I were working as judges in Zelu, he was once playing ball with other people when he was struck by the stick of a military official. Mr. Li's



拇指并爪甲迸裂。遽索金创药裹之，强索酒饮，而面色愈青，忍痛不止。有军吏言此方，遂用之。三易面色却赤，斯须云已不痛。凡十数度，用热葱并涕缠裹其指，遂毕席笑语。〔时珍曰〕按张氏经验方云：金创折伤血出，用葱白连叶煨热，或锅烙炒热，捣烂傅之，冷即再易。石城尉戴尧臣，试马损大指，血出淋漓。余用此方，再易而痛止。翌日洗面，不见痕迹。宋推官、鲍县尹皆得此方，每有杀伤气未绝者，亟令用此，活人甚众。又凡人头目重闷疼痛，时珍每用葱叶插入鼻内二三寸并耳内，气通即便清爽也。

汁

〔气味〕辛，温，滑，无毒。

〔主治〕溺血，饮之。解藜芦及桂毒别录。散瘀血，止



thumb was broken. He asked his man to bring him medicinal powder and applied it onto the broken thumb. He insisted that he should drink wine. But his face began to turn bluish and he could hardly bear the pain. A military man then offered him this prescription, and he was treated accordingly. After changing the application three times, his face turned red and, after a while, the pain was gone, too. After a dozen applications of hot onion and its juice onto the affected part were given, the pain was gone totally and all the people around the dinner table laughed heartily.

Li Shizhen: The book *Zhangshi Jingyan Fang* records: Roast Congbai and the leaf until it is well done. Or, stir-fry the drug until it is hot. Then, pound it into paste and apply to treat an incised wound or fracture with bleeding. Change the drug when it cools down. Once Mr. Dai Raochen, governor of Shicheng City, hurt his thumb while handling a horse. The thumb bled profusely. He was treated with this prescription and, after two applications, the pain was gone. The next day, when he washed himself, he could not find the wound at all. Judge Song and County Governor Bao all got this prescription. When ever there is a wound, treat the case with this prescription urgently. It has been used repeatedly and every time it worked. Another prescription: whenever a person feels a headache with dim vision, suffocation and heaviness of the head, I would treat the case in the following way: Insert Congye two to three *cun* into the nostril and the ear. After a while qi will be smoothed and the person feels energetic again.

CONGZHI

Juice of fistular onion

Succus allii fistulosi

[Quality and Taste]

It is pungent, warm, slippery and nontoxic.

[Indications]

It is good for treating hematuria. It detoxifies toxin of Lilu/rhizoma et radix veratri/rhizome and root of false hellebore and Rougui/cortex cinnamomi/cassia bark.



衄止痛，治头痛耳聋，消痔漏，解众药毒时珍。能消桂为水，化五石，仙方所用弘景。

〔发明〕〔时珍曰〕葱汁即葱涕，功同葱白。古方多用葱涎丸药，亦取其通散上焦风气也。胜金方：取汁入酒少许滴鼻中，治衄血不止，云即觉血从脑散下也。又唐瑶经验方，以葱汁和蜜少许服之，亦佳。云邻媪用此甚效，老仆试之亦验。二物同食害人，何以能治此疾？恐人脾胃，不同，非甚急不可轻试也。〔慎微曰〕三洞要录云：葱者菜之伯也，能消金、锡、玉、石。神仙消金玉浆法：于冬至日，以壶卢盛葱汁及根茎埋庭中。次年夏至发出，尽化为水。以法渍金、玉、银青石各三分，自消矣。暴干如饴，食之可休粮，亦曰金浆也。



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

Li Shizhen: It stops epistaxis and relieves pain. It treats headache and deafness, eliminates hemorrhoid and fistula, and detoxifies toxin of all drugs.

Tao Hongjing: It can dissolve Rougui/cortex cinnamomi/cassia bark into fluid. It dissolves five stones,* something used by Taoist alchemists.

[Explication]

Li Shizhen: Congzhi has the same therapeutic function as Congbai. In ancient times, it was used to blend with drugs to make pills. This is due to the fact that the drug is good for dispersing invading pathogenic Wind at Shangjiao (the upper-jiao, the upper warmer). Prescription of *Shengjin Fang*: Blend Congzhi with wine, and drip it into the nostril to stop incessant epistaxis. It is said that blood descends from the brain. In the book *Tang Yao Jingyan Fang*, the treatment is to blend Congzhi with honey. It is said that an old woman living in my neighborhood used this prescription and she got a very satisfactory effect. I tried it personally and it was successful. But generally, the two drugs (Cong and honey) will bring harm to health if used together. How could they work effectively in this instance? This might be due to the different condition of the Spleen and Stomach of different people. Unless there is an urgent need, this prescription should not be used.

Tang Shenwei: According to the book *Sandong Yaolu*, Cong is the elderly one among the vegetables. It dissolves Jin/aurum/gold, Xi/stannum/tin, Yu (jade) and stones. The method: On the day of the solar term of the Winter Solstice (December 21), keep Congzhi and Congbai in a Hulu/fructus largenariae depressae/fruit of depressed bottle gourd and bury it in the earth. Take it out on the following Summer Solstice (June 21). The Congbai will have dissolved into fluid. In the same way, blend in three *fen* each of Jin, Yu and Yinqingshi. These things will dissolve into juice. When Congzhi is dried in the sun, it will condense into something like maltose. If this is eaten, it will keep the person from feeling hungry. It is called Jingjiang.

*Five stones: Dansha/cinnabaris/cinnabar, Xionghuang/realgar/red orpiment, Yushi, Cengqing/azurite/azurite and Cishi/magnetitum/magnetite.



薤音械。（别录中品）

【释名】

藟子音叫。或作芥者非。菝子音钓。火葱纲目。菜芝别录。鸿荟音会。

〔时珍曰〕薤本文作藟。韭类也。故字从韭，从𠂔（音概）。谐声也。今人因其根白，呼为藟子，江南入讹为菝子。其叶类葱而根如蒜，收种宜火熏，故俗人称为火葱。罗愿云：物莫美于芝，故薤为菜芝。苏颂复附菝子于蒜条，误矣。

【集解】

〔别录曰〕薤生鲁山平泽。〔恭曰〕薤是韭类。叶似韭



XIE

Longstamen onion

Allium macrostemon Bge.

Allium chinense G. Don.

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

[Explanation of Names]

JIAOZI (Some people call it Qiao, but this is not correct.)

DIAOZI

HUOCONG

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

CAIZHI

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

HONGHUI

Li Shizhen: 薤 (Xie) was originally written as 薤 (Xie), a kind of *Jiucai*/folium *allii tuberosi*/leaf of tuber onion. As the drug has white root, it is called Jiaozi. This name is distorted as Diaozi in areas south of the Yangtze River. Its leaf is similar to Cong and its root is similar to Dasuan. When it is harvested and kept in a warehouse, it should be fumigated by fire. So it is called Huocong (meaning “fire onion”).

Luo Ruan: Zhi (*Lingzhi*/*ganoderma lucidum*/glossy *ganoderma*) tastes the best. So, Xie is also called Caizhi. Su Song appended Diaozi to Dasuan, but this is not correct.

[Previous Explanations]

Xie is produced in the plain and marshland of Lushan Mountain.

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

Su Gong: Xie is kind of *Jiucai*. Its leaf is similar to *Jiucai*, but broader.



而阔，多白而无实。有赤。白二种：白者补而美，赤者苦而无味。〔颂曰〕薤处处有之。春秋分蒔，至冬叶枯。尔雅云：蒔，山薤也。生山中，茎叶与家薤相类，而根差长，叶差大，仅若鹿葱，体性亦与家薤同。今人少用。〔宗奭曰〕薤叶如金灯叶，差狭而更光。故古人言薤露者，以其光滑难伫之义。〔时珍曰〕薤八月栽根，正月分蒔，宜肥壤。数枝一本，则茂而根大。叶状似韭。韭叶中实而扁，有剑脊。薤叶中空，似细葱叶而有棱，气亦如葱。二月开细花，紫白色。根如小蒜，一本数颗，相依而生。五月叶青则掘之，否则肉不满也。其根煮食、茺酒、糟藏、醋浸皆宜。故内则云：切葱、薤实诸醢以柔之。白乐天诗云“酥暖薤白酒”，谓以酥炒薤白投酒中也。一种水晶葱，葱叶蒜根，与薤相



It has a whiter stalk, but there is no seed. There are two species, one red and the other white. The white one is tonifying and delicious; the red one is tasteless.

Su Song: Xie can be found everywhere. It is planted on the Spring Equinox (March 20) or Autumn Equinox (September 23). The leaf withers in winter.

The book *Er Ya*: Qing is merely Shanxie. It grows in the mountain. Its stem and leaf are similar to those of domestic Xiebai. But its root is a bit shorter and leaf is bit smaller. It looks like Lucong.* Its shape and quality are similar to the domestic Xiebai. But it is seldom used today.

Kou Zongshi: The leaf of Xiebai is similar to that of Jindeng (Shancigu). It is narrower and more lustrous. Ancient people mentioned Xielu (dew on the leaf of Xie) indicating that the drop could not stay on the slippery leaf of Xie.

Li Shizhen: Plant the root of the drug in the eighth month; transplant it in the first month of the following year. It should be planted on fertile land. Several roots should be planted together as one crop. In this way the herb can grow prosperously and the root develops fully. Its leaf is similar to Jiucai. But they are not all the same: Jiucai is flat and solid with a backbone along the middle line; Xieye is hollow inside. It looks like fine Congye. But it is in the shape with angles. It smells like Cong. A purple and white flower blooms in the second month. Its root is similar to Xiaosuan. There are several bulbs of them growing together. In the fifth month, when the leaf is still green, collect the bulb. The bulb does not grow to its full size before that time. It can be processed by soaking it in wine, in Jiuzao/vestigium vinum/remains of wine brewing or in vinegar.

The book *Nei Ze*: Soak chopped Cong or Xiebai in vinegar to soften them. The poet Bai Letian mentioned the drug when he referred to wine made of longstamen onion processed by butter. It is a wine in which butter-fried longstamen onion is soaked. There is one species called Shuijingcong,

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



似，不臭，亦其类也。按王禎农书云：野薤俗名天薤。生麦原中，叶似薤而小，味益辛，亦可供食，但不多有。即尔雅山薤是也。

薤白【气味】

辛、苦，温，滑，无毒。

〔好古曰〕入手阳明经。〔颂曰〕薤宜去青留白。白冷而青热也。〔洗曰〕发热病，不宜多食。三四月勿食生者。〔大明曰〕生食引涕唾。不可与牛肉同食，令人作癥瘕。

【主治】

金疮疮败。轻身，不饥耐老本经。归骨，除寒热，去水气，温中散结气。作羹食，利病人。诸疮中风寒水气肿痛，



which has fistular onion-like leaf and garlic-like root. It is a kind of Xiebai. It does not have a special smell.

The book *Nong Shu* by Wang Zhen: The wild Xie is colloquially called Tianxie. It grows in the wheat field. Its leaf looks like Xieye, but it is smaller. It is more pungent and can be used as food. But it is seldom found. This is merely Shanxie as recorded in the book *Er Ya*.

XIEBAI

Bulb of long-stamen onion

Bulbus allii macrostemi

[Quality and Taste]

It is pungent, bitter, warm, slippery and non-toxic.

Wang Haogu: It functions on the Large Intestine Channel of Hand Greater Yang.

Su Song: The blue-green part of the stalk should be taken off. Only the white part can be used medically. The white part is cold and the blue-green part is hot in quality.

Meng Xian: It should not be served too much to a patient suffering from febrile disease. Do not eat the fresh drug in the third and fourth months.

Da Ming: Eating the fresh drug will induce sneezing and increased saliva. It should not be eaten together with beef, as this will cause a hard mass in the abdomen.

[Indications]

It is good for treating incised wound and malignant sore. Long-term use makes one feel happy and vigorous, with no hunger pangs and able to enjoy a long life.

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

It works on the bone. It disperses chill and fever, eliminates fluid retention, warms the interior and disperses accumulation of qi. It is good to a diseased person if it is made into soup. Pound the drug into paste. Apply it to the affected part to treat sores with swelling and pain due to invading



捣涂之别录。煮食，耐寒，调中补不足，止久痢冷泻，肥健人日华。治泄痢下重，能泄下焦阳明气滞李杲。〔好古曰〕下重者，气滞也。四逆散加此以泄气滞。治少阴病厥逆泄痢，及胸痹刺痛，下气散血，安胎时珍。心病宜食之。利产妇思邈。治女人带下赤白，作羹食之。骨哽在咽不去者，食之即下孟洗。补虚解毒苏颂。白者补益，赤者疗金疮及风，生肌肉苏恭。与蜜同捣，涂汤火伤，效甚速宗奭。温补，助阳道时珍。



pathogenic Wind, Cold and Water.

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

Stew the drug and eat the thing. It is good for making a person to be more resistant to cold weather. It regulates the interior and tones up the deficient condition, stops chronic dysentery due to invading pathogenic Cold, and helps a person to put on weight.

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

Li Gao: It is good for stopping dysentery with tenesmus. It purges stagnation of qi of the Greater Yang resting at the Xiajiao (the lower-jiao, the lower warmer).

Wang Haogu: Tenesmus shows that the qi is stagnated. Treatment is adoption of Xiebai adding Sini San.*

Li Shizhen: It is good for treating diarrhea and dysentery with cold extremities of the Lesser Yin syndrome. It also treats Xiongbi (chest obstruction with pain and stuffiness) with stabbing pain. It brings down qi, disperses blood stasis and soothes fetus.

Sun Simiao: People suffering from Heart disease should eat this drug. It is also good to woman in puerperium.

Meng Xian: Make soup with the drug, and drink the soup to treat leucorrhea with whitish and bloody discharge. Eat it to press down bone stuck in throat.

Su Song: It tones up general deficient condition and detoxifies toxin.

Su Gong: The white drug is good for toning up, and the red drug can be used to treat incised wound and to disperse invading pathogenic Wind. It helps muscle growth.

Kou Zongshi: Pound the drug together with honey. Apply it to scalds and burns. It works immediately.

*Sini San:

Chaihu/radix bupleuri/root of Chinese chorowax,

Zhishi/fructus aurantii immaturus/immature bitter orange,

Baishao/radix paeoniae alba/white peony root, and

Gancao/radix glycyrrhizae/licuorice root.



【发明】

〔弘景曰〕薤性温补，仙方及服食家皆须之，偏入诸膏用。不可生啖，葷辛为忌。〔诜曰〕薤，白色者最好，虽有辛，不葷五脏。学道人长服之，可通神安魂魄，益气续筋力。〔颂曰〕白薤之白，性冷而补。又曰：菝葜子，煮与蓐妇饮，易产。亦主脚气。〔时珍曰〕薤味辛气温。诸家言其温补，而苏颂图经独谓其冷补。按杜甫薤诗云：束比青白色，圆齐玉箸头。衰年关膈冷，味暖并无忧。亦言其温补，与经文相合。则冷补之说，盖不然也。又按王禎云：薤生则气辛，熟则甘美。种之不蠹，食乏有益。故学道人资之，老人宜之。然道家以薤为五葷之一，而诸氏言其不葷何耶？薛用弱齐谐志云：安陆郭坦兄，得天行病后，遂能大餐，每日食至一斛。五年，家贫行乞。一日大饥，至一园，食薤一畦，



Li Shizhen: It is warm and tonifying. It enhances male sexuality.

[Explication]

Tao Hongjing: Xiebai is warm and tonifying and it is widely used by Taoist alchemists and those who practice life preservation. It is normally used in the making of medicinal ointment. It should not be eaten fresh. It is something prohibited by people who do not eat pungent food.

Meng Xian: The white Xiebai is the best. Although it is pungent, it does not affect the Five Viscera. People who practice Taoism can have it regularly. In this way, the person is enlightened and his soul is pacified. It also reinforces qi and strengthens physical might.

Su Song: The white part of Xiebai is cold in quality and is tonifying. Some say: Stew Xiebai and serve it to a pregnant woman to facilitate baby delivery. It is also good for treating beriberi.

Li Shizhen: Xiebai is pungent in taste and warm in quality. All Bencao works record the drug as “warm and tonifying.” But only *Tujing Bencao* records that it is “cold and tonifying.” Poet Du Fu wrote a poem about longstamen onion:

In the color of green hay,
With a round head like hairpin of jade,
Warm as it is,
It works to warm the cold in chest.

What the poem says is in conformity with the record in the classics. So what Su Song said in his *Tujing Bencao* as “cold and tonifying” is not correct.

Wang Zhen: The fresh Xiebai is pungent in taste. When it is prepared, it becomes sweet and delicious. Moths do not eat it. It is beneficial to one's health, so Taoist practitioners used it. Old people like to eat it as a tonic. Taoists think Xiebai is one of five pungent vegetables, but Bencao works all think it is not pungent. Why is this so? The book *Qixie Zhi* by Xue Yongruo recorded a case: Mr. Guo Tan, a native of Anlu, began to eat a lot after he recovered from an epidemic. Everyday he ate as much as one *hu* of cereal. Five years later, when his family went bankrupt, he had to beg from door to door. One day, when he was terribly hungry, he entered a garden

大蒜一畦。便闷极卧地，吐一物如龙，渐渐缩小。有人撮饭于上，即消成水，而病寻瘳也。按此亦薤散结、蒜消癥之验也。〔宗奭曰〕薤叶光滑，露亦难伫。千金治肺气喘急方中用之，亦取其滑泄之义。

【附方】

旧十五，新八。（略）



and ate Xiebai and Dasuan. After that, he felt suffocated and lay down on the ground. Then, he vomited a worm in the shape of dragon, which shrank little by little. Someone dropped a little cooked rice on the thing, and the rice dissolved into fluid. After that, Mr. Guo got well. From this we can understand that Xiebai has the function of dispersion and Dasuan can dissolve a hard mass.

Kou Zongshi: The leaf of longstamen onion is so slippery that even dewdrops cannot stay on it. Therefore it is used in the prescription of treating asthma in the book *Qianjin Yaofang*. It is used in this prescription to purge pathogens, as it is slippery and purging.

[Prescriptions]

Fifteen prescriptions collected previously, and eight prescriptions collected recently.



蒜（别录下品）

【释名】

小蒜别录。茆蒜音卯。葷菜

〔时珍曰〕蒜字从𪚩（音蒜），谐声也。又象蒜根之形。中国初惟有此，后因汉人得葫蒜于西域，遂呼此为小蒜以别之。故崔豹古今注云：蒜，茆蒜也，俗谓之小蒜。胡国有蒜，十子一株，名曰胡蒜，俗谓之大蒜是矣。蒜乃五葷之一，故许氏说文谓之葷菜。五葷即五辛，谓其辛臭昏神伐性也。练形家以小蒜、大蒜、韭、芸薹、胡荽为五葷，道家以韭、薤、蒜、芸薹、胡荽为五葷，佛家以大蒜、小蒜、兴





SUAN

Garlic

Allium scorodoprasum L.

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

[Explanation of Names]

XIAOSUAN

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

MAOSUAN

HUNCAI

Li Shizhen: The character Suan symbolizes the root of garlic. Before the Han Dynasty (206 BC – 220 AD) times, there was only this Xiaosuan in China. The Han people got Dasuan from the Western Regions. So, in order to differentiate them, the garlic originated from China is called Xiaosuan (Xiao = small), and that introduced in called Dasuan (Da = big).

The book *Gujin Zhu* by Cui Bao: Suan is merely Maosuan, which is colloquially called Xiaosuan. In the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times), one head of garlic has ten cloves. It is called Husuan (meaning “garlic from the Hu area”), which is colloquially called Dasuan. Garlic is one of the five pungent vegetables. So in the book *Shuowen Jiezi* (*Book of philology* by Xu Shen) it is called Huncai, meaning pungent vegetable. It means such vegetable is pungent and smells strongly, which will cause mental confusion. Taoist alchemists have their “five pungent vegetables”:

Dasuan,

Xiaosuan,

Jiucai,

Yuntai/herba brassicae campestris/herb of bird rape, and

Husui/herba coriandri/coriander herb.



渠、慈葱、苍葱为五葷。兴渠，即阿魏也。虽各不同，然皆辛熏之物，生食增恚，熟食发淫，有损性灵，故绝之也。

【集解】

〔别录曰〕蒜，小蒜也。五月五日采之。〔弘景曰〕小蒜生叶时，可煮和食。至五月叶枯，取根名菴子，正尔啖之，亦甚熏臭。〔保昇曰〕小蒜野生，处处有之。小者一名菴（音乱）。一名蒿（音力）。苗、叶、根、子皆似葫，而细数倍也。尔雅云：蒿，山蒜也。说文云：蒜，葷菜也。菜之美者，云梦之葷菜。生山中者，名蒿。〔颂曰〕本草谓大蒜为葫，小蒜为蒜，而说文所谓葷菜者，乃大蒜也，蒿即小蒜也。书传载物之别名不同如此，用药不可不审。〔宗奭曰〕小蒜即蒿也。苗如



Buddists, however, think the “five pungent vegetables” are:

Dasuan,

Xiaosuan,

Xingqu,

Cicong (winter Cong), and

Gecong/bulbus *allii victorialis*/bulb of long root onion.

Xingqu is just *Awei/resina ferulae*/Chinese asafetida.

Although the above “five pungent vegetables” are not the same, they all mean vegetables that are pungent and fumigating.

If the fresh drug is eaten, it brings excessive anger. If the prepared drugs are eaten, they induce sexual appeal. Anyway, such things are harmful to one’s intelligence, and so prohibited by Buddhists and Taoists.

[Previous Explanations]

Suan is just Xiaosuan. Collect the drug on the fifth day of the fifth month.

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

Tao Hongjing: When the leaf of Xiaosuan is young and tender, it can be eaten by stewing it with other food. Until the fifth month of the year, the leaf withers. Collect the bulb, which is called Luanzi. It is pungent and smells strongly.

Han Baosheng: Xiaosuan grows in the wild and can be found everywhere. The small ones are called Luan and Li. The seedling, leaf, root and bulb are similar to Dasuan, but are several times smaller than the latter.

The book *Er Ya*: Li is just Shansuan (meaning “mountain garlic”).

The book *Shuowen Jiezi (Book of Philology)* by Xu Shen: Suan is one of the pungent vegetables, and is delicious. Garlic that grows in Yunmeng is a real delicacy; that in the mountain is called Li.

Su Song: In *Shen Nong Bencao Jing*, Dasuan is called Hu and Xiaosuan is called Suan. The Huncai mentioned in the book *Shuowen Jiezi* refers to Dasuan. Li is merely Xiaosuan. Different books record the same thing with different names. Doctors should always be careful.

Kou Zongshi: Xiaosuan is also called Li. Its seedling looks like that of Cong. The root is white. The big one is similar to Wuyu/cornus eleocharis



葱针，根白，大者如乌芋子。兼根煮食，谓之宅蒜。〔时珍曰〕家蒜有二种：根茎俱小而瓣少，辣甚者，蒜也，小蒜也；根茎俱大而瓣多，辛而带甘者，葫也，大蒜也。按孙炎尔雅正义云：帝登蒿山，遭菝芋毒，将死，得蒜啮食乃解，遂收植之，能杀腥膻虫鱼之毒。又孙佃唐韵云：张骞使西域，始得大蒜种归。据此则小蒜之种，自蒿移栽，从古已有。故尔雅以蒿为山蒜，所以别家蒜也。大蒜之种，自胡地移来，至汉始有。故别录以葫为大蒜，所以见中国之蒜小也。又王桢农书云：一种泽蒜，最易滋蔓，随劬随合。熟时采子，漫散种之。吴人调鼎多用此根作菹，更胜葱，韭也。按此正别录所谓小蒜是也。其始自野泽移来，故有泽名，而寇氏误作宅字矣。诸家皆以野生山蒜、泽蒜解家蒜之小蒜，皆失于详考。小蒜虽出于蒿，既经人力栽培，则性气不能不移。故不得不辨。



dulcis/water nut corm. When the bulb and its root are stewed and served as food, it is called Zhaisuan.

Li Shizhen: There are two species of domestic garlic: One is Xiaosuan, which has a small stem and bulb. It has fewer cloves and tastes very hot. The other is Dasuan, which has a bigger stem and bulb. It has more cloves and tastes hot and sweet. It is also called Hu.

The book *Er Ya Zhengyi* by Sun Yan: Once the Emperor climbed up the Li Mountain and was poisoned by eating Youyu, a kind of toxic herb, and he was going to die. But he found Xiaosuan and recovered after eating it. So, he ordered the herb to be collected and planted widely in the country. This drug is good for detoxifying toxin of fish, meat and insects.

The book *Tang Yun* by Sun Mian: When Zhang Qian, envoy of the Han Dynasty (206 BC – AD 220) went to the Western Regions, he brought back Dasuan and it was planted in the country. From the above records, we know that the Emperor transplanted Xiaosuan from the Li Mountain. It has a very long history since ancient times. That is why the book *Er Ya* calls Li as Shansuan (mountain garlic) so as to differentiate the domestic garlic. Dasuan was taken back from the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times) and it was cultivated since the Han Dynasty. So in *Mingyi Bielu*, Dasuan is called Hu. By comparison, the Chinese garlic is smaller and is thus called Xiaosuan.

The book *Nong Shu* by Wang Zhen: There is a kind of Zesuan, which develops easily and, when it is cut into two parts, it may heal again. When the seed is ripe, collect it and sow it for a new crop. People in the Wu area use this herb to make a spiced paste. It is better than Cong or Jiucui. Actually, this is just the Xiaosuan as recorded in *Mingyi Bielu (Records of Famous Doctors)*. As this was originally transplanted from wild marsh, it is called Zesuan (Ze = marsh). But Kou Zongshi distorted this character as Zhai. All Bencao works thinks that the wild mountain garlic and Zesuan are just the domestic small garlic, but this is not correct. Although the Xiaosuan originated from the Li Mountain, it has been domesticated for a long time, so how could it still be the same as the wild ones?



蒜

小蒜根也。

〔气味〕辛，温，有小毒。〔弘景曰〕味辛性热。损人，不可长食。〔思邈曰〕无毒。三月勿久食，伤人志性。黄帝书云：同生鱼食，令人夺气，阴核疼。〔瑞曰〕脚气风病人，及时病后，忌食之。

〔主治〕归脾肾，主霍乱，腹中不安，消谷，理胃温中，除邪痹毒气别录。主溪毒弘景。下气，治蛊毒，傅蛇、虫、沙虱疮日华。〔恭曰〕此蒜与胡葱相得。主恶莩毒、山溪中沙虱、水毒，大效。山人、俚、獠时用之。涂丁肿甚良孟诜。



SUAN

Garlic

Bulbus allii scorodoprasii

[Quality and Taste]

It is pungent, warm and slightly toxic.

Tao Hongjing: It is pungent and hot. It is harmful to health and should not be taken over a long time.

Sun Simiao: It is nontoxic. But do not eat too much in the third month of the year. It damages one's intelligence and willpower.

The book *Huangdi Shu (Book of the Yellow Emperor)*: If this is eaten together with raw fish, it will exhaust one's qi and cause pain in the testes.

Wu Rui: It is prohibited to patients suffering from beriberi, apoplexy and epidemics.

[Indications]

It functions on the Spleen and Kidney. It treats cholera and abdominal discomfort, helps digestion, harmonizes the Stomach and warms the interior. It also treats arthralgia and disperses toxic substances.

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

Tao Hongjing: It treats Xidu (attack by worms in a stream).

It brings down adverse ascending gas. It treats Gudu (disease due to noxious agents produced by various parasites). It can be applied to treat sores due to snake and insect bites.

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

Su Gong: The garlic can be used together with Hucong. It detoxifies toxin of vicious insects, sand fleas and water toxin. It is very effective. People living in the mountain and wild often use the drug.

Meng Xian: It is very effective to treat furuncles. Apply the juice onto the affected part.

葫 (别录下品)

【释名】

大蒜弘景。葷菜

〔弘景曰〕今人谓葫为大蒜，蒜为小蒜，以其气类相似也。〔时珍曰〕按孙愐唐韵云：张骞使西域，始得大蒜、胡荽。则小蒜乃中土旧有，而大蒜出胡地，故有胡名。二蒜皆属五葷，故通可称葷。详见蒜下。

【集解】

〔别录曰〕葫，大蒜也。五月五日采，独子者入药尤佳。〔保昇曰〕葫出梁州者，大径二寸，最美少辛；泾阳者，皮赤甚辣。〔颂曰〕今处处园圃种之。每颗六七瓣，





HU

Garlic

Allium sativum L.

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

[Explanation of Names]

DASUAN

— Tao Hongjing.

HUNCAI

Tao Hongjing: Now people call Hu as Dasuan and Suan as Xiaosuan. Both are more or less the same in quality and taste.

Li Shizhen: The book *Tang Yun* by Sun Mian records that Zhang Qian, envoy of the Han Dynasty (206 BC–AD 220) went to the Western Regions. From then on, the country began to have Dasuan and Husui/herba coriandri/coriander herb. Xiaosuan is a native herb. Dasuan is produced in the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times), so it is called Hu. Both belong to the “five pungent vegetables.” Normally they are called Huncai. Details see Explication in Xiaosuan.

[Previous Explanations]

Hu is merely Dasuan. Collect the drug on the fifth day of the fifth month. Dasuan with only one clove is the best for medical purpose.

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

Han Baosheng: Dasuan produced in Liangzhou is as big as two *cun* in diameter. It is delicious and less pungent. That produced in Jingyang has a red peel and tastes very hot.

Su Song: Now people grow Dasuan in their garden everywhere. Each bulb has six to seven cloves. When one clove is sowed in the same year,



初种一瓣，当年便成独子葫，至明年则复其本矣。其花中有实，亦作葫瓣状而极小，亦可种之。〔时珍曰〕大、小二蒜皆八月种。春食苗，夏初食茎，五月食根，秋月收种。北人不可一日无者也。

【气味】

辛，温，有毒。久食损人目。

〔弘景曰〕性最熏臭，不可食。俗人作齋以啖鲙肉，损性伐命，莫此之甚。惟可生食，不中煮也。〔恭曰〕此物煮羹臠为饌中之俊，而陶云不中煮，当是未经试耳。〔藏器曰〕初食不利目，多食却明。久食令人血清，使毛发白。〔时珍曰〕久食伤肝损眼。故嵇康养生论云：葷辛害目，此为甚耳。今北人嗜蒜宿炕，故盲瞽最多。陈氏乃云多食明目，与别录相左，何耶？〔震亨曰〕大蒜属火，性热喜散，快隔，善化肉，暑月人多食之。伤气之祸，积久自见，养



it will develop into a Dasuan with only one clove; in the next year, it will grow in its normal way (with several cloves). In the flower, small seeds are formed. They are very small, but in the shape of the garlic. It can also be planted to develop a new crop.

Li Shizhen: Both Dasuan and Xiaosuan are sowed in the eighth month of the year. In spring, its seedling can be served as food and in early summer, the flower stalk can be eaten. The bulb can be collected in the fifth month. In autumn, collect the bulb that can be sowed for the next crop. Garlic is something people in the north cannot do without.

[Quality and Taste]

It is pungent, warm and toxic. Long-term use damages the eye.

Tao Hongjing: It is with strong foul smell and should not be eaten. Normally, people use the paste of garlic to go with preserved fish and meat. But it is very harmful to the health. It is better to eat the raw drug. It should not be stewed.

Su Gong: In Stewing gruel and preserved meat, garlic should be used. It adds good flavor to the food. But Tao Hongjing said that the drug should not be stewed. He did not have the experience.

Chen Cangqi: At first, when garlic is eaten, it brings harm to the eye. But, when a large quantity is consumed, it begins to brighten the eye. Long-term use makes the blood clearer. It turns hair gray.

Li Shizhen: Long-term use damages the Liver and the eye.

The book *Yangsheng Lun* by Ji Kang: It is pungent and damages the eye. Eating of garlic is very harmful. People in the north are addicted to the eating of garlic and sleep on a heated brick bed. This leads to blindness, most likely. That is why there are many people suffering from eye disease there. But Chen Cangqi said that when a large quantity of garlic is consumed, it begins to brighten the eye, which is not in conformity to the record of *Mingyi Bielu (Records of Famous Doctors)*. How could that be?

Zhu Zhenheng: Dasuan pertains to the Fire element. It is hot and dispersive. It facilitates the function of the diaphragm and helps digestion of meat. People like to eat it in summer. But long-term consumption will exhaust the qi. People who practice life preservation do not eat it. Its function



生者忌之。化肉之功，不足论也。〔瑞曰〕多食伤肺、伤脾、伤肝胆，生痰助火昏神。〔思邈曰〕四月、八月食葫，伤神，令人喘悸，胁肋气急，口味多爽。多食生葫行房，伤肝气，令人面无色。生葫合青鱼酢食，令人腹内生疮，肠中肿，又成疝瘕，发黄疾。合蜜食，杀人。凡服一切补药，不可食之。

【主治】

归五脏，散痈肿疔疮，除风邪，杀毒气别录。下气，消谷，化肉苏恭。去水恶瘴气，除风湿，破冷气，烂痲癖，伏邪恶，宣通温补，疗疮癖，杀鬼去痛藏器。健脾胃，治肾气，止霍乱转筋腹痛，除邪祟，解温疫，去蛊毒，疗劳疔冷风，傅风损冷痛，恶疮、蛇虫、溪毒、沙虱，并捣贴之。



of dissolving meat is not something that should be stressed.

Wu Rui: Overeating of it will damage the Lung, the Spleen, the Liver and Gall Bladder. It promotes secretion of phlegm, reinforces the rampant Fire and causes mental confusion.

Sun Simiao: If Dasuan is eaten in the fourth and eighth months of the year, it damages mental activity, causes asthma and palpitation with pain and distention in the costal regions and halitosis. If sex is performed after eating a lot of garlic, the Liver will be damaged and the person will have a pale and pallid complexion. When raw garlic is eaten together with preserved black carp, it causes formation of sores in the abdomen and swelling of the Intestines. It induces Shanjia (mounting-conglomeration with whitish urethral discharge due to attack of Wind-Heat evil in the lower portion) and jaundice. If garlic is eaten together with honey, it may kill a person. It is prohibited when a person is taking a tonic of any kind.

[Indications]

It functions on the Five Viscera. It disperses carbuncle and swelling, treats ulcer of the external genitals. It disperses invading pathogenic Wind and kills toxin.

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

Su Gong: It brings down adverse ascending gas, and helps to digest cereals and meat.

Chen Cangqi: It disperses invading malignant water and miasma, pathogenic Wind and humidity. It eliminates cold congealing, dissolves abdominal mass in the shape of a hanging noose. It oppresses attacks of vicious agents. It is dispersive, warm and tonifying. It treats sores and tinea, kills Guiji (ghost stroke) and relieves pain.

It replenishes the Spleen and Stomach, regulates the Kidney qi, and stops cholera with spasm and abdominal pain. It disperses attacks of vicious agents and epidemics, and treats Gudu (disease due to noxious agents produced by various parasites), consumptive disease with malaria and cold gas. It can be applied to treat physical damage with pain and cold feeling. Pound the drug and apply to treat malignant sore, the bites of snakes and insects, Xidu (attack of worms in a stream) and sand fleas. Soak the drug in



熟醋浸，经年者良日华。温水捣烂服，治中暑不醒。捣贴足心，止鼻衄不止。和豆豉丸服，治暴下血，通水道宗爽。捣汁饮，治吐血心痛。煮汁饮，治角弓反张。同鲫鱼丸，治膈气。同蛤粉丸，治水肿。同黄丹丸，治痢症、孕痢。同乳香丸，治腹痛。捣膏敷脐，能达下焦消水，利大小便。贴足心，能引热下行，治泄泻暴痢及干湿霍乱，止衄血。纳肛中，能通幽门，治关格不通时珍。

【发明】

〔宗爽曰〕葫气极荤，置臭肉中反能掩臭。凡中暑毒人，烂嚼三两瓣，温水送之，下咽即知，但禁饮冷水。又鼻衄不止者，捣贴足心，衄止即拭去。〔时珍曰〕葫蒜入太阴、阳明，其气薰烈，能通五脏，达诸窍，去寒湿，辟邪



vinegar for a year. It works even better.

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

Kou Zongshi: Pound the drug together with warm water to get paste for dealing with heat-stroke with syncope. Pound the drug into paste and apply it to the sole to stop incessant epistaxis. Blend the drug with Douchi/ semen sojæ preparatum/fermented soybean and make pills. Swallow the pill to treat sudden onset of hematochezia. It facilitates the water duct.

Li Shizhen: Pound the drug to get juice to stop hematemesis with heart pain. Stew the drug in water to make a decoction to treat opisthotonos. Make pills together with Jiyu/carassius/crucian carp. Swallow the pill to treat diaphragm-obstruction syndrome. Make pills together with Gefen/pulveratum mactrae conchae/shell powder of clam. Swallow the pill to treat edema. Make pills with Huangdan/minium/lead oxide. Take the pill to treat dysentery complicated with malaria and dysentery during pregnancy. Make pills together with Ruxiang/olibanum/frankincense. Take the pill to treat abdominal pain. Pound the drug into paste and apply it to the umbilicus to disperse retention of fluid in the Xiajiao (the lower-jiao, the lower warmer) and facilitate stool and urination. Apply the paste on the sole to lead the pathogenic Heat going downward. It is good for treating sudden onset of watery dysentery, cholera with or without vomiting and diarrhea. It stops epistaxis. Insert it into the anus to treat dysuria accompanied by vomiting.

[Explication]

Kou Zongshi: Dasuan is very pungent in taste and smells strongly. But, when prepared with smelly meat, it reduces the smell. When a person is attacked by a heatstroke, let him chew two to three cloves of garlic and wash them down with warm water. Once the drug is swallowed, the patient will recover. But cold water should not be drunk. To treat incessant epistaxis, pound the drug into paste and apply it to the sole. Wipe it off when epistaxis halts.

Li Shizhen: Dasuan functions on the Initial Yin and Greater Yang Channels. It has strong taste and quality and can dredge through the Five Viscera and reach all the orifices. It disperses invading pathogenic Cold and Humidity, prevents attacks of vicious agents, eliminates carbuncle and



恶，消痈肿，化癥积肉食，此其功也。故王祯称之云：味久不变，可以资生，可以致远，化臭腐为神奇，调鼎俎，代醢酱。携之旅涂，则炎风瘴雨不能加，食裼腊毒不能害。夏月食之解暑气。北方食肉面尤不可无。乃食经之上品，日用之多助者也。盖不知其辛能散气，热能助火，伤肺损目，昏神伐性之害，荏苒受之而不悟也。尝有一妇，衄血一昼夜不止，诸治不效。时珍令以蒜傅足心，即时血止，真奇方也。又叶石林避暑录话云：一仆暑月驰马，忽仆地欲绝。同舍王相教用大蒜及道上热土各一握研烂，以新汲水一盞和取汁，挾齿灌之，少顷即苏。相传徐州市门，忽有版书此方，咸以为神仙救人云。〔藏器曰〕昔有患痲癖者，梦人教每日食大蒜三颗。初服遂至瞑眩吐逆，下部如火。后有人教取数片，



swelling, dissolves hard mass and undigested meat. Such are its therapeutic functions.

Wang Zhen: The flavor of the drug can be maintained for a long time. The drug helps the germination of things and can function in all parts. It turns the foul and filthy into a wonderful flavor and can be used as a good seasoning just like vinegar of Jiang/miscellus amyllum preparatum/paste. A traveler should take it with him so that he can be free from attacks of heat, rain and miasma, or toxin of decayed or filthy food. In summer months, eating of garlic will prevent attack of summer-heat. In the north, people can't do without it when they eat meat or noodles. It is something indispensable to daily life. But we have to realize its harm: As it is pungent and dispersive, it damages the qi. The heat of drug may reinforce the Fire to bring harm to the Lung and the eye. While it is damaging one's health and bringing mental confusion, people normally do not realize it is due to the eating of garlic. I once treated a woman who had had incessant epistaxis. The patient was treated by various means, but still the ailment did not disappear. I ordered the application of paste of Dasuan onto the sole of the patient. The epistaxis stopped right away. This is really something with magical functions. Here is another case recorded in the book *Bishu Luhua* by Ye Shilin: While on an errand, a servant fell off his horse and fainted. His neighbor, Mr. Wang, took a handful of garlic and a handful of warm soil from the road and ground them together into paste, which was blended in one cup of newly fetched water. The solution was filtered and force-fed into the patient's mouth, leading to eventual recovery. According to hearsay, people suddenly found the prescription inscribed on the city wall gate and all thought this was done by the immortals to save them.

Chen Cangqi: Once, there was a patient suffering from abdominal mass in the shape of a hanging noose who had a dream in which he was told that he should have three cloves of garlic everyday. The next day he began to do this. The patient felt nausea and vertigo, and he vomited. He also felt a burning sensation in the lower part of body. Later, the patient was told that the treatment should be changed so as to avoid the strong reaction — namely, cut off both ends of each clove of garlic and swallow it. This is called Neijiu (“internal moxibustion”). The patient did this and the



合皮截却两头吞之，名曰内灸，果获大效也。〔颂曰〕经言葫散痈肿。按李绛兵部手集方云：毒疮肿毒，号叫卧眠不得，人不能别者。取独头蒜两颗捣烂，麻油和，厚傅疮上，干即易之。屡用救人，无不神效。卢坦侍郎肩上疮作，连心痛闷，用此便瘥。又李仆射患脑痛久不瘥，卢与此方亦瘥。又葛洪肘后方云：凡背肿，取独颗蒜横截一分，安肿头上，炷艾如梧子大，灸蒜百壮，不觉渐消，多灸为善。勿令大热，若觉痛即擎起蒜。蒜焦更换新者，勿冷损皮肉。洪尝苦小腹下患一大肿，灸之亦瘥。数用灸人，无不应效。又江宁府紫极宫刻石记其事云：但是发背及痈疽恶疮肿核初起有异，皆可灸之，不计壮数。惟要痛者灸至不痛，不痛者灸至



syndrome was gone consequently.

Su Song: The classics say that Dasuan has the function of dispersing carbuncle with swelling. The book *Bingbu Shouji* by Li Jiang recorded a prescription: Malignant sore and pyrogenic infection with a terrible pain that makes the patient unable to sleep and cry out loudly. Nobody knows how to treat it. Treatment: Pound two bulbs of Dasuan with only one clove into paste. Blend it with Mayou/oleum sesame seminis/sesame oil. Apply a thick layer of the drug onto the affected part. Change when the previous drug dries up. This prescription has been used repeatedly and each time it worked very effectively. Mr. Lu Tan, official title Shilang, once suffered from a sore on his shoulder with referred pain to the Heart and a feeling of suffocation. He was treated with this prescription and soon got well. Mr. Li, official title Puye, Lu Tan's friend, was suffering from brain carbuncle. The syndrome lasted a long time. Lu Tan told him about the prescription. Mr. Li treated himself and the syndrome was gone. The book *Zhouhou Fang* by Ge Hong recorded treatment of swelling on the back: Cut one slice one *fen* in width from a bulb of Dasuan with only one clove and place this onto the affected part. Place a piece of moxa one the size of a parasol seed on the garlic slice and light. Do that 100 times. The ailment will subside little by little. The more times the moxibustion is practiced, the better the result. But do not burn too much. If the patient feels an ache, raise the garlic away from the skin for a while. When the garlic slice gets scorched, replace it with another piece. Be careful not to hurt the skin. I (Ge Hong) once suffered from a lump on my lower abdomen and I used this treatment effectively. I practiced this many times and each time it was successful. In the Ziji Palace in Jiangning City, there was a stone tablet on which the following prescription was inscribed: Practice moxibustion (with garlic) whenever the following ailment is just found: Lumbar dorsal carbuncle and phlegmon, malignant sore with swelling and subcutaneous node. It does not matter how many times moxibustion is practiced. Stop the treatment when moxibustion has eliminated the pain in the sore, or when it has caused a terrible pain in a sore that has been previously without pain. A wart can also be removed by this therapy. After moxibustion, there will be cicatrices, which will fall off automatically. It works miraculously. From



痛极而止。疣赘之类灸之，亦便成痂自脱，其效如神。乃知方书无空言者。但人不能以意详审，则不得尽应耳。〔时珍曰〕按李迅论蒜钱灸法云：治疽之法、着灸胜于用药。缘热毒中鬲，上下不通。必得毒气发泄，然后解散。凡初发一日之内，便用大独头蒜切如小钱厚，贴顶上灸之。三壮一易，大概以百壮为率。一使疮不开大，二使内肉不坏，三疮口易合，一举而三得之。但头及项以上，切不可用此，恐引气上，更生大祸也。又史源记蒜灸之功云：母氏背胛作痒，有赤晕半寸，白粒如黍。灸二七壮，其赤随消。信宿，有赤流下长二寸。举家归咎于灸。外医用膏护之，日增一晕，二十二日，横斜约六七寸，痛楚不胜。或言一尼病此，得灸而愈。予奔问之。尼云：剧时昏不知人，但闻范奉议坐守灸八百余壮方苏，约艾一筛。予亟归，以炷如银杏大，灸十



this we know that what has been recorded in prescription books was always well grounded. But it is a pity that people fail to read such books carefully, causing the negligence of many valuable prescriptions.

Li Shizhen: Doctor Li Xun recorded the garlic moxibustion therapy as follows: The treatment of phlegmon by practicing moxibustion has better therapeutic effect than prescribing a medicinal decoction for oral use. This is because the Heat toxin accumulates in the locus and cannot disperse by itself. The treatment is to expel it from the locus. On the first day of onset, the following treatment should be given: Cut a big piece of Dasuan with only one clove with thickness as much as coin and apply it to the locus. Practice moxibustion over the garlic. After three moxa sticks are used, change the garlic. Normally 100 moxa cones are needed for a course. In this way, the following three benefits are obtained: First, the sore will not expand; second, there will be no more ulceration within; and third, the healing of sore can be accelerated. But this cannot be practiced on a sore that appears on the head or neck. This is for fear of inducing the upward moving of gas, which may probably bring complications. Doctor Shi Yuan recorded the garlic moxibustion therapy: My mother once had a half *cun* red halo on her scapular region with a white grain the size of millet. Moxibustion was practiced, using 14 moxa cones. The red halo subsided. Two nights later, there was secretion of two *cun* of red fluid. All the family members blamed the moxibustion therapy. A doctor was sent for and medicinal ointment around the locus was given. But each day there was an increase of the halo and by the 22nd day, the diameter of the locus was six to seven *cun*. It was very painful. At this time, I happened to hear that a nun was once suffering from the same trouble. She was cured by the moxibustion therapy. So I went and enquired about the treatment. The nun told me that, at first, when the ailment was severe, she lost consciousness. She was later told that, at that time, Doctor Fan practiced moxibustion continuously. After some 800 moxa cones, equivalent to one sieveful *Aiye*/*folium artemisiae argyi*/leaf of argy wormwood, were used, she came to herself. So, I came back and began to treat my mother the same way. I carried out moxibustion with moxa cones the size of ginkgo fruit. After burning a dozen such cones, the patient had no response at all. So I began to practice moxibustion on the red and



数，殊不觉；乃灸四旁赤处，皆痛。每一壮炷则赤随缩入，三十余壮，赤晕收退。盖灸迟则初发处肉已坏，故不痛，直待灸到好肉方痛也。至夜则火炷满背，疮高阜而热，夜得安寝矣。至晓如覆一瓿，高三四寸，上有百数小窍，色正黑，调理而安。盖高阜者，毒外出也。小窍多，毒不聚也。色正黑，皮肉坏也。非艾火出其毒于坏肉之里，则内逼五脏而危矣。庸医傅贴凉冷消散之说，何可信哉？

【附方】

旧十五，新三十二。（略）

swollen part around the sore. This caused pain. After each moxa cone was consumed, the red and swollen area shrank a little. After finishing some 30 moxa cones, the red halo had completely subsided. As the moxibustion therapy was given too late, so the flesh in the sore was already decayed, thus no pain could be felt. But, when moxibustion went to the area where there was good flesh, pain appeared. Until the night, the red and swollen skin spread all over the back with a burning sensation, but she could sleep for a while. The next morning, the red and swollen area protruded three to four *cun*. It looked like a big plate on her back. There were several hundred small black pores on it. After some time of care and nursing, the syndrome subsided. Comment: When the skin was protruding, it showed the decayed flesh. It was lucky that moxibustion therapy was given to lead the toxin to disperse from the interior to the exterior. If the toxin can find no way out, it will penetrate to the interior. Once the Five Viscera are attacked, it is a dangerous case. Mediocre doctors would treat the case by applying ointment of cold and dispersing drugs. Can we rely on such doctors?

[Prescriptions]

Fifteen prescriptions collected previously, and
32 prescriptions collected recently.



芥（别录上品）

【释名】

〔时珍曰〕按王安石字说云：芥者，界也。发汗散气，界我者也。王禎农书云：其气味辛烈，菜中之介然者，食之有刚介之象，故字从介。

【集解】

〔弘景曰〕芥似菘而有毛，味辣，可生食及作菹。其子可以藏冬瓜。又有菘（音郎），作菹甚辣。〔恭曰〕芥有三种：叶大子粗者，叶可食，子入药用；叶小子细者，叶不堪食，子但作齏；又有白芥子，粗大白色，如白梁米，甚辛美，从西戎来。〔颂曰〕芥处处有之。有青芥，似菘，有毛，味极辣。紫芥，茎叶纯紫可爱，作齏最美。有白芥，





JIE

Indian mustard

Brassica Juncea (L.) Czern. et Coss.

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

[Explanation of Names]

Li Shizhen: According to the book *Zi Shuo* by Wang Anshi, Jie is something that induces perspiration and disperses gas.

The book *Nongshu* (*Book of Agriculture* by Wang Zhen): The drug has a strong pungent taste and fuction. It works within the body mightily.

[Previous Explanations]

Tao Hongjing: Jiecai/caulis et folium brassicae/stem and leaf of Indian mustard looks like Baicai, but it is covered with hair. It tastes pungent. The fresh herb can be eaten directly or preserved. Store its seed together with Donggua/fructus benincasae/fruit of Chinese Wax gourd. This will prolong the freshness of the latter. There is one species called Lang, which is very hot when it is preserved.

Su Gong: There are three species of Jiecai:

— One is that with big leaf and seed: the leaf can be served as a vegetable and the seed can be used medically;

— One is that with small leaf and seed: the leaf is not edible. The seed can be ground into powder and serve as sreasoning; and

— One is that is called Baijiezi (the white Jiezi), which is big and coarse, similar to white Liangmi/semem setariae/millet. It is pungent and tastes delicious. It is a species introduced from the Xirong area.

Su Song: Jiecai can be found everywhere. The Qingjie (Green Jie) looks like Baicai. It is covered with hair and tastes very hot. The Zijie (purple Jie) has a pure purple stem and leaf. When it is finely chopped into a kind



见本条。其余南芥、旋芥，花芥，石芥之类，皆菜茹之美者，不能悉录。大抵南土多芥。相传岭南无芜菁，有人携种至彼种之，皆变作芥，地气使然耳。〔时珍曰〕芥有数种：青芥，又名刺芥，似白菘，有柔毛。有大芥，亦名皱叶芥，大叶皱纹，色尤深绿，味更辛辣。二芥宜入药用。有马芥，叶如青芥。有花芥，叶多缺刻，如萝卜英。有紫芥，茎叶皆紫如苏。有石芥，低小。皆以八九月下种。冬月食者，俗呼腊菜；春月食者，俗呼春菜；四月食者，谓之夏芥。芥心嫩薹，谓之芥蓝，淪食脆美。其花三月开，黄色四出。结荚一二寸。子大如苏子，而色紫味辛，研末泡过为芥酱，以侑肉食，辛香可爱。岭南异物志云：南土芥高五六尺，子大如鸡子。此又芥之异者也。



of preserved vegetable, it tastes wonderful. There is also Baijie (White Jie). Still there are other species such as Nanjie, Xuanjie, Huajie and Shijie. All are very good vegetables. Generally speaking, Jiecai is widely planted in the south. But it is said that in the area south of the Five Ridges, there had been no turnip, so someone took the turnip seed and planted it there. But it grew into Indian mustard, the climate making the difference.

Li Shizhen: There are several species of Jiecai:

— Qingjie: Also called Cijie. It looks like Baicai, but it is covered with soft hair. It is good for medical use;

— Dajie: Also called Zouyejie. It has big leaf with crease. It is dark green in color and is very pungent in taste. It is good for medical use;

— Majie: Its leaf is similar to Qingjie;

— Huajie: There are many curves on edge of leaf, which is similar to Luoboye/folium raphani/radish leaf;

— Zijie: Both the leaf and stem are purple, which is similar to Zisu/herba perillae/perilla herb; and

— Shijie: It is small and short.

The above species should be planted by sowing the seed in the eighth and ninth months. They can be harvested and served in winter. It is colloquially called Laicai. That eaten in spring is called Chuncai. Herb that is eaten in the fourth month is colloquially called Xiajie. The tender heart of Jiecai is called Jielan, which can be boiled and served as dish. It is crispy and delicious. A yellow flower blooms in the fourth month and a pod one or two *cun* long is formed. The seed is as big as Zisuzi/fructus perillae/perilla fruit, but it is purple and pungent. It can be ground into powder and soaked into a kind of paste, which can go with meat as a good seasoning. It is pungent and delicious.

The book *Lingnan Yiwu Zhi*: Jiecai produced in the south is as tall as five to six *chi* and its seed is as big as an egg. This is a special species of the herb.

JIEJING and JIEYE

Stem and leaf of Indian mustard

Caulis et folium brassicae



茎叶

〔气味〕辛，温，无毒。〔诜曰〕煮食动气与风，生食发丹石，不可多食。大叶者良，细叶有毛者害人。〔宁原曰〕有疮疡、痔疾、便血者忌之。〔思邈曰〕同兔肉食，成恶邪病。同鲫鱼食，发水肿。

〔主治〕归鼻，除肾经邪气，利九窍，明耳目，安中。久食温中别录。止咳嗽上气，除冷气日华。主咳逆下气，去头面风孟诜。通肺豁痰，利隔开胃时珍。

〔发明〕〔时珍曰〕芥性辛热而散，故能通肺开胃，利气豁痰。久食则积温成热，辛散太盛，耗人真元，肝木受病，昏人眼目，发人疮痔；而别录谓其能明耳目者，盖知暂



[Quality and Taste]

It is pungent, warm and nontoxic.

Meng Xian: The stewed herb activates the movement of qi and induces an attack of pathogenic Wind. If the drug is eaten raw, it arouses the side effects of alchemical stone drugs. It should not be taken in big quantity. That with a big leaf is a good species. And that with a small and hairy leaf is harmful to the health.

Ning Yuan: It is prohibited to patients suffering from sores, ulcers, hemorrhoids and hematochezia.

Sun Simiao: If it is eaten together with rabbit meat, it will induce strange and malignant disease. When it is eaten together with crucian carp, it induces edema.

[Indications]

It functions on the nose. It disperses pathogenic factors resting with the Kidney Channel. It facilitates the function of the nine orifices, brightens the eye and sharpens the ear and pacifies the interior. Long-term use warms the interior.

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

It stops coughing with dyspnea and disperses cold gas.

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

Meng Xian: It stops coughing with dyspnea and brings down adverse ascending gas. It disperses invading pathogenic Wind on the head and face.

Li Shizhen: It facilitates the circulation of qi in the Lung and disperses phlegm. It dredges through the diaphragm and whets the appetite.

[Explication]

Li Shizhen: Jiecai is pungent and dispersive. So it is good for facilitating the circulation of qi in the Lung and whet the appetite. It facilitates the flow of qi and expels phlegm. But long-term use will lead to the accumulation of heat and cause diseases. As it is very pungent and strongly dispersive, it consumes one's Yuanqi (Primordial Vital Energy). It damages the Liver, dims the eyes and induces sores and hemorrhoids. But *Mingyi Bielu*



时之快，而不知积久之害也。素问云：辛走气，气病无多食辛。多食辛则筋急而爪枯。此类是矣。陆佃云：望梅生津，食芥堕泪，五液之自外至也。慕而涎垂，愧而汗出，五液之自内生也。

〔附方〕新四。（略）

子

〔气味〕辛，热，无毒。〔时珍曰〕多食昏目动火，泄气伤精。

〔主治〕归鼻，去一切邪恶疰气，喉痹弘景。疰气发无常处，及射工毒，丸服之，或捣末醋和涂之，随手有验苏



recorded the drug as “brightening the eye and sharpening the ear.” This is only a temporary function. Long-term use is sure to bring harm.

Huangdi Neijing: Suwen: Drugs of pungent taste function on the qi. When it is in disorder, do not eat pungent tasting drugs. If it is overdosed, it will cause contractions of the tendon and withering of the nail.

Lu Dian: When one looks at a plum, the mouth waters, and when mustard is eaten, tears are shed. This is the secretion of five body fluids induced by drugs from outside. When one wants something eagerly, the mouth will water and when one feels ashamed, he will perspire. This is the secretion of five body fluids from within.

[Prescriptions]

Four prescriptions collected recently.

JIEZI

Seed of Indian mustard

Semen brassicae

[Quality and Taste]

It is pungent, hot and nontoxic.

Li Shizhen: Eating it too much will cause dimness of the eye and the rampage of Fire. It purges the qi and damages the Jing (Vital Essence).

[Indications]

Tao Hongjing: It functions on the nose. It disperses all kinds of vicious and malignant agents, and treats throat inflammation.

Su Gong: It treats Guizhu (consumptive disease of unknown reason) that attacks different parts of the body. It detoxifies toxin of Shegong (worm in water, see drug Xiguichong). Make pills with the drug to take orally. Or, pound the drug into powder and blend with vinegar for applying to the affected part. It works right away.

It treats pyogenic infection due to invasion of pathogenic Wind and toxin. It also treats numbness. Grind the drug with vinegar and apply it to the affected part. Grind the drug with fresh ginger and apply it to treat



恭。治风毒肿及麻痹，醋研傅之。扑损瘀血，腰痛肾冷，和生姜研涂贴之。又治心痛，酒调服之日华。研末作酱食，香美，通利五脏孟诜。研末水调，涂顶凶，止衄血吴瑞。温中散寒，豁痰利窍，治胃寒吐食，肺寒咳嗽，风冷气痛，口噤唇紧，消散痈肿瘀血时珍。

〔发明〕〔时珍曰〕芥子功与菜同。其味辛，其气散，故能利九窍，通经络治口噤、耳聋、鼻衄之证，消瘀血、痈肿、痛痹之邪。其性热而温中，故又能利气豁痰，治嗽止吐，主心腹诸痛。白芥子辛烈更甚，治病尤良。见后本条。

〔附方〕旧八。（略）



blood stasis due to physical damage and falling. It is also good for treating lumbago with Cold in the Kidney. Blend the drug with wine, and serve to treat heart pain.

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

Meng Xian: Grind the drug into powder and make paste. It is a good seasoning and functions to facilitate the function of Five Viscera.

Wu Rui: Grind the drug into powder and blend with water. Apply it onto the fontanel to stop epistaxis.

Li Shizhen: It warms the interior and disperses cold. It dispels phlegm and facilitates the function of the orifices. It stops vomiting of food due to the prevalence of pathogenic Cold in the Stomach, and relieves coughing due to the prevalence of pathogenic Cold in the Lung. It also relieves pain due to invasion of pathogenic Wind and Cold and disorder of qi with lock-jaw and tense lip. It dissolves carbuncle, swelling and blood stasis.

[Explication]

Li Shizhen: Jiezi has the same therapeutic function as Jiecai. It is pungent in taste and dispersive in function. It facilitates the function of the nine orifices, and dredges through the Channels and Collaterals. It treats lock-jaw, deafness and epistaxis, dissolves blood stasis, carbuncle and swelling, and relieves arthralgia and pain. As it is hot and warms the interior, it dissolves phlegm by facilitating the flow of qi. It relieves coughing and stops vomiting. It is generally good for treating pains of various kinds in the epigastria and abdomen. Baijiezi is even stronger in its taste and function.

[Prescriptions]

Eight prescriptions collected previously.

白芥（宋开宝附）

【释名】

胡芥蜀本草。蜀芥

〔时珍曰〕其种来自胡戎而盛于蜀，故名。

【集解】

〔恭曰〕白芥子粗大白色，如白梁米，甚辛美，从戎中来。〔藏器曰〕白芥生太原、河东。叶如芥而白，为茹食之甚美。〔保昇曰〕胡芥近道亦有之，叶大子白且粗，入药及啖最佳，而人间未多用之。〔时珍曰〕白芥处处可种，但人知蒔之者少尔。以八九月下种，冬生可食。至春深茎高二三尺，其叶花而有丫，如花芥叶，青白色。茎易起而中空，性





BAIJIE

White mustard

Brassica alba (L.) Boiss.

— Drug in the appendix of *Kaibao Bencao* (*Materia Medica of Kaibao*).

[Explanation of Names]

HUJIE

— *Shu Bencao* (*Materia Medica of the Shu State*).

SHUJIE

Li Shizhen: The herb originated in the Hu and Rong (ancient name for ethnic groups inhabiting west China) areas and was fully developed in Shu (Sichuan). So, the names have the characters Hu and Shu.

[Previous Explanations]

Su Gong: Baijiezi is big and coarse and white in color, which is similar to white millet. It tastes very pungent and delicious. It was introduced into the hinterland from the Rong area (west China where ethnic groups lived in ancient times).

Chen Cangqi: Baijie grows in the Taiyuan and Hedong areas. Its leaf is similar to Jiecai, but it is white. It can be eaten as a vegetable. It tastes wonderful.

Han Baosheng: Huajie is also produced in nearby places. Its leaf is big. The seed is white and coarse, which is very good either eaten as a vegetable or used as a drug. But, unfortunately, the drug is not very much used today.

Li Shizhen: Baijie can be planted everywhere. But it seems not many people know the way of planting it. The seed should be sowed in the eighth and ninth months. In winter, the leaf can be eaten as a vegetable. Until late



脆，最畏狂风大雪，须谨护之，乃免折损。三月开黄花，香郁。结角如芥角，其子大如梁米，黄白色。又有一种茎大而中实者尤高，其子亦大。此菜虽是芥类，迥然别种也，然入药胜于芥子。

子

〔气味〕辛，温，无毒。

〔主治〕发汗，主胸膈痰冷，上气，面目黄赤。又醋研，傅射工毒别录。御恶气遁尸飞尸，及暴风毒肿流四肢疼痛弘景。烧烟及服，辟邪魅日华。〔藏器曰〕入镇宅方用。咳嗽，胸胁支满，上气多唾者，每用温酒吞下七粒思邈。利气豁痰，除寒暖中，散肿止痛，治喘嗽反胃，痹木脚气，筋



spring, the stem is two to three *chi* tall. Its leaf is well designed with forks, similar to that of Huajie. It is blue-green and white. The stem grows easily. It is crispy and hollow inside, so it cannot stand storm or snow. It should be well protected so that it won't break. A yellow flower blooms in the third month. It is fragrant. The pod is similar to that of Jie. Its seed is as big as yellow or white millet. There is another species with an even taller and solid stem. Its seed is also bigger. This vegetable is in the same category of Jie, but it is not the same species. For medical use, this drug is even better than Jiezi.

BAIJIEZI

White mustard seed
 Semen brassicae albae

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

It induces perspiration. It disperses accumulation of cold phlegm in the chest and diaphragm with dyspnea, yellow and red face and eye. It can be ground together with vinegar and applied to treat toxin of Shegong (worm in water).

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

Tao Hongjing: It prevents attack of vicious agents and Feishi (a dangerous and severe disease attacked suddenly). It relieves pain of extremities due to pyogenic infection caused by sudden attack of pathogenic Wind.

Burn the drug to fumigate the patient or take it orally. In this way, attacks of vicious agents can be prevented.

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

Chen Cangqi: The drug is used in a prescription designed to protect the house from vicious attacks.

Sun Simiao: It is good for treating coughing with distended chest and rib, dyspnea and spitting of profuse saliva. Wash down seven grains of the drug with warm wine per dose.

骨腰节诸痛时珍。

〔发明〕〔震亨曰〕痰在胁下及皮里膜外，非白芥子莫能达。古方控涎丹用白芥子，正此义也。〔时珍曰〕白芥子辛能入肺，温能发散，故有利气豁痰、温中开胃、散痛消肿辟恶之功。按韩悉医通云：凡老人苦于痰气喘嗽，胸满懒食，不可妄投燥利之药，反耗真气。悉因人求治其亲，静中处三子养亲汤治之，随试随效。盖白芥子白色主痰，下气宽中。紫苏子紫色主气，定喘止嗽。萝卜子白种者主食，开痞





Li Shizhen: It facilitates the flow of qi and disperses phlegm. It expels the Cold and warms the interior. It disperses swelling and relieves pain. It is good for treating coughing, asthma and regurgitation. It also treats arthralgia, numbness and beriberi, relieves pain of tendon, bone and joints in the lumbar region.

[Explication]

Zhu Zhenheng: When pathological phlegm retention is resting under the rib and between the skin and membrane, Baijiezi is a must drug that can disperse it. In the ancient prescription Kongxian Dan,* Baijiezi was used. It was based on such understanding.

Li Shizhen: Baijiezi is pungent in taste, so it functions on the Lung. It is also warm and dispersive, so it has the function of facilitating the flow of qi, dispersing the phlegm, warming the interior, whetting the appetite, and dispelling swelling and viscous attacks.

The book *Yi Tong* by Han Mao: When the aged suffer from asthma and coughing due to phlegm retention with fullness in the chest and anorexia, drugs of dry and dispersing quality should not be given. Such drugs will exhaust the Zhenqi (original Vital Energy) of the patient. I was once treating my friend's parent who was suffering from coughing and asthma. After examining the patient, I prescribed the following prescription (Sanzi Yangqin Tang), using Baijiezi, perilla fruit and radish seed. The prescription worked effectively. Analysis: Baijiezi is good for dispersing phlegm retention, bringing down adverse ascending gas and relieving epigastric distention. Perilla fruit regulated the qi, calms asthma and stops the coughing. Radish seed (the white one) whets the appetite, breaks through stagnation of qi and brings down adverse ascending of gas. The drug should be stir-fried separately and ground into powder. Dosage can be varied in accordance with

*Kongxian Dan:

Gansui/radix kansui/gansui root,

Daji/radix euphorbiae pekinensis/root of peking euphorbia, and

Baijiezi.

降气。各微炒研破，看所主为君。每剂不过三四钱，用生绢袋盛入，煮汤饮之。勿煎太过，则味苦辣。若大便素实者，入蜜一匙。冬月加姜一片尤良。南陵未斋子有辞赞之。

〔附方〕新八。（略）



the principal symptoms and signs. But each serving is only about three to four *qian*. Wrap the drug in a silk bag and stew it in water. Do not stew it for too long, otherwise the decoction is too pungent and bitter. If the patient has constant constipation, add one spoon of honey. In winter, add one slice of fresh ginger. This works even better.

[Prescriptions]

Eight prescriptions collected recently.



菜菔音来北。（唐本草）

【释名】

芦菔郭璞云：芦音罗，菔音北，与菔同。萝卜音罗北。
雷突尔雅注。紫花菘同上。温菘同上。土酥

〔保昇曰〕菜菔俗名萝卜。按尔雅云：突，芦菔。孙炎注云：紫花菘也。俗呼温菘。似芜菁，大根。俗名雷突，一名芦菔是矣。〔颂曰〕紫花菘、温菘，皆南人所呼。吴人呼楚菘。广南人呼秦菘。〔时珍曰〕按孙愐广韵言：鲁人名菘，邈（音拉答）。秦人名萝卜。王祯农书言：北人萝卜，一种





LAIBEI

Garden radish

Raphanus sativus L.

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

[Explanation of Names]

LUOBEI (芦菔)

LUOBEI (萝卜)*

BAOTU

— *Er Ya Zhu*.

ZIHUASONG

— *Er Ya Zhu*.

WENSONG

— *Er Ya Zhu*.

TUSU

Han Baosheng: Laibei si colloquially called Luobei.

The book *Er Ya*: Tu is merely Luobei. Sun Yan annotated: This is Zihuasong, or colloquially it is called Wensong. It looks like Wujing. The root is big. It is colloquially called Baotu, or Luobei.

Su Song: People in the south call the herb Zihuasong and Wensong. People living in the Wu area call it Chusong. People in the Guangnan call it Qinsong.

Li Shizhen: According to the book *Guang Yun* by Sun Mian, people living in the Lu area call it Lada and people in the Qin area call it Luobei.

The book *Nong Shu* by Wang Zhen: People call Luobei four different ways in accordance with the seasons: In spring, it is called Podizhui. In

*It is also pronounced as Luobo.



四名：春曰破地锥，夏曰夏生，秋曰萝卜，冬曰土酥，谓其洁白如酥也。珍按：菘乃菜名，因其耐冬如松、柏也。菜菔乃根名，上古谓之芦菔，中古转为菜菔，后世讹为萝卜，南人呼为萝廔廔（与甍同）。见晋灼汉书注中。陆佃乃言菜菔能制面毒，是来麩之所服，以菔音服，盖亦就文起义耳。王氏博济方，称干萝卜为仙人骨，亦方土谬名也。

【集解】

〔弘景曰〕芦菔是今温菘，其根可食。俗人蒸其根及作菹食，但小薰臭尔。叶不中啖。又有突，根细而过辛，不宜服之。〔恭曰〕菜菔即芦菔也。嫩叶为生菜食，大叶可熟啖。陶氏言不中食，理丧其真也。江北、河北、秦、晋、最多，登、菜亦好。〔颂曰〕菜菔南北通有，北土尤多。有大小二种：大者肉坚，宜蒸食；小者白而脆，宜生啖。河朔极有大者，而江南、安州、洪州、信阳者甚大，重至五六斤，或近一秤，亦一时种蒔之力也。〔瑞曰〕夏



summer, it is called Xiasheng. In autumn, it is called Luobei and in winter, it is called Tusu (meaning “as white as Su/lac obesus preparatum/butter”). Li Shizhen’s comment: Song is the name of the leaf, a name similar to “pine,” showing that the herb is resistant to cold winter. Laibei is the name of the root. In ancient times, it was called Luobei (芦薹) and, in the middle ages, it was called Laibei; in recent times, it was distorted as Luobei. People in the south call it Luobaobao. This name appeared in the book *Annotation to the Han Shu* by Jin Zhuo.

Lu Dian: Laibei detoxifies the toxin of flour. When wheat and barley flour are taken, Laibei should be taken, too. As the character Bei is similar to the character Fu, so later people called the herb Laifu. The book *Boji Fang* by Dr. Wang called the herb Xianrengu, a distorted name given by Taoist alchemists.

[Previous Explanations]

Tong Hongjing: Luobei is merely today’s Wensong. Its root is edible. Local people steam the root and make preserved food. But it smells foul. Its leaf is no good for eating. There is a species of the herb called Tu, with a thin and very pungent root. It is not edible.

Su Gong: Laibei is merely Luobei. Its tender leaf can be eaten unprepared. Its big leaf can be stewed to make a dish. Tao Hongjing said it was not edible, but he was wrong. The herb is produced in bulk in Jiangbei, Hebei, Qin and Jin areas. That produced in the Lai and Deng areas are also good.

Su Song: Laibei can be found in both the south and the north. It is more common in the north. There are two species: One is big and solid in quality; this can be steamed and served as a dish. The small one is white and crispy, and can be eaten fresh. There are big Laibei in He and Shuo areas. Those produced in areas south of the Yangtze River, in Anzhou, Hongzhou and Xinyang, are very large, and can weigh up to five to six *jin* each, or even one *cheng* (15 *jin*). This, of course, is an exception, due to good cultivation and care.

Wu Rui: That planted in summer is called Xialuobei (meaning “summer Luobei”). The small Luobei with a long root is called Manjingluobei.



月复种者，名夏萝卜。形小而长者，名蔓菁萝卜。〔时珍曰〕菜菔今天下通有之。昔人以芜菁、菜菔二物混注，已见蔓菁条下。圃人种菜菔，六月下种，秋采苗，冬掘根。春末抽高茎，开小花紫碧色。夏初结角。其子大如大麻子，圆长不等，黄赤色。五月亦可再种。其叶有大者如芜菁，细者如花芥，皆有细柔毛。其根有红、白二色，其状有长、圆二类。大抵生沙壤者脆而甘，生瘠地者坚而辣。根、叶皆可生可熟，可菹可酱，可豉可醋，可糖可腊，可饭，乃蔬中之最有利益者，而古人不深详之，岂因其贱而忽之耶？抑未谕其利耶？

【气味】

根辛、甘，叶辛、苦，温，无毒。

〔洗曰〕性冷。〔思邈曰〕平。不可与地黄同食，令人发白，为其涩营卫也。〔时珍曰〕多食菜菔动气，惟生姜能制其毒。又伏硃砂。

【主治】

散服及炮煮服食，大下气，消谷和中，去痰癖，肥健人；



Li Shizhen: Laibei can be found everywhere in the country. People in the past always mixed up Wujing with Laibei. It is clarified in this book. See Manjing. Farmers sow the seed of Laibei in the sixth month. The seedling can be collected in the autumn and the root in winter. In late spring, a tall stem grows, and a purple and green flower blooms. The pod is formed in early summer. Its seed is similar to Damazi/semen cannabis/hemp seed. But they are uneven in size, some round and some long. It is yellow and red in color. The seed can be sown in the fifth month again. The leaf can be as big as Wujingye or can be as small as leaf of Huajie. All of them are covered with a fine, soft fur. The color of the root can be red and white. Its shape can be round or long. Generally speaking, that growing on sandy soil is crispy and sweet and that growing on barren land is hard and pungent. Its leaf and root can be processed in many ways: to eat them unprepared, stewed, preserved or made into paste. They may be blended with Douchi/semen sojae preparatum/fermented soybean, vinegar or sugar, or mixed with rice. It is something very beneficial among vegetables. But ancient people did not explore the herb carefully. They considered it too common, failing to understand its value.

[Quality and Taste]

The root is pungent and sweet. The herb is pungent, bitter, warm and nontoxic.

Meng Xian: It is cool in quality.

Sun Simiao: It is plain. It should be taken together with Dihuang/radix rehmanniae/root of rehmannia. If both are eaten, it will turn the hair white, as the drugs will astringe the Ying (nutrient essence in blood) and Weiqi (body resistance).

Li Shizhen: Overuse of Laibei will stir up the qi, but fresh ginger can control it. The drug oppresses Raosha/halitum purpureum.

[Indications]

Take the drug in powder form, or stew it. It brings down adverse ascending gas very effectively, helps digestion of cereals and harmonizes the interior. It eliminates phlegm retention, and helps one to put on weight.



生捣汁服，止消渴，试大有验唐本。利关节，理颜色，练五脏恶气，制面毒，行风气，去邪热气萧炳。利五脏，轻身，令人白净肌细孟诜。消痰止咳，治肺痿吐血，温中补不足。同羊肉、银鱼煮食，治劳瘦咳嗽日华。同猪肉食，益人。生捣服，治禁口痢汪颖。捣汁服，治吐血衄血吴瑞。宽胸隔，利大小便。生食，止渴宽中；煮食，化痰消导宁原。杀鱼腥气，治豆腐积汪机。主吞酸，化积滞，解酒毒，散瘀血，甚效。末服，治五淋。丸服，治白浊。煎汤，洗脚气。饮汁，治下痢及失音，并烟熏欲死。生捣，涂打扑汤火伤时珍。

【发明】

〔颂曰〕菜菔功同芜菁，然力猛更出其右。断下方亦用



Pound the fresh drug to get juice to quench thirst in diabetes. It has been tried and proven very effective.

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

Xiao Bing: It facilitates movement of the joints, and improves complexion. It disperses invading vicious agents to the Five Viscera, detoxifies toxin of wheat flour, and disperses invading pathogenic Wind and Heat.

Meng Xian: It is beneficial to the Five Viscera. It makes one feel happy and vigorous, and improves the complexion and skin condition.

It eliminates phlegm and stops coughing. It treats pulmonary flaccidity with hematemesis, warms the interior and tonifies the deficient condition. Stew the drug together with mutton and silver fish. Take the thing to treat consumptive disease with emaciation and coughing.

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

Wang Ying: Take the drug together with pork. It is beneficial to the health. Pound the drug and take it to treat fasting dysentery.

Wu Rui: Pound the drug to get juice to treat hematemesis and epistaxis.

Ning Yuan: It relieves epigastric distention, facilitates stool and urination. When the fresh drug is taken, it quenches thirst and relieves epigastric distention; if it is stewed, it dissolves phlegm and helps digestion.

Wang Ji: It eliminates fishy smell and dissolves indigestion caused by overeating of bean curd.

Li Shizhen: It is good for treating acid regurgitation, dissolving accumulation and indigestion, detoxifying alcoholism and dispersing blood stasis. It is very effective. Take the powder of the drug to treat stranguria of five types. Make pills with the drug to treat whitish and turbid urine. Stew the drug to make a decoction to wash the feet to treat beriberi. Drink the juice of the drug to treat dysentery and aphonia. It can rescue a patient in a critical condition due to excessive fumigation. Pound the fresh drug into paste and apply it to treat physical injury, scalds and burns.

[Explication]

Su Song: Laibei has similar therapeutic function as Wujing, but is more effective. In a prescription designed to treat dysentery with whitish and bloody discharge, the drug is used as one ingredient. It is burned and



其根，烧熟入药。尤能制面毒。昔有婆罗门僧东来，见食麦面者，惊云：此大热，何以食之？又见食中有芦菔，乃云：赖有此以解其性。自此相传，食面必啖芦菔。〔炳曰〕捣烂制面，作饔飩食之最佳，饱食亦不发热。酥煎食之，下气。凡人饮食过度，生嚼咽之便消。〔慎微曰〕按杨亿谈苑云：江东居民言种芋三十亩，计省米三十斛；种萝卜三十亩，计益米三十斛。则知萝卜果能消食也。〔宗奭曰〕服地黄、何首乌人食菜菔，则令人髭发白。世皆以为此物味辛、下气速也。然生姜、芥子更辛，何止能散而已。盖菜菔辛而又甘，故能散缓，而又下气速也。所以散气用生姜，下气用菜菔。〔震亨曰〕菜菔根属土，有金与水。寇氏言其下气速。人往



blended to join the other drugs. The drug is very effective in detoxifying toxin of wheat flour. Once a Brahman monk traveled to the east and saw people eating food made of wheat flour. He was astonished and told the person not to eat it because it was something very hot in quality. But later, when he saw that Luobei was served together with the food, he said: With Luobei in your food, you will have no trouble at all, as it can detoxify the toxin of wheat flour. From then on, a tradition was formed in that area: whenever wheat flour is eaten, Luobei must accompany it.

Xiao Bing: Pound the drug into paste and blend with wheat flour to make Botuo, a kind of noodle-like food boiled in water. It is delicious. Even if one eats to his full, he will not suffer from fever. The drug can also be fried with butter. Eat the food to bring down adverse ascending gas. Whenever one suffers from indigestion due to overeating, he should eat the fresh Luobo.

Tang Shenwei: The book *Tan Yuan* by Yuan Yi records: People living in the Jiangdong area say when 30 *mu* of Yutou/rhizoma colocasiae esculentae/tuber of dasheen is planted, 30 *hu* of rice can be saved in the total consumption of food. But when 30 *mu* of Luobo is planted, an additional 30 *hu* of rice is consumed. From this, we can see the Luobo's function of helping digestion.

Kou Zongshi: People consuming Dihuang/radix rehmanniae/root of rehmannia and Heshouwu/radix polygoni multiflori/root of tuber fleece flower should not eat Luobo at the same time, as this will turn the hair and beard white. Generally, people understand that it is due to the pungent taste of this drug; it has a strong function of bringing down the adverse ascending gas. But this is not correct. Both fresh ginger and seed of Indian mustard are even more pungent, but they are only dispersive. This is because Luobo is both pungent and sweet, so it is mildly dispersive and can bring down the stagnating gas effectively. So, when it is wished to disperse the adverse ascending gas, fresh ginger should be used. When it is wished to bring down the adverse ascending gas, Luobo can be used.

Zhu Zhenheng: Luobo pertains to the Earth element. It also has Metal and Water elements. Kou Zongshi said that it had a strong function of bringing down the adverse ascending gas. Sometimes, when people eat too



往煮食过多，停滞成溢饮，岂非甘多而辛少乎？〔时珍曰〕莱菔根、叶同功，生食升气，熟食降气。苏、寇二氏止言其下气速，孙真人言久食涩营卫，亦不知其生则噫气，熟则泄气，升降之不同也。大抵入太阴、阳明、少阳气分，故所主皆肺、脾、肠、胃、三焦之病。李九华云：莱菔多食渗人血。则其白人髭发，盖亦由此，非独因其下气、涩营卫也。按洞微志云：齐州有人病狂，云梦中见红裳女子引入宫殿中，小姑令歌，每日遂歌云：五灵楼阁晓玲珑，天府由来是此中。惆怅闷怀言不尽，一丸萝卜火吾宫。有一道士云：此犯大麦毒也。少女心神，小姑脾神。医经言萝卜制面毒，故曰火吾宫。火者，毁也。遂以药并萝卜治之果愈。又按张杲



much stewed Luobo, it causes Yiyin (fluid-retention). This is due to the fact the drug has more sweet than pungent taste.

Li Shizhen: The root and leaf of Laibei have the same therapeutic function. When the fresh drug is eaten, it has the function of ascending the gas. When it is prepared, it brings down adverse ascending gas. Su Song and Kou Zongshi only mentioned that the drug could bring down the adverse ascending gas and Sun Simiao mentioned that the drug might astringe the flow of Ying and Weiqi if it is eaten over a long period of time. But neither of them mentioned the different function of ascending and descending when it is taken in fresh or prepared form. When the drug is taken unprepared, it may bring on hiccups, while, if the prepared drug is taken, it brings down adverse ascending gas. It has both ascending and descending functions. If functions on the qi system of the Greater Yin, Greater Yang and Lesser Yang Channels. Therefore, it is a drug that can be used to treated disorders of the Lung, Spleen, Intestine, Stomach and Sanjiao (the three warmers, the three portions of the body cavity).

Li Jiuhua: Overuse of Luobo may cause the seeping of blood and may turn one's hair and beard white. It is not only due to the function of bringing down the adverse ascending gas and astringing the Ying and Weiqi of the drug.

The book *Dongwei Zhi*: Once a patient living in Qizhou was suffering from mania and had a dream in which he was led by a girl in red clothes to a palace where there was another lady. The girl in red clothes was ordered to sing everyday a song with the following verses:

Delicate and exquisite as it is the palace and mansion,
 It is just the house in the Heaven.
 But it is filled with melancholy and worry.
 To clear the house,
 Pill made of Luobei is the treat.

After examining the patient, the Taoist master said: This is a case caused by the toxin of barley. The girl in the dream is the spirit of the Heart and the lady the spirit of the Spleen. Medical classics say that Luobo can detoxify toxin of wheat and barley flour. So, the patient was treated with Luobo and other drugs. It worked.



医说云：饶民李七病鼻衄甚危，医以萝卜自然汁和无灰酒饮之即止。盖血随气运，气滞故血妄行，萝卜下气而酒导之故也。又云：有人好食豆腐中毒，医治不效。忽见卖豆腐人言其妻误以萝卜汤入锅中，遂致不成。其人心悟，乃以萝卜汤饮之而瘳。物理之妙如此。又延寿书载李师逃难入石窟中，贼以烟熏之垂死，摸得萝卜菜一束，嚼汁咽下即苏。此法备急，不可不知。

【附方】

旧二，新二十四。（略）

子

〔气味〕辛、甘，平，无毒。



The book *Yi Shuo* by Zhang Gao: Mr. Li Qi was once suffering from excessive epistaxis. The case was in a critical condition. Doctor treated him with natural juice of Luobo blended with ashfree wine. This stopped the bleeding. Analysis: Blood circulates along with the flow of qi. When the flow of qi is hampered, the blood may circulate in a rampant way. Thus epistaxis occurs. Luobo is used to bring down and smooth the flow of qi. Guided by wine, it works even better. Another case: A person was addicted to bean curd and ate a lot of it. After that he was intoxicated. The ailment was not cured despite the attention of several doctors. One day, he heard the seller of bean curd saying that when his wife added some soup of Luobo by accident into the pot in which bean curd was going to be made, the soybean soup failed to congeal into bean curd. Hearing that, the patient suddenly understood that Luobo could be something to conquer the bean curd. So, he treated himself by drinking the soup of Luobo and he recovered. This is an example showing the subtle relationships of different things. Another case: Li Yanshou recorded in his book the following case — While Mr. Li Shi was hiding himself in a stone cave to escape an enemy, he was suffocated with profuse smoke. He was almost dying. In desperation, he grabbed a bunch of Luobo, chewed it and swallowed the juice. This saved him, so doctors should know this means of rescue.

[Prescriptions]

Two prescriptions collected previously, and
24 prescriptions collected recently.

LAIIBEIZI

Radish seed
Semen raphani

[Quality and Taste]

It is pungent, sweet, plain and nontoxic.

[Indications]

Grind the drug with water to get juice, and take to induce vomiting



〔主治〕研汁服，吐风痰。同醋研，消肿毒日华。下气定喘治痰，消食除胀，利大小便，止气痛，下痢后重，发疮疹时珍。

〔发明〕〔震亨曰〕莱菔子治痰，有推墙倒壁之功。

〔时珍曰〕莱菔子之功，长于利气。生能升，熟能降。升则吐风痰，散风寒，发疮疹；降则定痰喘咳嗽，调下痢后重，止内痛，皆是利气之效。予曾用，果有殊绩。

〔附方〕旧三，新十三。（略）



to bring out Wind-phlegm. Grind the drug together with vinegar. Take the drug to eliminate pyogenic infection.

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

Li Shizhen: It brings down adverse ascending gas, oppresses asthma and dissolves phlegm. It helps digestion and eliminates distention. It facilitates stool and urine, stops pain due to disorder of qi. It stops dysentery with tenesmus, and promotes eruption of sores and measles.

[Explication]

Zhu Zhenheng: When Laifuzi/semen raphani/radish seed is used to treat phlegm retention, it has a strong function similar to the pushing down of wall by a mighty force.

Li Shizhen: Laifuzi is good for facilitating the flow of qi. The fresh drug has a tendency of ascending, and the prepared drug, descending. When the drug ascends, it brings out Wind-phlegm by vomiting, disperses Wind-cold and promotes eruption of sores and measles. When it descends, it suppresses asthma and coughing with phlegm retention. It also treats dysentery with tenesmus and relieves internal pain. All the above therapeutic functions show that the drug has a strong function of facilitating the flow of qi. I used the prescription personally and it really worked wonders.

[Prescriptions]

Three prescriptions collected previously, and
13 prescriptions collected recently.



生姜（别录中品）

【释名】

〔时珍曰〕按许慎说文，姜作薑，云御湿之菜也。王安石字说云：薑能彊御百邪，故谓之薑。初生嫩者其尖微紫，名紫姜；或作子姜，宿根谓之母姜也。

【集解】

〔别录曰〕生姜、干姜生犍为川谷及荆州、扬州。九月采之。〔颂曰〕处处有之，以汉、温、池州者为良。苗高二三尺。叶似箭竹叶而长，两两相对。苗青根黄。无花实。秋时采根。〔时珍曰〕姜宜原隰沙地。四月取母姜种之。五



SHENGJIANG

Fresh ginger

Rhizoma zingiberis recens

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

[Explanation of Names]

Li Shizhen: The book *Shuowen Jiezi* (*Book of philology* by Xu Shen) — 姜 (Jiang) was originally written as 薑 (Jiang). It is a vegetable that can resist the invading pathogenic Humidity.

The book *Zi Shuo* by Wang Anshi: Ginger is a drug that can prevent the attacks of all kinds of vicious pathogenic factors. So, it is called Jiang (meaning “something very strong”). The tender ginger has slightly purple tips, so it is called Zijiang (meaning “purple ginger”), or Zijiang (子姜), meaning “the son ginger.” Its perennial rhizome is called Mujiang (meaning “the mother ginger”).

[Previous Explanations]

Ginger (Shengjiang/rhizoma zingiberis recens/fresh ginger and Ganjiang/rhizoma zingiberis/dried ginger) is produced in the mountain valleys in Jianwei and in Jingzhou and Yangzhou. Collect the drug in the ninth month of the year.

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

Su Song: Now, the drug is produced everywhere, but that produced in Han, Wen and Chizhou is the best. The seedling is two to three *chi* tall. The leaf is similar to Jianzhuye (Zhuye/foolium bambusae/bamboo leaf), but longer. Two leaves grow in opposition. Seedling is blue-green and root is yellow. There is no flower or fruit. Collect the root (rhizome) in autumn.

Li Shizhen: Ginger should be planted on humid and sandy land. In the



月生苗如初生嫩芦，而叶稍阔似竹叶，对生，叶亦辛香。秋社前后新芽顿长，如列指状，采食无筋，谓之子姜。秋分后者次之，霜后则老矣。性恶湿洳而畏日，故秋热则无姜。吕氏春秋云：和之美者，有杨朴之姜。杨朴地名，在西蜀。春秋运斗枢云：璇星散而为姜。

【气味】

辛，微温，无毒。

〔藏器曰〕生姜温，要热则去皮，要冷则留皮。〔元素曰〕辛而甘温，气味俱厚，浮而升，阳也。〔之才曰〕秦椒为之使。杀半夏、莨菪毒。恶黄芩、黄连、天鼠粪。〔弘景曰〕久服少志少智，伤心气。今人啖辛辣物，惟此最常。故论语云，每食不撤姜。言可常食，但不可多尔。有病者是所



fourth month of the year, plant mother ginger in the soil. In the fifth month, the seedling grows, which looks like the tender bud of reed. But its leaf is a bit wider, which is similar to bamboo. Two leaves grow in opposition. Leaf is pungent and smells good. On the day of Qiushe [fifth day after the day of the solar term the Beginning of Autumn (August 7)], new rhizome grows very fast. The new rhizomes look like fingers. Such ginger is called Zijiang (“the son ginger”), which is tender and without fiber. Ginger collected after the day of the solar term the Autumn Equinox (September 23) is next in quality and that collected after the fall of frost is old ginger. Ginger does not like too much humidity and sunshine. If the summer is hot, there will be no good ginger.

The book *Lüshi Chunqiu*: Ginger that is harmonious and delicious is produced in Yangpu, a place in Sichuan.

The book *Chunqiu Yundoushu*: When Xuanxing* disperses, ginger is germinated.

[Quality and Taste]

It is pungent, slightly warm and nontoxic.

Chen Cangqi: Shengjiang is warm. If it is wished to have more Heat, peel the drug; otherwise, retain the peel.

Zhang Yuansu: It is pungent, sweet and warm. It is a drug with strong quality and taste, a drug with floating and ascending tendency and a drug of Yang.

Xu Zhicai: Qinjiao/radix gentianae/root of gentian can be used as its guiding drug. It kills the toxin of Banxia/rhizome pinelliae/pinellia tuber and Langdang/hyoscyamus niger/black herbane. It is mutually inhibiting to Huangqin/radix scutellariae/root of Baikal skullcap, Huanglian/rhizoma coptidis/coptis rhizome and Bianfufen/faeces vespertilio/bat dung.

Tao Hongjing: Long-term use of the drug weakens one’s willpower and intelligence and damages one’s Heart. But now, ginger is the most common pungent food people consume.

The book *Lun Yu*: Ginger goes with every meal. But, although ginger

*Xuanxing, or Xuanji, may refer to the Big Dipper.



宜矣。〔恭曰〕本经言姜久服通神明，主痰气，即可常啖。陶氏谬为此说，检无所据。〔思邈曰〕八九月多食姜，至春多患眼，损寿减筋力。孕妇食之，令儿盈指。〔杲曰〕古人言：秋不食姜，令人泻气。盖夏月火旺，宜汗散之，故食姜不禁。辛走气泻肺，故秋月则禁之。晦庵语录，亦有秋姜夭人天年之语。〔时珍曰〕食姜久，积热患目，珍屡试有准。凡病痔人多食兼酒，立发甚速。痈疮人多食，则生恶肉。此皆昔人所未言者也。相感志云：糟姜瓶内入蝉蜕，虽老姜无筋。亦物性有所伏耶？

【主治】

久服去臭气，通神明本经。归五脏，除风邪寒热，伤寒头痛鼻塞，咳逆上气，止呕吐，去痰下气别录。去水气满，



can be served regularly, it should not be overdosed. But larger doses can be used when the treatment of a disease requires it.

Su Gong: Long-term use of the drug enlightens one's intelligence. What Tao Hongjing said was not well grounded. The drug eliminates phlegm. It can be served regularly.

Sun Simiao: If ginger is eaten too much in the eighth and ninth months, it will trigger diseases in the spring. It shortens one's lifespan and reduces the strength of the tendon. If a pregnant woman eats it, it causes the baby to have extra fingers.

Li Gao: Ancient people said that ginger should not be eaten in the autumn as it consumes qi badly. In summer, when the Fire is excessive and should be dispersed by inducing perspiration, ginger can be eaten. But a drug of pungent taste purges the qi in the Lung, so it should not be eaten in the autumn. In the book *Hui'an Yulu*, the following was recorded: Eating of autumn ginger shortens one's lifespan.

Li Shizhen: Long-term consumption of ginger helps the accumulation of pathogenic Heat, leading the eye damage. I have experienced several cases. This has been proven correct. People suffering from hemorrhoids will have a relapse if he eats too much ginger and wine. People suffering from carbuncles and sores will have malignant fresh in the sore if ginger is eaten. The above was not recorded in previous medical works.

The Book *Xianggan Zhi*: When Chantui/periostacum cryptotympanae/cicada slough is added into the bottle in which ginger is preserved by Jiuzao/vestigium vinum/remains of wine brewing, the ginger will become very tender without fiber. This shows the interrelationship of things.

[Indications]

Long-term use of ginger will eliminate bad smells and helps people to become more enlightened.

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

It functions on the Five Viscera, disperses invading pathogenic Wind, Cold and Heat. It treats febrile disease caused by cold with headache and stuffy nose, coughing with dyspnea, stops nausea and vomit, disperses phlegm and brings down adverse ascending of gas.



疗咳嗽时疾。和半夏，主心下急痛。又汁和杏仁作煎，下一切结气实，心胸拥隔冷热气，神效。捣汁和蜜服，治中热呕逆不能下食甄权。散烦闷，开胃气。汁作煎服，下一切结实，冲胸膈恶气，神验孟诜。破血调中，去冷气。汁，解药毒藏器。除壮热，治痰喘胀满，冷痢腹痛，转筋心满，去胸中臭气、狐臭，杀腹内长虫张鼎。益脾胃，散风寒元素。解菌蕈诸物毒吴瑞。生用发散，熟用和中。解食野禽中毒成喉痹。浸汁，点赤眼。捣汁和黄明胶熬，贴风湿痛甚妙时珍。



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

Zhen Quan: It disperses fluid retention and fullness. It treats coughing and epidemics. Take the drug together with Banxia/rhizome pinelliae/pinellia tuber to relieve epigastric acute pain. Stew Xingren/semen armeniacae amarum/bitter apricot seed in ginger juice to make a decoction. Take to bring down all kinds of gas accumulation and stagnation of pathogenic Cold and Heat in the chest and epigastria. It works miraculously. Pound ginger to get juice, and blend with honey. Take the thing to treat anorexia with nausea and dyspnea due to invading excessive Heat.

Meng Xian: It relieves restlessness and stuffiness and whets the appetite. Stew ginger juice together with other drugs to disperse all kinds of excessive accumulation and bring down adverse ascending gas in chest and diaphragm. It is proven very effective.

Chen Cangqi: It removes blood stasis, regulates the interior, disperses invading pathogenic Cold. Ginger juice is good for detoxifying toxin of different drugs.

Zhang Ding: It disperses excessive pathogenic Heat, brings down asthma with phlegm and distention, and stops dysentery due to invading pathogenic Cold with abdominal pain, spasm of tendon and epigastric fullness. It disperses bad mouth smell originating from the chest and bromhidrosis, and purges long worms in the abdomen.

Zhang Yuansu: It reinforces the Spleen and Stomach, and disperses invading pathogenic Wind and Cold.

Wu Rui: It detoxifies toxin of mushroom and fungus of all kind.

Li Shizhen: When the fresh drug is used, it has the function of dispersion. When the prepared drug is used, it harmonizes the interior. It detoxifies toxin of wildfowl, which has caused throat inflammation. Soak the drug in water to get juice, and dip it to treat an inflamed eye. Pound the drug to get juice. Stew it together with Huangmingjiao/gelatinum/oxhide gelatin. Apply the drug to treat arthralgia with pain due to invading pathogenic Wind and Humidity. It works very effectively.

GANSHENGJIANG

Dried fresh ginger



干生姜

〔主治〕治嗽温中，治胀满，霍乱不止，腹痛，冷痢，血闭。病人虚而冷，宜加之甄叔。姜屑，和酒服，治偏风孟洗。肺经气分之药，能益肺好古。

【发明】

〔成无己曰〕姜、枣味辛、甘，专行脾之津液而和营卫。药中用之，不独专于发散也。〔杲曰〕生姜之用有四：制半夏、厚朴之毒，一也；发散风寒，二也，与枣同用，辛温益脾胃元气，温中去湿，三也；与芍药同用，温经散寒，四也。孙真人云，姜为呕家圣药，盖辛以散之。呕乃气逆不散，此药行阳而散气也。或问：生姜辛温入肺，何以云入胃口？曰：俗以心下为胃口者，非矣。咽门之下，受有形之物，乃胃之系，便是胃口，与肺系同行，故能入肺而开



[Indications]

Zhen Quan: It stops coughing and warms the interior. It disperses abdominal distention, stops excessive cholera with abdominal pain and cold dysentery, and treats amenorrhea. It should be added into a prescription designed to treat a patient who is overwhelmed by cold and deficient condition.

Meng Xian: Wash down scraps of the drug with wine to treat migraine.

Wang Haogu: It is a drug that works on the qi system of the Lung. It reinforces the Lung.

[Explication]

Cheng Wuji: Ginger is pungent and date is sweet. When they are used together, they have the function of motivation the flow of Jinye (body fluids) of the Spleen and harmonizing the Yingqi and Weiqi. It is not only dispersive.

Li Gao: Shengjiang has four therapeutic functions:

1. To detoxify toxin of *Banxia/rhizoma pinelliae/pinellia tuber* and *Houpo/cortex magnoliae officinalis/bark of officinal magnolia*;

2. To disperse invading pathogenic Wind and Cold;

3. Use it together with *Dazao/fructus jujubae/Chinese date* to become pungent and warm, thus reinforcing the Yuanqi (Primordial Vital Energy) of the Spleen and Stomach. It is warm and is good for dispersing the invading pathogenic Humidity; and

4. Use it together with *Shaoyao/radix paeoniae/peony root* to warm the Channels and disperse the Cold.

Sun Simiao said that Shengjiang is the best drug for treating nausea. This is because it is pungent and dispersive. When adverse ascending gas accumulates at the upper portion, it results in nausea. This drug is good for motivating the flow of Yangqi thus disperse the accumulating gas. One question: Since Shengjiang is pungent and warm and functions on the Lung, why it is said that it functions on the Stomach? Answer: People generally think the epigastric region is just the Stomach. This is not correct. The digestive system under the throat is normally called the "Stomach."



胃口也。曰：人云夜间勿食生姜，令人闭气，何也？曰：生姜辛温主开发。夜则气本收敛，反开发之，则违天道矣。若有病人，则不然也。生姜屑，比之干姜则不热，比之生姜则不湿。以干生姜代干姜者，以其不僭故也。俗言上床萝卜下床姜。姜能开胃，萝卜消食也。〔时珍曰〕姜辛而不荤，去邪辟恶，生啖熟食，醋、酱、糟、盐，蜜煎调和，无不宜之。可蔬可和，可果可药，其利博矣。凡早行山行，宜含一块，不犯雾露清湿之气，及山岚不正之邪。案方广心法附余云：凡中风、中暑、中气、中毒、中恶、干霍乱、一切卒暴



This is the same location of the Lung system. So when Shengjiang is taken, it functions not only on the Lung system, but also works on the Stomach. Some people say: Do not eat Shengjiang at night; otherwise, it will cause a suffocated feeling. Why is this? Answer: Shengjiang is a drug that is dispersive in quality as it is pungent and warm. But at night, the qi within the human body tends to close itself. If Shengjiang is used to open up the closing condition of qi at night, it is a treatment contrary to the nature of things. But this is not true for a patient suffering from corresponding diseases. The scraps of Shengjiang (dried Shengjiang/rhizoma zingiberis recens/fresh ginger) are not as hot as Ganjiang and not as humid as Shengjiang. It can be used as a substitute for Ganjiang. In this way, it functions in the same way as the latter but it is only milder. As the idiom goes: People talk about Luobo when they get into bed and Shengjiang when they get out of bed. This is because Shengjiang is good for whetting the appetite and Luobo is good for helping digestion, most common things in daily life.

Li Shizhen: Shengjiang is pungent, but it does not give off a bad smell. It disperses invading pathogenic and vicious factors. It can be served in many ways, either fresh or prepared, preserved with vinegar, Jiang/miscellus amyllum preparatum/paste, Jiuzao/vestigium vinum/remains of wine brewing, salt or honey. It can be used together with vegetables, or it can be used together with other drugs as a harmonization agent. It can be preserved to become a tidbit or to go with drugs. It is a thing with multiple uses. Whenever one travels in the early morning or in the mountains, he should hold a piece of Shengjiang in his mouth to keep away attacks of fog, dew and humidity as well as attacks of miasma and vicious agents.

The book *Fang Guang Xinfu Fuyu*: Administer Jiangzhi/succus zingiberis recens/juice of fresh ginger together with Tongniao/urina hominis/urine of boys as an emergency treatment to the following diseases:

- apoplexy;
- heat stroke;
- apoplexy due to disorder of qi;
- toxification;
- Zhong'e (syncope due to attack of fright and noxious factors);
- dry cholera; and



之病，用姜汁与童尿服，立可解散。盖姜能开痰下气，童尿降火也。〔颂曰〕崔元亮集验方载：敕赐姜茶治痢方：以生姜切细，和好茶一两碗，任意呷之，便瘥。若是热痢，留姜皮；冷痢，去皮，大妙。〔杨士瀛曰〕姜能助阳，茶能助阴，二物皆消散恶气，调和阴阳，且解湿热及酒食暑气之毒，不问赤、白通宜用之。苏东坡治文潞公有效。

【附方】

旧二十，新三十。（略）

— all sorts of acute and sudden onset of diseases.

This is because Shengjiang is good for dredging through phlegm accumulation and bringing down adverse ascending gas, and Tongniao can bring down the flaming Fire.

Su Song: The book *Jiyan Fang* by Cui Yuanliang records a royal prescription treating dysentery with ginger and tea: Chop Shengjiang into very small scraps and take it with one or two cups of hot tea. This is effective to stop dysentery. If it is hot dysentery, retain the peel of ginger in the preparation; if it is cold dysentery, peel the ginger. It is a very effective prescription.

Yang Shiyong: Shengjiang reinforces the Yang and tea reinforces the Yin. Both drugs are good for dispersing attacks of vicious agents and regulating the Yin and Yang. They also detoxify toxin of pathogenic Humidity and Heat, alcoholism and heat stroke. It is effective to treat dysentery with bloody or whitish discharge. Su Dongpo once treated Mr. Wenlu with the prescription. It was effective.

[Prescriptions]

Twenty prescriptions collected previously, and
30 prescriptions collected recently.





干姜（本经中品）

【释名】

白姜见下。

【集解】

〔弘景曰〕干姜今惟出临海·章安，数村解作之。蜀汉姜旧美，荆州有好姜，而并不能作干者。凡作干姜法：水淹三日，去皮置流水中六日，更刮去皮，然后晒干，置瓷缸中酿三日，乃成。〔颂曰〕造法：采根于长流水洗过，日晒为干姜。以汉、温、池州者为良。陶说乃汉州干姜法也。〔时珍曰〕干姜以母姜造之。今江西、襄、均皆造，以白净结实者为良，故人呼为白姜，又曰均姜。凡入药并宜炮用。

【气味】

辛，温，无毒。

〔褚曰〕苦、辛。〔好古曰〕大热。〔恭曰〕久服令人目



GANJIANG

Dried ginger

Zingiber officinale Rosc.

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

[Explanation of Names]

BAIJIANG. See the explanation below.

[Previous Explanations]

Tao Hongjing: Now, Ganjiang is only produced in several villages in Zhang'an in Linhai. In the old days, ginger produced in the Shuhan area was good. In Jingzhou, good ginger is also produced, but it is not the kind that can be processed into dried ginger. The method of preparing dried ginger: Soak ginger in water for three days. Then peel off the bark and keep it in running water for six days. Peel it again and dry it in the sun. Then, preserve it in a porcelain jar for three days.

Su Song: Wash ginger in running water and then dry it in the sun. And this is Ganjiang. That produced in Han, Wen and Chizhou is the best. What Tao Hongjing described about the preparation is the method of preparation done in Hanzhou.

Li Shizhen: Ganjiang is made from Mujiang (perennial root of ginger). It is produced in Jiangxi, Xiang and Jun. The drug that is white, clean and solid is considered fine quality. That is why it is also called Baijiang (meaning "white ginger"), or Junjiang (meaning "ginger from Jun"). Whenever ginger is used as drug, it should be prepared.

[Quality and Taste]

It is pungent, warm and nontoxic.



暗。余同生姜。〔时珍曰〕太清外术言：孕妇不可食干姜，令胎内消。盖其性热而辛散故也。

【主治】

胸满咳逆上气，温中止血，出汗，逐风湿痹，肠澼下痢。生者尤良本经。寒冷腹痛，中恶霍乱胀满，风邪诸毒，皮肤间结气，止唾血别录。治腰肾中疼冷、冷气，破血去风，通四肢关节，开五脏六腑，宣诸络脉，去风毒冷痹，夜多小便甄权。消痰下气，治转筋吐泻，腹脏冷，反胃干呕，瘀血扑损，止鼻洪，解冷热毒，开胃，消宿食大明。主心下寒痞，目睛久赤好古。



Chu Cheng: It is bitter and pungent.

Wang Haogu: It is very hot.

Su Gong: Long-term use of the drug will cause dim vision. Other qualities are the same as Shengjiang.

Li Shizhen: The book *Taiqing Waishu* — Pregnant woman should not eat Ganjiang, lest the fetus will be dissolved internally. This is because it is hot in quality and dispersive in its function.

[Indications]

It is good for treating coughing with dyspnea and fullness in the chest. It warms the interior and stops bleeding. It brings on perspiration, disperses invading pathogenic Wind and Humidity and treats arthralgia. It stops dysentery with projectile bleeding. The unprepared drug works even better.

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

It relieves abdominal pain with cold feeling, and treats Zhong'e (syncope due to attack of fright and noxious factors), and cholera with abdominal distention, disperses invading pathogenic Wind and various toxins, dissolves accumulation of qi in the skin, and stops hemoptysis.

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

Zhen Quan: It relieves pain and cold feeling in the lumbar region and the Kidney. It removes blood stasis and disperses invading Wind. It dredges through the joints in all the extremities, and opens up the Five Viscera and the Six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao), and activates the Collaterals. It eliminates invading Wind, toxin and Cold, treats arthralgia, and stops frequent urination at night.

It dissolves phlegm and brings down adverse ascending of gas. It treats spasms with vomiting and diarrhea with cold feeling in the abdomen, and treats regurgitation with nausea. It dissolves blood stasis due to physical injury, stops epistaxis, and detoxifies toxin of cold and hot nature. It whets the appetite and helps dissolve indigestion.

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

Wang Haogu: It is good for treating epigastric stagnation of qi and relieving inflammation of the eye that has lasted for a long time.



【发明】

〔元素曰〕干姜气薄味厚，半沉半浮，可升可降，阳中之阴也。又曰：大辛大热，阳中之阳。其用有四：通心助阳，一也；去脏腑沉寒痼冷，二也；发诸经之寒气，三也；治感寒腹痛，四也。肾中无阳，脉气欲绝，黑附子为引，水煎服之，名姜附汤。亦治中焦寒邪，寒淫所胜，以辛散之也。又能补下焦，故四逆汤用之。干姜本辛，炮之稍苦，故止而不移，所以能治里寒，非若附子行而不止也。理中汤用之者，以其回阳也。〔李杲曰〕干姜生辛炮苦，阳也。生则



[Explication]

Zhang Yuansu: Ganjiang is thin in quality, but thick in taste. It has both the descending and ascending tendency. It moves upward and downward, a drug of Yin in the Yang. Some people say that it is very pungent and very hot. It is a drug of Yang in the Yang. It has four therapeutic functions:

1. It dredges through the Heart and reinforces the Yang;
2. It eliminates obstinate cold in the Viscera and Bowels;
3. It disperses invading Cold resting with the Channels; and
4. It relieves abdominal pain due to invasion of Cold.

When there is no Yang in the Kidney and the pulse is hardly sensible, it can be served together with Soufuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood. The prescription is called Jiangfu Tang (Decoction of Ganjiang and Soufuzi). It also treats prevalence of pathogenic Cold in the Zhongjiao (the middle-jiao, the middle warmer). This is a treatment based on the principle of “dispersing the invading pathogenic Cold with a drug of pungent taste and dispersive quality.” The drug is also good for tonifying the Xiajiao (the lower-jiao, the lower warmer). Therefore it is used in Sini Tang.* Ganjiang is pungent in taste. When it is processed, it becomes a bit bitter. Its moving function is halted and will stay in one location. So it is used to treat interior cold. Unlike Fuzi, which is moving all around, Ganjiang may stay in one location. It is also used in Lizhong Tang,** as it has the function of restoring the Yang.

Li Gao: Ganjiang is pungent when it is used raw. It becomes bitter

*Sini Tang:

Gancao/radix plicyrrhizae/liquorice root,
Ganjiang, and
Fuzi.

**Lizhong Tang:

Renshen/radix ginseng/ginseng root,
Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes,
Ganjiang, and
Gancao.



逐寒邪而发表，炮则除胃冷而守中。多用则耗散元气，辛以散之，是壮火食气故也，须以生甘草缓之。辛热以散里寒，同五味子用以温肺，同人参用以温胃也。〔好古曰〕干姜，心、脾二经气分药也，故补心气不足。或言：干姜辛热而言补脾。今理中汤用之，言泄不言补，何也？盖辛热燥湿，泄脾中寒湿邪气，非泄正气也。又云：服干姜以治中者，必僭上，不可不知。〔震亨曰〕干姜入肺中利肺气，入肾中燥下湿，入肝经引血药生血，同补阴药亦能引血药入气分生血，故血虚发热、产后大热者用之。止唾血、痢血，须炒黑



when processed. It is a drug of Yang. When the raw drug is used, it disperses the invading pathogenic Cold out of the exterior. When it is processed, it eliminates the cold in Stomach and remains there. But when it is overdosed, it consumes and exhausts the Yuanqi (Primordial Vital Energy). Pungent as it is, it is dispersive. In this way, when Fire is too excessive, it consumes the qi. Therefore Gancao should be used together to retard its excessive function. Pungent and hot as Ganjiang is, it may warm the Lung if Wuweizi/fructus schisandrae/fruit of Chinese magnoliaraine is used simultaneously, or it may warm the Stomach when it is used together with ginseng root.

Wang Haogu: Ganjiang is a drug that functions on the qi system of the Heart and Spleen Channels. It tonifies the insufficient condition of the Heart. A question: Ganjiang is pungent and hot and is said to tonify the Spleen. In Lizhong Tang,* it is understood that Ganjiang is a purging agent. Why is this so? This is because Ganjiang is pungent and hot and can dry up the excessive Humidity. It purges the pathogenic Humidity and Cold in the Spleen. It is not purging the Zhengqi (vital resistance) of the Spleen. A reminder: When Ganjiang is used to treat an ailment in the Zhongjiao, it has the tendency of ascending. Caution has to be taken to guard against this.

Zhu Zhenheng: Ganjiang functions on the Lung and facilitates the flow of Lung qi. It also functions on the Kidney and dries the Humidity resting at the Xiajiao (the lower-jiao, the lower warmer). It functions on the Liver Channel and guides drugs of blood-producing function to promote the germination of blood. When Ganjiang is used together with drugs that tonify the Yin, it also guides drugs of blood-producing function to work on the qi system to promote the production of blood. Therefore it is used to treat fever due to deficient condition of the blood or excessive heat after

*Lizhong Tang:

Renshen,

Baizhu,

Ganjiang, and

Gancao.



用之。有血脱色白而天不泽脉濡者，此大寒也。宜干姜之辛温以益血，大热以温经。〔时珍曰〕干姜能引血药入血分，气药入气分，又能去恶养新，有阳生阴长之意，故血虚者用之；而人吐血、衄血、下血，有阴无阳者，亦宜用之。乃热因热用，从治之法也。

【附方】

旧十三，新十五。（略）

baby delivery. When Ganjiang is used to stop hemoptysis or hematochezia in dysentery, it should be stir-fried until it turns black. When the patient is pale and pallid with dry skin and soft pulse, it shows the prevalence of excessive cold in the interior. Ganjiang should be used urgently to warm the Channel and to tonify the blood as it is pungent and warm.

Li Shizhen: Ganjiang can guide a blood-functioning drug to work on the blood system and guide a qi-functioning drug to function on the qi system. It also disperses the invading malignant factors and nourishes the new. It helps both the Yang and Yin to germinate. It can be used for a patient with deficient blood. It is also applicable to a patient who has hematemesis, or epistaxis, hematochezia, or with prevalence of Yin but without Yang. This is a treatment called “treating a syndrome of hot nature with hot-quality drug,” a treatment contrary to routine.

[Prescriptions]

Thirteen prescriptions collected previously, and
15 prescriptions collected recently.





胡萝卜 (纲目)

【释名】

〔时珍曰〕元时始自胡地来，气味微似萝卜，故名。

【集解】

〔时珍曰〕胡萝卜今北土、山东多蒔之，淮、楚亦有种者。八月下种，生苗如邪蒿，肥茎有白毛，辛臭如蒿，不可食。冬月掘根，生、熟皆可啖，兼果、蔬之用。根有黄、赤二种，微带蒿气，长五六寸，大者盈握，状似鲜掘地黄及羊蹄根。三四月茎高二三尺，开碎白花，攒簇如伞状，似蛇床花。子亦如蛇床子，稍长而有毛，褐色，又如蒔萝卜子，亦可



HULUOBO

Carrot

Daucus carota L. var. *sativa* DC.

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

[Explanation of Names]

Li Shizhen: The herb was introduced from the Hu area during the Yuan Dynasty (1271 – 1368 AD). So, it is called Huluobo (meaning radish root from the Hu). Its quality and taste is slightly similar to Luobo/radix raphani/radish root.

[Previous Explanations]

Li Shizhen: Huluobo is now produced in the north and in Shandong. It is also produced in the Huai and Chu areas. Sow the seed in the eighth month of the year. Its seedling looks like Xiehao. The stem becomes thick and fat covered with white fur. It is pungent and smells bad, similar to wormwood. The leaf is not edible. In winter, dig out the root, which can be eaten either prepared or fresh. It can be served as fruit or as a vegetable. There are two species: One is with a yellow root and the other is with a red (brown) one. It has a slight wormwood smell. It is five to six cun long. It looks like fresh Dihuang/radix rehmanniae/root of rehmannia or Yangtigen/radix munitis japonici/root of Japanese dock. In the third and fourth months, the stem grows to two to three *chi* tall. Small, white flowers bloom and flock together to make an umbrella shaped corolla. It looks like Shechuanghua/flos cnidii/flower of common cnidium. Its seed also looks like Shechuangzi/fructus cnidii/fruit of common cnidium. But it is a bit longer and covered with fur. It is brown. It also looks like Shiluozi/semen anethi/dill seed. It can be used as a seasoning to be blended in food.

The book *Jiuhuang Bencao (Herbal for Relief of Famines)* by Prince



调和食料。按周定王救荒本草云：野胡萝卜苗、叶、花、实，皆同家胡萝卜，但根细小，味甘，生食、蒸食皆宜。花、子皆大于蛇床。又金幼孜北征录云：交河北有沙萝卜，根长二尺许，大者径寸，下支生小者如箸。其色黄白，气味辛而微苦，亦似萝卜气。此皆胡萝卜之类也。

根

〔气味〕甘、辛，微温，无毒。

〔主治〕下气补中，利胸膈肠胃，安五脏，令人健食，有益无损时珍。

子

〔主治〕久痢时珍。



Dingwang of Zhou (of the Ming Dynasty): The seedling, leaf, flower and fruit of wild carrot are all similar to that of the domestic carrot. But its root is thin and small. It tastes sweet. Fresh or steamed root can be served. Its flower and seed are both bigger than that of Shechuanzi.

The book *Beizheng Lu* by Jin Youzi: North of Jiaohe, there is a kind of Shaluobo. It has a root of two *chi* long. The big one can be as thick as two *cun* in diameter. At the lower end of the root, there are fibrous roots as thick as a chopstick. It is yellow-white in color, and is pungent and slightly bitter. It has similar taste to carrot, and, in fact, is a species of carrot.

HULUOBOGEN

Root of carrot
Radix dauci sativae

[Quality and Taste]

It is sweet, pungent, slightly warm and nontoxic.

[Indications]

Li Shizhen: It brings down adverse ascending gas and tonifies the interior. It facilitates the flow of qi in the chest and diaphragm and promotes the functions of the Intestine and Stomach. It pacifies the Five Viscera and whets the appetite. It is good for health generally.

HULUOBOZI

Seed of carrot
Semen dauci sativae

[Indications]

Li Shizhen: It is good for stopping chronic dysentery.



水蕲 音芹。(本经下品)

【释名】

芹菜别录 水英本经。楚葵

〔弘景曰〕蕲字俗作芹字。论其主治，合在上品，未解何意乃在下品？二月、三月作英时，可作菹及熟淪食。故名水英。〔时珍曰〕蕲当作蕲，从艸、蕲，谐声也。后省作芹，从斤，亦谐声也。其性冷滑如葵，故尔雅谓之楚葵。吕氏春秋：菜之美者，有云梦之芹。云梦，楚地也。楚有蕲州、蕲县，俱音淇。罗愿尔雅翼云：地多产芹，故字从芹。蕲亦音芹。徐锴注说文（蕲字，从艸，蕲声：诸书无蕲字，惟说文别出蕲字（音银）。疑相承误出也。据此，则蕲字亦当从蕲，作蕲字也。

【集解】

〔别录曰〕水蕲生南海池泽。〔恭曰〕水蕲即芹菜也。



SHUIQIN

Javan water dropwort

Oenanthe javanica (BL.) DC.

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

[Explanation of Names]

QINCAI

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

SHUIYING

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

CHUKUI

Tao Hongjing: 蕻 (Qin) is normally written as 芹 (Qin). According to its therapeutic functions, it should be categorized as a drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). But it falls into the inferior class for unknown reasons. In the second and third month, when the plant is still tender, it can be preserved or boiled and served as a vegetable. It is also called Shuiying.

Li Shizhen: The character 芹 (Qin) is the simplified form of 蕻 (Qin). As it is as cold and slippery as Kuicai/herba malvae/cluster mallow, so it is also called Chukui (meaning Kui from Chu).

The book *Lüshi Chunqiu*: Among the delicious vegetables, there is Qin produced in Yunmeng, a place in Chu. Qizhou and Qixian are also in Chu. The pronunciation of the character 蕻 (Qi) is similar to that of the herb 芹 (Qin).

The book *Er Ya Yi* by Luo Yuan: As Qizhou and Qixian produce bulk quantity of Qincai, so the character Qi is also pronounced as Qin.

[Previous Explanations]

Shuiqin grows in ponds and marshes in Nanhai.



有两种：荻芹白色取根，赤芹取茎、叶。并堪作菹及生菜。
〔保昇曰〕芹生水中，叶似芎藭，其花白色而无实，根亦白色。〔洗曰〕水芹生黑滑地，食之不如高田者宜人，置酒酱中香美。高田者名白芹。余田者皆有虫子在叶间，视之不见，食之令人为患。〔弘景曰〕又有渣芹，可为生菜，亦可生啖。〔时珍曰〕芹有水芹、旱芹。水芹生江湖陂泽之涯；旱芹生平地，有赤、白二种。二月生苗，其叶对节而生，似芎藭。其茎有节棱而中空，其气芬芳。五月开细白花，如蛇床花。楚人采以济饥，其利不小。诗云：鬻沸檻泉，言采其芹。杜甫诗云：饭煮青泥坊底芹。又云：香芹碧涧羹。皆美芹之功。而列子言乡豪尝芹，蜇口惨腹，盖未得食芹之法耳。

茎

〔气味〕甘，平，无毒。〔思邈曰〕苦、酸，冷，涩，无毒。〔洗曰〕和醋食，损齿。螫痕不可食。〔李鹏飞曰〕



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

Su Gong: Shuiqin is merely Qincai. There are two species: One is Diqin with a white root that is used. The other is Chiqin, whose stem and leaf are used. Both can be processed into preserved vegetable or eaten fresh.

Han Baosheng: Qin grows in water. Its leaf is similar to Xiongqiongye/folium Chuanxiong/leaf of Szechwan lovage. Its flower is white, but without fruit. Its root is also white.

Meng Xian: Shuiqin growing on black marshland is not as good as that growing on high land. It is delicious if it is served together with wine or Jiang/miscellus amyllum preparatum/paste. That growing on high land is called Baiqin. That growing on other lands may have insects among the leaves, which cannot be found easily. If such herb is eaten, it brings trouble.

Tao Hongjing: There is another species called Zhaqin, which can be served as fresh vegetable or salad.

Li Shizhen: There are Shuiqin and Hanqin. Shuiqin grows on the bank of river, lake and marsh. Hanqin grows on the plains. There are two kinds: One is red and the other is white. In the second month of the year, leaves grow in opposition, which look like Xiongqiongye. Its stem has angles and is hollow inside. It is fragrant. In the fifth month, a fine, white flower blooms that look like Shechuanghua/flos cnidii/flower of common cnidium. People in Chu collect the herb and eat it. The Poem goes: Around a gushing spring, people collect Qin. Du Fu wrote in his poem: Rice with Qin collected at the bottom of a blue clay house is cooked. He also mentioned in another poem “a gruel made of Qin collected near a clear spring.” All praise the delicious taste of Qin. In the book *Lie Zi*, it mentioned that a rich man in a village once tried Qin, but experienced abdominal pain afterwards. This is because the way he had the herb is not correct.

SHUIQINJING

Stem of Javan water dropwort

Caulis oenanthes javanicae

[Quality and Taste]

It is sweet, plain and nontoxic.



赤芹害人，不可食。

〔主治〕女子赤沃，止血养精，保血脉，益气，令人肥健嗜食本经。去伏热，杀石药毒，捣汁服孟洗。饮汁，去小儿暴热，大人酒后热，鼻塞身热，去头中风热，利口齿，利大小肠藏器。治烦渴，崩中带下，五种黄病大明。

〔发明〕〔张仲景曰〕春秋二时，龙带精入芹菜中。人误食之为病，面青手青，腹满如妊，痛不可忍，作蛟龙病。宜服硬饧三二升，日三度。吐出如蜥蜴便瘥。〔时珍曰〕芹菜生水涯。蛟龙虽云变化莫测，其精那得入此？大抵是蜥蜴、虺蛇之类，春夏之交，遗精于此故尔。且蛇喜嗜芹，尤为可证。别有马芹见后。



Sun Simiao: It is bitter, sour, cold and astringent. It is nontoxic.

Meng Xian: When it is blended with vinegar, consumption of it will cause damage to the teeth. People suffering from abdominal mass in the shape of a turtle should not have the herb.

Li Pengfei: Chiqin (red Qin) is harmful to the health. It should not be eaten.

[Indications]

It is good for treating female hematuria and hemaecia. It stops bleeding, nourishes Jing, protects the blood vessel, and reinforces the qi. It helps one to put on weight and whets the appetite.

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

Meng Xian: It eliminates hidden heat, detoxifies toxin of stone drugs. Pound the drug to get juice.

Chen Cangqi: Serve the juice of herb to eliminate sudden onset of fever in infants. It is good for eliminating fever of adults after drinking with a stuffy nose and body fever. It purges invading pathogenic Wind and Heat resting with the head. It is good for protecting the oral cavity and teeth. It facilitates function of the Large and Small Intestine.

It is good for quenching thirst with restlessness. It treats metrorrhagia and leukorrhea. It also treats jaundice of five kinds.

— Da Ming

[Explication]

Zhang Zhongjing: In spring and autumn, dragon's sperm may be brought into Shuiqin. When such herb is eaten, people will suffer from a disease with the following symptoms and signs: bluish face and hands, distended abdomen as if pregnant with intolerable pain. It is called "dragon-affected disease." Treatment is to take two to three *sheng* of hard Yitang, three times a day. The patient will vomit out things like lizard. This will bring out the ailment.

Li Shizhen: Shuiqin grows alongside rivers and lakes. But how did the idea develop that a dragon's sperm is spread over the herb? It could be the sperm of a lizard or snake at the end of spring and beginning of summer. Snakes like to eat Shuiqin, so the idea is feasible.



蒜香（唐本草）

【释名】

茴香。八角珠

〔颂曰〕蒜香，北人呼为茴香，声相近也。〔思邈曰〕煮臭肉，下少许，即无臭气，臭酱入末亦香，故曰回香。〔时珍曰〕俚俗多怀之衿衽咀嚼，恐蒜香之名，或以此也。

【集解】

〔颂曰〕今交、广诸地及近郡皆有之。入药多用番舶者，或云不及近处者有力。三月生叶似老胡荽，极疏细，作丛。至五月茎粗，高三四尺。七月生花，头如伞盖，黄色。结实如麦而小，青色。北人呼为土茴香。八九月采实阴干。



HUAIXIANG

Fennel

Foeniculum vulgare Mill.

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

[Explanation of Names]

HUIXIANG

BAJIAOZHU

Su Song: Huaixiang is pronounced as Huixiang in the north.

Sun Simiao: When meat with a foul smell is stewed, adding a little of this will clear away the smell. Add a little to Jiang/miscellus amyllum preparatum/paste that smells badly, and it will smell good. So it is called Huixiang (meaning “return of good smell”).

Li Shizhen: There is a local habit of saving the drug in one’s clothes near to breast and chewing it. Most likely the name Huaixiang (meaning “fragrance in the breast”) is based on that.

[Previous Explanations]

Su Song: Now, the drug is produced in the Jiang and Guang areas and in nearby places. The imported one is commonly used for medical purposes. But some say the imported drug is not as effective as that produced in nearby places. In the third month of the year, the seedling begins to germinate. It looks like old coriander herb. It grows in tussocks, but it is sparsely scattered. In the fifth month of the year, the stem becomes thick and is about three to four *chi* tall. In the seventh month, yellow flowers bloom, forming a corona like an umbrella. The fruit resembles wheat grain, but it is smaller and blue-green in color. People in the north call it Tuhuixiang. Collect the fruit in the eighth and ninth months of the year and dry it in the shade. Now, the drug is planted in the gardens of farmers in nearby places.



今近道人家园圃种之甚多。川人多煮食其茎叶。〔宗奭曰〕云似老胡荽者误矣，胡荽叶如蛇床。茴香虽有叶之名，但散如丝发，特异诸草也。〔时珍曰〕茴香宿根，深冬生苗作丛，肥茎丝叶。五六月开花，如蛇床花而色黄。结子大如麦粒，轻而有细棱，俗呼为大茴香，今惟以宁夏出者第一。其他处小者，谓之小茴香。自番舶来者，实大如柏实，裂成八瓣，一瓣一核，大如豆，黄褐色，有仁，味更甜，俗呼舶茴香，又曰八角茴香（广西左右江峒中亦有之）。形色与中国茴香迥别，但气味同尔。北人得之，咀嚼荐酒。

子

〔气味〕辛，平，无毒。〔思邈曰〕苦、辛，微寒，涩。〔权曰〕苦、辛。得酒良。炒黄用。〔好古曰〕阳也，



People in Sichuan stew the stem and leaf and serve it as a vegetable.

Kou Zongshi: It is not correct to say that its leaf resembles old coriander, which actually looks like *Shechuang/folium cnidii*/leaf of common cnidium. But the leaf of *Huixiang* looks like hair that disperses. Although it is still called the “leaf,” it is actually quite different from other herbs.

Li Shizhen: *Huixiang* has a perennial root. In the middle of winter, the seedling begins to grow and develops into a tussock. It has a thick and fat stem and fibrous leaf. In the fifth and sixth months of the year, a flower blooms that looks like *Shechuanghua/flos cnidii*/flower of common cnidium, but it is yellow. The fruit looks like wheat grain. But it is lighter and with fine edges. Such a herb is colloquially called *Dahuixiang*. The drug produced in Ningxia is of top quality. The drug produced in other places is much smaller and is therefore called *Xiaohuixiang*. The drug that is imported is as big as *Baiziren/semen biotae*/seed of Chinese arborvitae and is shaped with eight pods. There is one seed within each pod, which is as big as a soybean, of yellow and brown color. There is kernel in each seed, which is sweet. Such a drug is colloquially called *Bohuixiang* (meaning “imported *Huixiang*”) or *Bajiaohuixiang* (meaning “*Huixiang* with eight pods”). In the mountains along the *Zuojiang* and *Youjiang* rivers in Guangxi, such a drug is also produced. The imported drug looks much different from that produced in the country, but they have the same quality and taste. People in the north like to chew the drug when they drink wine.

HUIXIANGZI

Fennel fruit

Fructus foeniculi

[Quality and Taste]

It is pungent, plain and nontoxic.

Sun Simiao: It is bitter, pungent, slightly cold and astringent.

Zhen Quan: It is bitter and pungent. It functions better after being processed with wine. Stir-fry the drug until it turns yellow before using it as a drug.

Wang Haogu: It is a drug of Yang and floating tendency. It functions



浮也。入手、足少阴、太阳经。

〔主治〕诸痿、霍乱及蛇伤唐本。膀胱胃间冷气及育肠气，调中，止痛、呕吐马志。治干湿脚气，肾劳癩疝阴疼，开胃下食大明。补命门不足李杲。暖丹田吴绶。

〔发明〕〔诂曰〕茴香国人重之，云有助阳道，未得其方法也。〔好古曰〕茴香本治膀胱药，以其先丙，故曰小肠也，能润丙燥；以其先戊，故从丙至壬，又手、足少阴



on the following Channels:

Heart Channel of Hand Lesser Yin,
Kidney Channel of Foot Lesser Yin,
Small Intestine Channel of Hand Initial Yang, and
Urinary Bladder Channel of Foot Initial Yang.

[Indications]

It is good for treating fistula of various kinds. It also treats cholera and snakebite.

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

Ma Zhi: It disperses invading pathogenic Cold resting with the Urinary Bladder and the Stomach. It also treats Yuchangqi.* It harmonizes the interior, relieves pain and stops vomiting and nausea.

It is good for treating dry or humid beriberi, Tuishan (distention of the lower abdomen in females or swelling of the scrotum in males) due to exhaustion of Kidney qi with pain in the genitalia. It whets appetite and helps digestion.

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

Li Gao: It tonifies the insufficient condition of the Mingmen (Gate of Life).

Wu Shou: It warms the Dantian (the elixir field in the pubic region).

[Explication]

Meng Xian: People cherish Huixiang, saying it is a drug that enhances male sexuality. But it is not served in the correct way.

Wang Haogu: Huixiang is a drug that treats diseases of the Urinary Bladder. As it is in front of the Tiangan Bing (Heavenly Stem Three), it is also good for treating diseases of the Small Intestine. It moistens the Dryness of the Bing (Large Intestine Channel of Hand Greater Yang). As it is in front of the Tiangan Wu (Heavenly Stem Five), it recovers from Bing to Ren (Heavenly Stem Nine). It functions on the Heart Channel of Hand

*Yuchangqi may refer to disorder of the uterus or hernia.



二药，以开上下经之通道，所以壬与丙交也。〔时珍曰〕小茴香性平，理气开胃，夏月祛蝇辟臭，食料宜之。大茴香性热，多食伤目发疮，食料不宜过用。古方有去铃丸：用茴香二两，连皮生姜四两，同入坩器内淹一伏时，慢火炒之，入盐一两，为末，糊丸梧子大。每服三五十九，空心盐酒下。此方本治脾胃虚弱病。茴香得盐则引入肾经，发出邪气。肾不受邪，病自不生也。亦治小肠疝气有效。

〔附方〕旧三，新十八。（略）



Lesser Yin and Kidney Channel of Foot Lesser Yin. It links the Channels on the upper and lower portions. It connects Ren and Bing.*

Li Shizhen: Xiaohuixiang is plain in quality. It regulates the flow of qi and whets the appetite. In summer, the use of it in food preparation keep flies away and eliminates bad smells. It is a good food seasoning. The big Huixiang is hot in quality. Overdosing will damage the eye and induce the onset of sores. It should not be overdosed when it is served as food seasoning. There is an ancient prescription called Quling Wan:

Two *liang* of Huixiang, and
four *liang* of fresh ginger (with peel).

Soak in a crucible with water for a full day. Then, stir-fry the above drugs on a mild fire. Add in one *liang* of salt and then grind them into powder. Make pills the size of a parasol seed. Wash down 30 to 50 pills per dose with salted wine before meal. This prescription is good for improving the deficient and debilitated condition of the Spleen and Stomach. Reinforced by salt, Huixiang will function on the Kidney Channel to drive away the invading pathogenic factors. Once the Kidney is freed from attacks of vicious agents, the overall condition will be improved. It is also effective in treating hernia.

[Prescriptions]

Three prescriptions collected previously, and
18 prescriptions collected recently.

*The above passage is not easy to understand. It can be paraphrased as follows: Huixiang functions on the Urinary Bladder Channel and both the Large and Small Intestinal Channels. It also connects the Channels located at the upper and lower portions of the body.

菠薐（宋嘉祐）

【释名】

菠薐纲目。波斯草纲目。赤根菜

〔慎微曰〕按刘禹锡嘉话录云：菠薐种出自西国。有僧将其子来，云本是颇陵国之种。语讹为波棱耳。〔时珍曰〕按唐会要云：太宗时尼波罗国献波棱菜，类红蓝，实如蒺藜，火热之能益食味。即此也。方士隐名为波斯草云。

【集解】

〔时珍曰〕波棱八月、九月种者，可备冬食；正月、二月种者，可备春蔬。其茎柔脆中空。其叶绿腻柔厚，直出一





BOLENG

Spinach

Spinacia oleracea L.

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

[Explanation of Names]

BOCAI

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

BOSICAO

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

CHIGENCAI

Tang Shenwei: The book *Jiahua Lu* by Liu Yuxi — The herb was introduced from the country in the west. It is said that there was once a monk coming from the west who carried the seed of Bocai, which he said coming from a country called Poling. The term Poling was later distorted to Boleng.

Li Shizhen: The book *Tang Huiyao* — at the time of Emperor Taizong, an envoy from Niboluo* brought Boleng to the emperor. It looked like Honghua/flos cathami/safflower, and its seed was similar to Jili/fructus tribuli/fruit of puncture vine caltrop, which could be baked and added into food as a seasoning. This is just that herb. Taoist alchemists hide its real name and call it Bosicao (meaning “herb from Persia”).

[Previous Explanations]

Li Shizhen: Bocai can be planted in the eighth or the ninth month. Such a herb is good for winter consumption. That planted in the second month is for use as a vegetable in the spring. Its stem is soft and crispy and

*Nepal.



尖，旁出两尖，似鼓子花叶之状而长大。其根长数寸，大如桔梗而色赤，味更甘美。四月起茎尺许。有雄雌。就茎开碎红花，丛簇不显。雌者结实，有刺，状如蒺藜子。种时须研开，易浸胀。必过月朔乃生，亦一异也。

菜及根【气味】

甘，冷，滑，无毒。

〔士良曰〕微毒。多食令人脚弱，发腰痛，动冷气。先患腹冷者，必破腹。不与鳝鱼同食，发霍乱。取汁炼霜，制砒、汞，伏雌黄、硫黄。

【主治】

利五脏，通肠胃热，解酒毒。服丹石人食之佳孟诜。通血脉，开胸膈，下气调中，止渴润燥。根尤良时珍。



hollow inside. Its leaf is green, soft, greasy and thick. At the end of the leaf there is a tip, and on both sides, there are two tips. It looks like Xuanhua/*flos calystegiae sepium*/flower of hedge glorybind, but it is longer and bigger. Its root is several cun long. It looks like Jiegeng/*radix platycodi*/platycodon root, but it is red and tastes very sweet and delicious. In the fourth month, a stem grows out. There are male and female herbs, with the latter bearing fruit. Small and red flowers bloom along the stem. They all flock together and do not look very outstanding if seen from a distance. It is thorny, similar to Jili. When it is going to be sowed, it should be ground open so as to enable it to soak up water and grow. It begins to grow after the first day of each month. This is really strange.

BOLENGCAI and BOLENGGEN

Spinach herb and root

Herba et radix spinaciae

[Quality and Taste]

It is sweet, cold, slippery and nontoxic.

Chen Shiliang: It is slightly toxic. Overeating of it will weaken one's feet and trigger lumbago and stir up cold gas. If the patient is suffering from abdominal cold, overeating of the herb induces diarrhea. It should not be taken together with Shanyu/*monopterus*/mud eel, lest it triggers cholera. Refine the juice to control Pishi/*arsenicum*/arsenic, Gong/*hydrargyrum*/mercury, to oppress Cihuang/*orpimentum*/orpiment and Liuhuang/*sulfur* in alchemical processing.

[Indications]

Meng Xian: It facilitates the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), eliminates pathogenic Heat in the Intestine and Stomach, and detoxifies alcoholism. It is a good vegetable for people taking alchemical stone drugs.

Li Shizhen: It dredges the blood vessel, and relieves chest and diaphragm obstruction. It brings down adverse ascending gas and harmonizes the interior. It quenches thirst and moistens dryness. The root works even better.

【发明】

〔洗曰〕北人食肉、面，食之即平；南人食鱼、鳖、水米，食之即冷，故多食冷大小肠也。〔时珍曰〕按张从正儒门事亲云：凡人久病，大便涩滞不通，及痔漏之人，宜常食菠薐、葵菜之类，滑以养窍，自然通利。



[Explication]

Meng Xian: After eating meat and wheat flour, people in the north would like to eat Bocai. In this way, a good balance is reached. But in the south, after eating fish, turtle and rice, if Bocai is eaten, it will only cause prevalence of Cold. Overeating of it brings cold to both the Large and Small Intestine.

Li Shizhen: The book *Rumen Shiqin* (*Confucian Doctor's Duties to Their Parents*) by Zhang Congzheng — Constipation can occur after one has just recovered from a serious disease. Bocai and Kuicai/herba/malvae cluster mallow should be eaten often. It is also good for hemorrhoids and fistula. In this way, the slippery herbs mentioned above will keep the stool in a normal condition.





马齿苋 (蜀本草)

【释名】

马苋别录。五行草图经。五方草纲目。长命菜同上。九头狮子草

〔时珍曰〕其叶比并如马齿，而性滑利似苋，故名。俗呼大叶者为猪耳草，小叶者为鼠齿苋，又名九头狮子草。其性耐久难燥，故有长命之称。宝藏论及八草灵变篇并名马齿龙芽，又名五方草，亦五行之义。〔颂曰〕马齿苋虽名苋类，而苗、叶与苋都不相似。一名五行草，以其叶青、梗赤、花黄、根白、子黑也。〔藏器曰〕别录以马齿与苋同类。二物既殊，今从别品。



MACHIXIAN

Purslane

Portulaca oleracea L.

— *Shu Bencao (Materia Medica of the Shu State)*.

[Explanation of Names]

MAXIAN

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

WUXINGCAO

— *Tujing Bencao (Illustrated Materia Medica)*.

WUFANGCAO

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

CHANGMINGCAI

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

JIUTOUSHIZICAO

Li Shizhen: Its leaves are arranged in a way that looks like horse's teeth. It is slippery in quality similar to Xian, so it is called Machixian (Machi = horse teeth). Colloquially, the herb with a bigger leaf is called Tun'ercao (meaning "pig's ear herb") and that with a smaller leaf is called Shuchixian (meaning "mouse teeth Xian"). It is called Jiutoushizicao (meaning "herb with nine lion heads"). This herb is resistant to dry conditions and it is very difficult to dry it. So it is called Changmingcai (meaning "long life herb"). The books *Baozang Lun* and *Bacao Lingbian Pian* all name it as Machilongya, or Wufangcao, which is a name related to the five elements.

Su Song: Although Machixian is given as a name for Xian, its seedling and leaf are not the same. It is also called Wuxingcao (meaning "herb of five elements"), as the herb has five colors — leaf, blue-green; stem, red; flower, yellow; root, white; and seed, black.

Chen Cangqi: The book *Mingyi Bielu* puts Machixian in the same cat-



【集解】

〔弘景曰〕马苋与苋别是一种，布地生，实至微细，俗呼马齿苋，亦可食，小酸。〔保昇曰〕此有二种：叶大者不堪用；叶小者节叶间有水银，每十斤有八两至十两已来。然至难燥，当以槐木捶碎，向日东作架晒之，三两日即干如隔年矣。入药须去茎，其茎无效。〔斆曰〕凡使勿用大叶者，不是马齿苋，亦无水银。〔时珍曰〕马齿苋处处园野生之。柔茎布地，细吐对生。六七月开细花，结小尖实，实中细子如葶苈子状。人多采苗煮晒为蔬。方士采取，伏砒结汞，煮丹砂，伏硫黄，死雄制雌，别有法度。一种水马齿，生水中，形状相类，亦可为食。见王西楼野菜谱。



egory as Xian, but they are not the same.

[Previous Explanations]

Tao Hongjing: Maxian (Machixian) is another kind of Xian. It spreads on the ground, has fine seeds. It is colloquially called Machixian. It is edible, but a bit sour.

Han Baosheng: There are two species. One has a big leaf and is not suitable for use. Another species has a small leaf. Among the nodes there is Shuiyin/hydrargyrum/mercury. There are eight to 10 *liang* of Shuiyin in every 10 *jin* of the drug. But the herb is very difficult to dry. Pound the herb with a stick of pagoda tree. Spread the herb on a wooden stand facing the east. After two to three days of drying in the sun, the herb is as dry as if it has been kept for a year. When it is used as a drug, take off the stem, as it is useless medically.

Lei Xiao: The herb with a big leaf should not be used medically. Actually, it is not Machixian, unlike what Han Baosheng said, as there is no mercury.

Li Shizhen: Machixian is found everywhere in the garden and in the wild. The stem is soft and the herb spreads widely on the ground. Small leaves grow in opposition in pairs, while a small flower blooms in the sixth or the seventh month. A small fruit with a pointed tip is borne, and inside there are very fine seeds, which are similar to Tinglizi/semen lepidi/seed of pepper weed. People collect the seedling, boil it, dry it and eat it as a vegetable. Taoist alchemists also collect the herb for their use: It is used to oppress arsenic and crystallize mercury, stew cinnabar, oppress sulfur, and kill red orpiment and control orpiment. It should be used in a special way. There is another species called Shuimachi (meaning “water Machixian”), which is the same shape as Machixian, but it grows in the water. It can also be stewed and prepared for eating as a vegetable.

MACHIXIANCAI

Herb of purslane

Herba portulacae



菜

〔气味〕酸，寒，无毒。〔恭曰〕辛，温。〔宗爽曰〕人多食之，然性寒滑。

〔主治〕诸肿痠疣目，捣揩之。破痲癖，止消渴藏器。能肥肠，令人不思食。治女人赤白下苏颂。饮汁，治反胃诸淋，金疮流血，破血癖癥瘕，小儿尤良。用汁治紧唇面疱，解马汗、射工毒，涂之瘥苏恭。治自尸脚阴肿保昇。作膏，涂湿癖、白秃、杖疮。又主三十六种风。煮粥，止痢及疳痢，治腹痛孟诜。服之长年不白。治痲疮，杀诸虫。生捣汁服，当利下恶物，去白虫。和梳垢，封丁肿。又烧灰和陈醋滓，先灸后封之，即根出开宝。散血消肿，利肠滑胎，解毒



[Quality and Taste]

It is sour, cold and nontoxic.

Su Gong: It is pungent and warm.

Kou Zongshi: People like to eat the herb, but they should know it is cold and slippery in quality.

[Indications]

Chen Cangqi: It is good for treating various swellings, fistula and warts. Rub the affected part with the herb. It eliminates hard mass in the abdomen in the shape of hanging noose, and quenches thirst in diabetes.

Su Song: It fills up the Intestine so that person does not feel hungry. It is good for treating leucorrhea with bloody and whitish discharge.

Su Gong: Serve juice of the drug to treat regurgitation, stranguria, bleeding in an incised wound. It removes hard mass and stagnation of a blood clot. It is a drug especially good for infants. The juice can be applied to treat lockjaw and facial vesicle. It detoxifies toxin due to invasion of horse sweat (into the sore) and attack of Shegong (worm in water). It works.

Han Baosheng: It is good for treating severe chapped foot and swelling of the genitalia.

Meng Xian: Make a paste with the drug. Apply it to treat humid tinea, tinea capitis and sores due to flogging. It is also good for dispersing 36 kinds of pathogenic Wind. Add the herb in the stewing of porridge. Eat the porridge to stop dysentery and infantile malnutrition complicated with dysentery. It relieves abdominal pain.

Long-term use of the drug keeps the hair from turning gray. It treats carbuncle and kills worms. Pound the fresh drug to get juice. A malignant substance will be defecated. It kills white worm (tapeworm). Blend the juice of the drug with dirt on a comb and apply to treat furuncle. Also burn the drug into ash. Blend the ash with residue in vinegar. First practice moxibustion over the furuncle and then cover the locus with the drug. The root of furuncle will come out.

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

Li Shizhen: It removes blood stasis and eliminates swelling, facilitates



通淋，治产后虚汗时珍。

〔发明〕〔时珍曰〕马齿苋所主诸病，皆只取其散血消肿之功也。〔颂曰〕多年恶疮，百方不瘥，或痛焮不已者。并捣烂马齿傅上，不过三两遍。此方出于武元衡相国。武在西川，自苦胫疮焮痒不可堪，百医无效。及到京，有厅吏上此方，用之便瘥也。李绛记其事于兵部手集。

〔附方〕旧十六，新二十三。（略）

子

〔主治〕明目，仙经用之开宝。延年益寿孟诜。青盲白翳，除邪气，利大小肠，去寒热。以一升捣末，每以一匙用



bowel movement and eases baby delivery. It detoxifies toxin and smoothes urination in stranguria. It also eliminates perspiration of a deficient nature in puerperium.

[Explication]

Li Shizhen: Machixian is good for treating many syndromes listed above. All their functions are based on the action of removing blood-stasis and eliminating swelling.

Su Song: Machixian is good for treating malignant sores lasting many years that cannot be cured by other means, or with burning pain. Pound the fresh herb into paste and apply it onto the affected part. No more than two to three treatments are required before the syndrome is gone. This prescription was made public by Wu Yuanheng, the prime minister. While Wu was working in Xichuan (western Sichuan), he once suffered from sores on the tibia with itching and burning pain. Many a doctor was sent for and no treatment worked. When he returned to the capital, one of his subordinates offered him this prescription. After using it a few times, it began to work. Mr. Li Jiang recorded this in his book *Bingbu Shouji*.

[Prescriptions]

Sixteen prescriptions collected previously, and
23 prescriptions collected recently.

MACHIXIANZI

Seed of purslane
Semen portulacae

[Indications]

It brightens the eye. It is used by Taoist alchemists,
— *Kaibao Bencao (Materia Medica of Kaibao)*.

Meng Xian: It prolongs the lifespan.

It is good for treating optic atrophy and eliminating white nebula. It disperses invading pathogenic factors, facilitates the function of the Large and Small Intestine, and eliminates chill and fever. Pound one *sheng* of the

葱、豉煮粥食。或着米糝、五味作羹食心镜。

〔附方〕新一。



drug into powder. Add one spoon of the powder as well as fistular onion and fermented soybean into the stewing of the porridge. Or, make gruel with the drug, rice and five species.

— *Xin Jing*.

[Prescriptions]

One prescription collected recently.





蒲公英 (唐本草)

【释名】

耩耨草音耩糯。金簪草纲目。黄花地丁

〔时珍曰〕名义未详。孙思邈千金方作鳧公英，苏颂图经作仆公嬰，庚辛玉册作鸛鹄英。俗呼蒲公英，又呼黄花地丁。淮人谓之白鼓钉，蜀人谓之耳癩草，关中谓之狗乳草。按土宿本草云：金簪草一名地丁，花如金簪头，独脚如丁，故以名之。

【集解】

〔保昇曰〕蒲公英草生平泽田园中。茎、叶似苦苣，断之有白汁。堪生啖。花如单菊而大。四月、五月采之。〔颂曰〕处处有之。春初生苗，叶如苦苣，有细刺。中心抽一茎，茎端出一花，色黄如金钱。俗讹为仆公嬰是也。〔宗奭



PUGONGYING

Dandelion

Taraxacum mongolicum Hand.Mazz.

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

JIANGRUCAO

JINZANCAO

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

HUANGHUADIDING

Li Shizhen: The origin of the above names are unknown. In *Qianjin Yaofang* by Sun Simiao, it is recorded as Fugongying. In *Tujing Bencao* by Su Song, it is recorded as 仆公罍 (Pugongying) and in the book *Gengxin Yuce* it is written as Boguying. It is colloquially called Pugongding or Huanghuadiding. People living in the Huai area call it Baiguding, while people in Sichuan call it Erbancao. In the Guanzhong area, people call it Gourucao.

The book *Tusu Bencao*: Jinzanco is also called Diding. Its flower looks like the head of a hairpin. It looks like a nail.

[Previous Explanations]

Han Baosheng: Pugongying grows on plains and marshland, or in the garden. Its stem and leaf are similar to Kucai. When it is broken, there is secretion of white juice. The fresh plant can be eaten as a vegetable. The flower looks like single-petal chrysanthemum, but it is bigger. Collect the drug in the fourth or the fifth month.

Su Song: The herb can be found everywhere. In early spring, the seedling begins to germinate. The leaf is similar to Kucai. It has thin thorns. A stem grows out of the center of the herb and on top of it there appears a flower, which is as yellow as a gold coin. It is colloquially called 仆公罍 (Pugongying).



曰]即今地丁也。四时常有花，花罢飞絮，絮中有子，落处即生。所以庭院间皆有者，因风而来。〔时珍曰〕地丁江之南北颇多，他处亦有之，岭南绝无。小科布地，四散而生，茎、叶、花、絮并似苦苣，但小耳。嫩苗可食。庚辛玉册云：地丁叶似小莴苣，花似大旋菔，一茎耸上三四寸，断之有白汁。二月采花，三月采根。可制汞，伏三黄。有紫花者，名大丁草，出太行、王屋诸山。陈州亦有，名烧金草。能煅朱砂。一种相类而无花者，名地胆草，亦可伏三黄、砒霜。

苗【气味】

甘，平，无毒。

【主治】

妇人乳痈肿，水煮汁饮及封之，立消。解食毒，散滞



Kou Zongshi: This is merely Diding. It has flowers in all the four seasons. After the blossoming of the flower, spores fly all about, and each may develop into a new plant. That is why the herb can be found in courtyards or garden. The seed is carried by the wind.

Li Shizhen: The herb can be found in bulk quantity in areas north and south of the Yangtze River. It can also be found in other places. But in the area south of the Five Ridges, it can never be found. It is a small herb that spreads all over the ground. Its stem, leaf, flower and spores are all similar to those of Kucai, only smaller. The tender seedling can be served as a vegetable.

The book *Gengxin Yuce*: The leaf of Diding looks like a small Woju. Its flower looks like big Xuanfu. A stem of three to four *cun* grows straight upward. When it is broken, there is a secretion of white juice. Collect the flower in the second month, and the root in the third month. In the processing of alchemical drugs, it can be used to control mercury and oppress red orpiment, orpiment and sulfur. One species has a purple flower, which is called Dadingcao. It grows in Taihang and Wangwu mountains. It is also found in Chenzhou, and is called Shaojincao, which can be used to calcine cinnabar. There is another species that is without flower, which is called Didancao, which can also be used in the processing of alchemical drugs to oppress red orpiment, orpiment, sulfur and arsenic.

PUGONGYINGMIAO

Dandelion seedling

Gemma taraxaci

[Quality and Taste]

It is sweet, plain and nontoxic.

[Indications]

Su Gong: It is good for treating acute mastitis with swelling. Stew the drug in water to make a decoction. Also, apply the dregs onto the affected part. It works immediately.

Zhu Zhenheng: It detoxifies food toxins, disperses stagnation of qi, dis-



气，化热毒，消恶肿、结核、丁肿震亨。搽牙，乌须发，壮筋骨时珍。白汁：涂恶刺、狐尿刺疮，即愈颂。

【发明】

〔杲曰〕蒲公英苦寒，足少阴肾经君药也，本经必用之。〔震亨曰〕此草属土，开黄花，味甘。解食毒，散滞气，可入阳明、太阴经。化热毒，消肿核，有奇功。同忍冬藤煎汤，入少酒佐服，治乳痈，服罢欲睡，是其功也。睡觉微汗，病即安矣。〔颂曰〕治恶刺方，出孙思邈千金方。其序云：邈以贞观五年七月十五日夜，以左手中指背触着庭木，至晓遂患痛不可忍。经十日，痛日深，疮日高大，色如熟小豆色。常闻长者论有此方，遂用治之。手下则愈，痛亦除，疮亦即瘥，未十日而平复如故。杨炎南行方亦著其效云。〔时珍曰〕萨谦斋瑞竹堂方，有擦牙乌须发还少丹，甚



solves Heat toxin, and eliminates malignant, swelling, subcutaneous node and furuncle.

Li Shizhen: It can be used to rub the teeth to blacken the hair and beard. It strengthens tendon and bone.

Su Song: White juice of the herb can be applied to treat malignant sores due to penetration by thorns causing dermatitis. It works right away.

[Explication]

Li Gao: Pugongying is bitter and cold and is the principal drug functioning on the Kidney Channel of Foot Lesser Yin. It is a must drug in treating disorders of the Kidney Channel of Foot Lesser Yin.

Zhu Zhenheng: The herb pertains to the Earth element. It has a yellow flower, and tastes sweet. It detoxifies food toxins and disperses stagnation of qi. It functions on the Greater Yang and Initial Yin Channels. It dissolves Heat toxin, eliminates swelling and subcutaneous nodes. It is a drug that works wonders. Stew the drug together with Rendongteng/caulis lonicerae/honeysuckle stem and a little wine. Drink the decoction to treat acute mastitis. After having the decoction, the patient wants to sleep. This is a good sign. After the patient falls asleep, there will be a slight perspiration and the syndrome is thus gone.

Su Song: It is good for treating malignant sore due to the penetration of thorns. Hereunder is a prescription recorded in *Qianjin Yaofang*. In the preface, Sun Simiao recorded: At night on the 15th day of the seventh month of the fifth year of the Zhenguan reign period, while I was strolling in the courtyard with my hands behind me, my middle finger of the left hand was hurt by the branch of a tree. In the morning, there was a terrible pain. After some 10 days, the pain became even worse, with a big sore the color of a cooked rice bean. I remembered having heard of this prescription from an aged doctor, so I tried it for myself. It worked right away. The pain was gone and the sore disappeared. Within 10 days, everything returned to normal. The book *Nanxing Fang* by Yang Yan also recorded this prescription and its efficacy.

Li Shizhen: The book *Ruizhutang Fang* by Sa Qianzhai records the following prescription: Rub the teeth with the drug to blacken the hair and

言此草之功，盖取其能通肾也。故东垣李氏言其为少阴本经必用之药，而著本草者不知此义。

【附方】

新五。（略）



beard and keep the patient looking younger. In this book the efficacy of this herb was stressed. This is due to the fact that this herb functions on the Kidney.* That is why Li Dongyuan (Li Gao) said that this herb was a drug functioning on the Kidney Channel of Foot Lesser Yin. But other Bencao works did not mention this.

[Prescriptions]

Five prescriptions collected recently.

*Kidney is related to the condition of the hair and beard. It is understood that hair is the outer manifestation of the Kidney.





蕺音戢。（别录上品）

【释名】

菹菜恭。鱼腥草

〔时珍曰〕蕺字，段公路北户录作蕊，音戢。秦人谓之菹子。菹，蕺音相近也。其叶腥气，故俗呼为鱼腥草。

【集解】

〔恭曰〕蕺菜生湿地山谷阴处，亦能蔓生。叶似荞麦而肥，茎紫赤色。山南、江左人好生食之。关中谓之菹菜。〔保昇曰〕茎、叶俱紫，赤英，有臭气。〔时珍曰〕案赵叔文医方云：鱼腥草即紫蕺。叶似苻，其状三角，一边红，一边青。可以养猪。又有五蕺（即五毒草）。花、叶相似，但根似狗脊。



Ji

Heartleaf houttuynia

Houttuynian cordata Thunb.

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

[Explanation of Names]

ZUCAI

— Su Gong.

YUXINGCAO

Li Shizhen: The character Ji was written as Rui in the book *Beihu Lu* by Duan Gonglu. It is pronounced as Ji. People in the Qin call it Zuzi, as Zi and Ji are similar in pronunciation. As its leaf smells fishy, so it is also called Yu Xingcao (meaning “herb with fishy smell”).

[Previous Explanations]

Su Gong: Ji(cai) grows on swampy and shady land in mountain valleys. It can also be a creeping herb. Its leaf is similar to Qiaomaiye/foolium fagopyri esculenti/buckwheat leaf, but thicker. The stem is purple and red. People in the Shannan and Jiangzuo areas like to eat the fresh herb. In the Guanzhong area, it is called Zucui.

Han Baosheng: Both stem and leaf are purple, while the flower is red. It has a bad smell.

Li Shizhen: The book *Yi Fang* by Zhao Shuwen — Yuxingcao is just Ziji (meaning “purple Ji”). Its leaf is similar to Hangcai (Xingcai/herb nymphoidis peltate/herb of shield floating heart). It is in the shape of a triangle. One side is red and the other is blue-green. The herb can be used to feed pigs. There is a species called Wuji (actually Wuduhua), which has similar flower and leaf. But its root is similar to Gouji/rhizoma cibotii/rhizome of East Asian tree fern.



叶【气味】

辛，微温，有小毒。

〔别录曰〕多食，令人气喘。〔弘景曰〕俗传食蕺不利人脚，恐由闭气故也。今小儿食之，便觉脚痛。〔洗曰〕小儿食之，三岁不行。久食，发虚弱，损阳气，消精髓。〔思邈曰〕素有脚气人食之，一世不愈。

【主治】

蠹螋尿疮别录。淡竹筒内煨熟，捣傅恶疮、白秃大明。散热毒痈肿，疮痔脱肛，断疟疾，解砒毒时珍。

【附方】

旧一，新七。（略）



JIYE

Leaf of heartleaf houttuynia

Folium houttuyniae

[Quality and Taste]

It is pungent, slightly warm and slightly toxic.

Overdose of the drug causes panting.

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

Tao Hongjing: People say eating Ji is no good to feet. This must be due to its function of obstructing the flow of qi. Now, it is found that when a child eats this herb, he will feel pain in his feet.

Meng Xian: When an infant eats this, he will not be able to walk until the age of three. Long-term use of the drug makes one weak and debilitated. It consumes the Yang qi (Vital Energy), the Jing (Vital Essence) and marrow.

Sun Simiao: A patient suffering from beriberi should not eat the drug, otherwise he will never recover from the ailment all his life.

[Indications]

It is good for treating sore due to exposure to earwig urine.

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

Da Ming: Put the drug in a bamboo tube and roast it in hot ash. Then pound it and apply to treat malignant sore and tinea capitis.

Li Shizhen: It disperses pyogenic infection, carbuncle and swelling. It treats sores, hemorrhoids and a prolapsed rectum, stops malaria with fever, and detoxifies toxin of Raosha/halitum purpureum.

[Prescriptions]

One prescription collected previously, and seven prescriptions collected recently.



薯蕷 (本经上品)

【释名】

薯蕷音诸预。土薯音除。山薯图经。山芋吴普。山药衍义。玉延

〔吴普曰〕薯蕷一名薯薯，一名儿草，一名修脆。齐、鲁名山芋，郑、越名土薯，秦、楚名玉延。〔颂曰〕江、闽人单呼为薯（音若殊及韶），亦曰山薯。山海经云：景山北望少泽，其草多薯蕷（音同薯蕷）。则是一种，但字（或音殊，或音诸）不一，或语有轻重，或相传之讹耳。〔宗爽曰〕薯蕷因唐代宗名预，避讳改为薯药；又因宋英宗讳署，改为山药。



SHUYU

Common yam

Dioscorea opposita Thunb.

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

[Explanation of Names]

ZHUYU

TUCHU

SHANSHU

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

SHANYU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

SHANYAO

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

YUYAN

Wu Pu: Shuyu is also called Zhushu, or Ercao, or Xiucui. In the Qi and Lu areas it is called Shanyu. In the Zheng and Yue areas it is called Tuzhu and in Qin and Chu areas it is called Yuyan.

Su Song: People in Jiangsu and Fujian call it Shu or Shao, or Shanshu and Shanshao.

The book *Shanhai Jing*: From the Jingshan Mountain, one can look north to find Shaoze, a big marsh, where plenty of Shuyu (薯蕷) can be found. All the above names indicate to the same thing. But they are pronounced differently due to different location or due to distortion.

Kou Zongshi: The name of the drug Shuyu was changed into Shuyao in the time of Emperor Daizong of the Tang Dynasty (618-907) as the emperor's name was Yu. Later, in the Song Dynasty (960-1279) the drug was renamed Shanyao, as Emperor Yingzong was named Shu. Hence the name



尽失当日本名。恐岁久以山药为别物，故详著之。

【集解】

〔别录曰〕薯蕷生嵩高山谷。二月、八月采根暴干。
〔普曰〕亦生临朐钟山。始生赤茎细蔓。五月开白花。七月结实青黄，八月熟落。其根内白外黄，类芋。〔弘景曰〕近道处处有之，东山、南江皆多。掘取食之以充粮。南康间最大而美，服食亦用之。〔恭曰〕此有两种：一者白而且佳，日干捣粉食大美，且愈疾而补；一者青黑，味殊不美。蜀道者尤良。〔颂曰〕处处有，以北都、四明者为佳。春生苗，蔓延篱援。茎紫，叶青有三尖，似白牵牛叶，更厚而光泽。夏开细白花，大类枣花。秋生实于叶间，状如铃。今人冬春采根，刮之白色者为上，青黑者不堪。近汴洛人种之极有息。春取宿根头，以黄沙和牛粪作畦种之。苗生以竹梢作



is not at all the original name. The history of the changes of the name is recorded here so that later people will not misunderstand Shanyao as being another drug.

[Previous Explanations]

Shuyu grows in the valley of Songgao Mountain. Collect the root in the second and eighth months and dry it in the sun.

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

Wu Pu: It is also produced in Zhongshan Mountain of Linqu. At first when it grows, it has a red stem and fine vine. In the fifth month, a white flower blooms. In the seventh month, a blue-green and yellow fruit is borne. It falls off in the eighth month. The root of the herb is white inside covered with yellow bark. It looks like Yutou.

Tao Hongjing: The herb is now found everywhere in nearby places. There is plenty in Dongshan and Jiangnan. People collect it and serve it as food. Shuyu produced in Nankang is the biggest and of best quality. This herb is also used in making life-prolonging drugs.

Su Gong: There are two species: One is white and of top quality. Dry the drug and pound it into powder. It can be served as delicious food. It has food therapeutic effect and is a good tonic. The other species is something blue-green and black and does not taste very well. Shuyu produced in Sichuan is the best.

Su Song: Nowadays, the herb can be found everywhere. That produced in Beibu and Siming is the best. In spring, the seedling begins to grow, and it creeps along fence. The stem is blue-green and the leaf is blue-green with three tips similar to Baiqianniuye/foUium pharbitidis alba/white pharbitis leaf. But it is thicker and lustrous. In summer, a small and white flower blooms similar to Zaohua/flos jujubae/Chinese date flower. In autumn, fruit grows among the leaves, which looks like a bell. People collect the root of the herb in winter and spring. When the root is scrubbed, if the flesh is white, it is a good quality drug. If it is blue-green and black, it is not a good species. People living in the capital, Bian and Luo areas plant very good Shuyu. In spring, cut the head of the perennial root and sow it in a rectangular piece of land in a cultivated field. The field should have yellow sand



援，高一二尺。夏月频溉之。当年可食，极肥美。南中一种生山中，根细如指，极紧实，刮磨入汤煮之，作块不散，味更珍美，云食之尤益人，过于家园种者。又江湖、闽中一种，根如姜、芋之类而皮紫。极有大者，一枚可重数斤。削去皮，煎、煮食俱美，但性冷于北地者耳。彼土人呼为薯。南北之产或有不同，故形类差别也。〔甄权曰〕按刘敬叔异苑云：薯蓣，野人谓之土薯。根既入药，又复可食。人植之者，随所种之物而像之也。〔时珍曰〕薯蓣入药，野生者为胜；若供饌，则家种者为良。四月生苗延蔓，紫茎绿叶。叶有三尖，似白牵牛叶而更光润。五六月开花成穗，淡红色。结荚成簇，荚凡三棱合成，坚而无仁。其子别结于一旁，状似雷丸，大小不一，皮色土黄而肉白，煮食甘滑，与其根同。王旻山居录云：曾得山芋子如荆棘子者，食之更愈于根。即此也。霜后收子留种，或春月采根截种，皆生。



and cattle dung. After the seedling grows out, insert a piece of bamboo stick one to two *chi* high near the seedling so as to let the vine crawl along it. In summer, irrigate the plant frequently. The crop can be harvested in the same year. The drug develops fully and can be served as a delicacy. In the south, there is one species that grows in the mountain. Its root is as thin as finger, but it is very solid. Scrub the root and stew it in water. Then, the drug becomes a big lump, which can be served. It is very delicious. Some say this is especially beneficial to health. It is of better quality than that cultivated by farmers. There is another kind that is cultivated in the Jianghu and Minzhong* areas. Its root is similar to fresh ginger or Yutou. But its bark is purple. The big ones can be as heavy as several *jin*. Peel the root (rhizome). Then it can be stir-fried or stewed and served as a delicacy. But it is cold in quality than that produced in the north. Local people call it Shu. The same herb produced in the south and north may have different shapes and quality.

Zhen Quan: The book *Yi Yuan* by Liu Jingshu — Native people call Shuyu as Tushu. Its root (rhizome) can be used as a drug or as food. The shape of the drug may differ from species to species.

Li Shizhen: For medical use, the wild Shuyu is better. If it is provided as food, the domestic drug is superior. In the fourth month, the seedling begins to grow. It has a purple stem and green leaf. There are three tips on the leaf. It looks like Baiqianniuye, but it is more lustrous and moistening. In the fifth or sixth month, flowers bloom and form a spike of pink color. Pods are formed and flock together. The pod has three edges, but contains no seed. The seed is borne by its side, which looks like Leiwan/omphalia/stone-like omphalia of big and small size. It is earth-yellow outside and white inside. When it is stewed and served as food, it is sweet and slippery, which is similar to the root. The book *Shanju Lu* by Wang Min mentions about the seed of Shanyu, which looks like Jingjizi,** which tastes even

*Jianghu: areas along the Yangtze River valley. Minzhong: Fujian.

**Jingjizi may refer to Jing (*Mujingzi/fructus viticis cannabifoliae/fruit of hemp-leaf negundo chaste tree*) or Ji (*Suanzaoren/semen ziziphi spinosae/seed of spine date*).



【修治】

〔颂曰〕采白根刮去黄皮，以水浸之，糝白矾末少许入水中，经宿净洗去涎，焙干用。〔宗奭曰〕入药贵生干之，故古方皆用干山药。盖生则性滑，不可入药；熟则滞气，只堪啖耳。其法：冬月以布裹手，用竹刀刮去皮，竹筛盛，置檐风处，不得见日，一夕干五分，候全干收之。或置焙笼中，微火烘干亦佳。〔斆曰〕凡使勿用平田生二三纪者，须要山中生经十纪者。皮赤，四面有须者妙。采得以铜刀刮去赤皮，洗去涎，蒸过暴干用。

根【气味】

甘，温、平，无毒。

〔普曰〕神农：甘，小温。桐君、雷公：甘，凉，无



better than the root. After the frost falls, collect the seed or root. Sow the seed or segment of root for a new crop.

[Preparation]

Su Song: Scrub off the yellow bark of the rhizome and soak the latter in water. Blend in a little of powder of Baifan/alumen/alum. After a night, wash the drug to get rid of saliva. Bake the drug dry.

Kou Zongshi: In medical use, the dry drug is preferable. In ancient prescriptions, the dry drug was always used. This is because the fresh rhizome is slippery and cannot be used as drug. The steamed or stewed one will cause stagnation of qi. Preparation: Scrub off the peel of the drug in winter. Wrap one's hand with a piece of cloth. Use bamboo cutlery. Keep the drug in a bamboo mesh and put in under the eaves with good ventilation. Do not expose it to the sun. After one day, it is half dried. When it is completely dried, save the drug in a good place for future use. Or, bake it over a mild fire.

Lei Xiao: Do not use the drug that is planted in a level field for two to three *ji*.^{*} But use that growing in the mountain for as long as 10 *ji*. Rhizome with red bark and fibrous roots all around it is a good species. Peel off the red bark with a copper knife and wash away its saliva. Steam the drug and dry it in the sun.

SHUYUGEN

Rhizome of common yam
Rhizoma dioscoreae

[Quality and Taste]

It is sweet, warm, plain and nontoxic.

Wu Pu: It is sweet and slightly warm, according to Shen Nong. It is sweet, cool and nontoxic, according to Tong Jun and Lei Gong.

^{*}*Ji* can be a length of time, perhaps one year or 12 years. Here, it most likely indicates one year.



毒。〔之才曰〕紫芝为之使。恶甘遂。

【主治】

伤中，补虚羸，除寒热邪气，补中，益气力，长肌肉，强阴。久服，耳目聪明，轻身不饥延年本经。主头面游风，头风眼眩，下气，止腰痛，治虚劳羸瘦，充五脏，除烦热别录。补五劳七伤，去冷风，镇心神，安魂魄，补心气不足，开达心孔，多记事甄权。强筋骨，主泄精健忘大明。益肾气，健脾胃，止泄痢，化痰涎，润皮毛时珍。生捣贴肿硬毒，能消散震亨。

【发明】

〔权曰〕凡患人体虚羸者，宜加而用之。〔洗曰〕利丈夫，助阴力。熟煮和蜜，或为汤煎，或为粉，并佳。干之入



Xu Zhicai: Zizhi/ganoderma lucidum seu japonicum/lucid ganoderma can be used as its guiding drug. It is mutually inhibiting to Gansui/radix kansui/gansui root.

[Indications]

It is good for treating a case with interior damage. It tonifies a deficient and debilitated condition, disperses invading pathogenic factors and eliminates chill and fever. It tonifies the interior and reinforces physical strength, helps growth of muscle and enhances male sexuality. Long-term use brightens the eye and improves hearing. It makes one feel happy and vigorous and never hungry, and prolongs one's lifespan.

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

It treats wandering edema on the head and face, eliminates severe intermittent headache with blurred vision, brings down adverse ascending gas and stops lumbago, improves a condition of general debility and consumptive disease, tonifies the Five Viscera and eliminates restlessness and fever.

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

Zhen Quan: It tonifies a general condition of five overstrains and seven impairments. It expels cold gas and tranquilizes the mind, pacifies the soul, tonifies the insufficient condition of the Heart. It enlightens one's wisdom and enhances one's memory.

Da Ming: It strengthens one's tendon and bone. It stops seminal emission and treats amnesia.

Li Shizhen: It reinforces the Kidney qi, replenishes the Spleen and Stomach, stops diarrhea and dysentery, dissolves phlegm and saliva and moistens the skin and hair.

Zhu Zhenheng: Pound the fresh drug into paste and apply it to treat pyrogenic infection with a hard and swelling surface.

[Explication]

Zhen Quan: It is generally good for patients who are weak and debilitated. Add the drug into the other drugs to make a prescription.

Meng Xian: It is a drug good for man and effective in enhancing sexuality. It can be stewed and served together with honey. Or, stew the drug to make a decoction, or grind it into powder. Either way, it will be good for the health. When it is used as a drug, it should be dried. But if the powder



药更妙。惟和面作饅飩则动气，为不能制面毒也。〔李杲曰〕山药入手太阴。张仲景八味丸用干山药，以其凉而能补也。亦治皮肤干燥，以此润之。〔时珍曰〕按吴绶云：山药入手、足太阴二经，补其不足，清其虚热。又按王履溯洄集云：山药虽入手太阴，然肺为肾之上源，源既有滋，流岂无益，此八味丸所以用其强阴也。又按曹毗杜兰香传云：食薯蕷可以辟雾露。

【附方】

旧一，新十。（略）



of the drug is blended with wheat flour to make a kind of prepared food, it will trigger abnormal movement of qi, as Shuyu is no good for detoxifying the toxin of wheat flour.

Li Gao: Shanyao/rhizoma dioscoreae/rhizome of common yam functions on the Lung Channel of Hand Initial Yin. Master Zhang Zhongjing used dried Shanyao in his famous prescription of Bawei Wan.* This is because Shanyao is considered to be cool and tonifying. It is also good for moistening dry skin.

Li Shizhen: Doctor Wu Shou — Shanyao functions on the Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin. It tonifies a debilitated condition and eliminates the Heat of deficient nature.

The book *Suhui Ji* by Wang Lü: Although Shanyao functions on the Lung Channel of Hand Initial Yin, it is actually reinforcing the Kidney Yin. This is because the Lung is the upper source of the Kidney. When the upper source (the Lung) is moistened and nourished, it will flow downward into the Kidney. That is why Shanyao is used in Bawei Wan.

The book *Dulanxiang Zhuan* by Cao Pi: Eating Shanyao prevents the attack of fog and dew.

[Prescriptions]

One prescription collected previously, and
10 prescriptions collected recently.

*Bawei (Jinkui Shenqi) Wan:

Shoudihuang/radix rehmanniae preparata/root of rehmannia prepared,
Shanzhuyu/fructus corni/fruit of asiatic cornelian cherry,
Shanyao/rhizome dioscoreae/rhizome of common yam,
Fuling/poria/Indian bread,
Mudanpi/cortex moutan radiceis/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.

百合（本经中品）

【释名】

𪗇音藩。强瞿别录。蒜脑薯

〔别录曰〕一名摩罗，一名重箱，一名中逢花。〔吴普曰〕一名重迈，一名中庭。〔弘景曰〕百合，俗人呼为强仇，仇即瞿也，声之讹耳。〔时珍曰〕百合之根，以众瓣合成也。或云专治百合病故名，亦通。其根如大蒜，其味如山薯，故俗称蒜脑薯。顾野王玉篇亦云，𪗇乃百合蒜也。此物





BAIHE

Lily

Lilium brownie F.E. Brown var. *colchesteri* Wils

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

[Explanation of Names]

FAN

Qiangqu

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

SUANNAOSHU

MOLUO

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

CHONGXIANG

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

CHONGFENGHUA

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

CHONGMAI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

ZHONGTING

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Tao Hongjing: Native people call it Qiangqiu, a distorted name of Qiangqu.

Li Shizhen: The bulbs of Baihe are formed by many cloves, hence the name (Bai means one hundred or many; He means flocking together). Some say that, as the drug is good for treating Baihebing (Bulbus Lili syndrome), so it is called Baihe. Both explanations are reasonable. The root (rhizome) of the herb looks like *Dasuan/bulbus allii sativum/galic*. It tastes like Shan-yao, so it is also called Suannaoshu (meaning “garlic head Shuyu”).



花、叶、根皆四向，故曰强瞿。凡物旁生谓之瞿，义出韩诗外传。

【集解】

〔别录曰〕百合生荆州山谷。二月、八月采根，阴干。
〔弘景曰〕近道处处有之。根如葫蒜，数十斤相累。人亦蒸煮食之，乃云是蚯蚓相缠结变作之。亦堪服食。〔恭曰〕此有二种：一种叶大茎长，根粗花白者，宜入药；一种细叶，花红色。〔颂曰〕百合三月生苗，高二三尺。箨粗如箭，四面有叶如鸡距，又似柳叶，青色，近茎处微紫，茎端碧白。四五月开红白花，如石榴嘴而大。根如葫蒜，重叠生二三十瓣。又一种花红黄，有黑斑点，细叶，叶间有黑子者，不堪入药。按徐锴岁时广记：二月种百合，法宜鸡粪。或云百合是蚯蚓化成，而反好鸡粪，理不可知也。〔时珍曰〕百合一茎直上，四向生叶。叶似短竹叶，不似柳叶。五六月茎端开大白花，长五寸，六出，红蕊四垂向下，色亦不红。红者叶



The book *Yu Pian* by Gu Yewang: Fan is merely Baihe/lily. Its flower, leaf and root spread out in all directions, so it is called Qiangqu (Qi means “things growing to the main body”). The explanation first appears in the book *Hanshi Waizhuan*.

[Previous Explanations]

Baihe grows in the mountain valley in Jingzhou. Collect the bulb in the second and eighth months and dry in the shade.

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

Tao Hongjing: Nowadays, the herb is found everywhere in nearby places. Its root (bulbs) looks like garlic, which grow all together, and the whole thing may weigh several dozen *jin*. People steam or stew it and serve it as food. Some say this is evolved from the intertwining earthworms. It is also used as a drug for life prolongation.

Su Gong: There are two species: One has a big leaf and long stem, thick root and white flower. This is a species that is good for medical use. Another species has a thin leaf and red flower.

Su Song: In the third month, the seedling begins to grow, eventually developing to two to three *chi*. The stem is as thick as an arrow shaft. Leaves grow on all sides of the stem, which look like the hind talon of chicken. They also look like Liuye/foolium salicis baryloniae/leaf of Babylon weeping willow. The leaf is blue-green and becomes slightly purple at the base close to the stem. The tip is green and white. In the fourth or fifth month, red and white flowers bloom. It looks like the opening of a pomegranate, but it is bigger. Its root looks like garlic. Twenty to 30 bulbs flock piece after piece. Another species has a red and yellow flower with black dots and a thin leaf that is also dotted with black points. The species is not good for medical use.

The book *Suishu Guangji* by Xu Kai: Plant the herb in the second month of the year. Chicken dung should be added as a fertilizer. Some say that the herb is evolved from earthworms. This is difficult to understand.

Li Shizhen: Baihe has one stem growing upward with leaves spreading to four directions. Its leaf is similar to a short bamboo leaf. It does not look like a willow leaf. In the fifth or sixth month, a big white flower blooms on



似柳，乃山丹也。百合结实略似马兜铃，其内子亦似之。其瓣种之，如种蒜法。山中者，宿根年年自生。未必尽是蚯蚓化成也。蚯蚓多处，不闻尽有百合，其说恐亦浪传耳。

【正误】

〔宗奭曰〕百合茎高三尺许。叶如大柳叶，四向攒枝而上。其颠即开淡黄白花，四垂向下覆长蕊，花心有檀色。每一枝颠，须五六花。子紫色，圆如梧子，生于枝叶间。每叶一子，不在花中，亦一异也。根即百合，白色，其形如松子壳，四向攒生，中间出苗。〔时珍曰〕寇氏所说，乃卷丹，非百合也，苏颂所传不堪入药者，今正其误。叶短而阔，微似竹叶，白花四垂者，百合也。叶长而狭，尖如柳叶，红花，不四垂者，山丹也。茎叶似山丹而高，红花带黄而四垂，上有黑斑点，其子先结在枝叶间者，卷丹也。卷丹以四月结子，秋时开花，根似百合。其山丹四月开花，根小少瓣。盖一类三种也。吴瑞本草言白花者名百合，红花者名强仇，不知何所据也？



top of the stem. It has six petals five *cun* long. A red pistil hangs down and to the end it is no longer red. The herb with a red pistil also has a leaf similar to a willow leaf. But that is Shandan. The fruit of Baihe looks somewhat like Madouling/fructus aristolochiae/Dutchman's Pipe fruit. And the seed inside also looks the same. Plant the clove to develop a new crop in the same way as planting garlic. The perennial bulb growing in the wild will have a bud in spring every year. It is most unlikely that the herb is evolved from earthworms. In land where there are plenty of earthworms, there is never any Baihe. Such hearsay is groundless.

[Corrections]

Kou Zhongshi: The stem of Baihe is about three *chi* tall. Its leaf is as big as Liuye. Twigs grow from the stem in all four directions. On top of the twig a light yellow flower blooms. The petals of the flower hang down to cover the long pistil. The heart of the flower is light crimson. On top of each twig, there are five or six flowers. The purple seed is round and looks like a parasol seed. It grows amongst the stem and leaf, and is not in the flower. This is one extraordinary thing. Its root is merely Baihe. It is white and looks like Songta/Strobilus pini/pine cone. The seedling grows from all directions.

Li Shizhen: What Kou Zhongshi described is merely Juandan/bulbus lili dahurici/bulb of dahurian lily, but not Baihe, which is also mentioned by Su Song as the species that can be used as a drug. Now, it is verified as follows:

Baihe: Leaf is short and wide, which is slightly similar to bamboo leaf. It has white flower with hanging petals.

Shandan: Leaf is long, narrow and with a sharp tip like Liuye; flower is red and its petals do not hang down.

Juandan: Stem and leaf are similar to Shandan, but it is taller. It has a red-yellow flower and its petals are not hanging down.

Juandan bears fruit in the fourth month and the flower blooms in autumn; the root looks like Baihe.

Shandan has a flower in the fourth month. It has smaller root and less petals in flower. Wu Rui said in his Bencao work that the one with white



根

〔气味〕甘，平，无毒。〔权曰〕有小毒。

〔主治〕邪气腹胀心痛，利大小便，补中益气本经。除浮肿胪胀，痞满寒热，通身疼痛，及乳难喉痹，止涕泪别录。百邪鬼魅，涕泣不止，除心下急满痛，治脚气热咳甄权。安心定胆益志，养五脏，治颠邪狂叫惊悸，产后血狂运，杀蛊毒气，胁痛乳痛发背诸疮肿大明。心急黄，宜蜜蒸食之孟诜。治百合病宗奭。温肺止嗽元素。

〔发明〕〔颂曰〕张仲景治百合病，有百合知母汤、百合



flower was Baihe and that with a red flower was called Qiangqiu, a groundless name.

BAIHEGEN

Lily bulb
Bulbus lili

[Quality and Taste]

It is sweet, plain and nontoxic.
Zhen Quan: It is slightly toxic.

[Indications]

It is good for relieving heart pain and abdominal distension due to invasion of pathogenic factors. It facilitates urination and stool, tonifies the interior and reinforces the qi.

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

It relieves puffy edema and distended muscle and skin in abdomen. It dredges through stagnation of qi with chill and fever and pain all over the body. It promotes lactation. It is also good for treating throat inflammation, stopping sniveling and tears.

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

Zhen Quan: It prevents attacks of various vicious agents and possession by ghosts and goblins with incessant weeping. It disperses epigastric fullness and pain. It is also good for treating beriberi. It relieves coughing due to invading pathogenic Heat.

Da Ming: It pacifies the Heart, tranquilizes the Gall Bladder, enhances willpower and nourishes the Five Viscera. It is good for treating manic-depressive psychosis with crying, fright and vertigo due to blood disorder. It treats Gufu (disease due to noxious agents produced by various parasites). It is also good for treating acute mastitis, costal carbuncle, lumbar dorsal carbuncle and various sores and swellings.

Meng Xian: Steam the drug together with honey to treat acute febrile jaundice complicated with Heart disorder.

Kou Zongshi: It is good for treating Baihebing (Bulbus Lili syn-

滑石代赭汤、百合鸡子汤、百合地黄汤，凡四方。病名百合而用百合治之，不识其义。〔颖曰〕百合新者，可蒸可煮，和肉更佳；干者作粉食，最益人。〔时珍曰〕按王维诗云：冥搜到百合，真使当重肉。果堪止泪无，欲纵望江目。盖取本草百合止涕泪之说。

〔附方〕旧三，新十三。（略）





drome).

Zhang Yuansu: It warms the Lung to stop coughing.

[Explication]

Su Song: In treating Baihebing, Master Zhang Zhongjing had the following four prescriptions:

- Baihe Zhimu Tang (Decoction of Baihe and Zhimu/rhizome anemarrhenae/rhizome of common anemarrhena);
- Baihe Huashi Daizhe Tang (Decoction of Baihe, Huashi/talcum/talc and Daizheshi/haematitum/hematite);
- Baihe Jizi Tang (Decoction of Baihe and Egg); and
- Baihe Dihuang Tang (Decoction of Baihe and Dihuang/radix rehmanniae root of rehmannia).

Baihebing (Bulbus Lili syndrome) is a syndrome named by the drug that treats it. The reason is not known.

Wang Ying: The newly harvested Baihe can be steamed or stewed. If it is prepared together with meat, it tastes even better. Grind the dry drug into powder and prepare it. Its use is beneficial to health.

Li Shizhen: Wang Wei, a famous poet in the Tang Dynasty (618-907), wrote the following prose:

Quietly I searched for lily bulb,
And served it as meat.
As expected it stopped shedding of tears.
With brightened eye, I am looking at the river into the distance.

This is a proof showing the tear-stopping efficacy of the drug.

[Prescriptions]

Three prescriptions collected previously, and
13 prescriptions collected recently.

壶卢 (日华)

【释名】

瓠瓜说文。匏瓜论语。

〔时珍曰〕壶，酒器也。卢，饭器也。此物各象其形，又可为酒饭之器，因以名之。俗作葫芦者，非矣。葫乃蒜名，芦乃苇属也。其圆者曰匏，亦曰瓢，因其可以浮水如泡、如漂也。凡葫属皆得称瓜，故曰瓠瓜、匏瓜。古人壶、瓠、匏三名皆可通称，初无分别。故孙愐唐韵云：瓠音壶，又音护。瓠瓠，瓢也。陶隐居本草作瓠瓠，云是瓠类也。许慎说文云：瓠，匏也。又云：瓢，瓠也。匏，大腹瓠也。陆玑诗疏云：壶，瓠也。又云：匏，瓠也。庄子云：有五石之





HULU

Depressed bottle gourd

Lagenaria siceraria (Molina) Standl. var. *depressa* Ser.

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

[Explanation of Names]

HUGUA

— *Shuowen Jiezi* (*Book of Philology* by Xu Shen).

PAOGUA

— *Lun Yu* (*The Analects*).

Li Shizhen: The name Hulu (壺芦) is formed by two characters. Hu is the name of a wine cup and Lu the ice bowl. As the fruit of this herb looks like such a cup and bowl, and the dried fruit can be used to make such cup and bowl, so it is named. Colloquially it is written as Hulu (葫芦), which is not correct. As the character Hu (葫) here means “*Suan/bulbus allii sativum*/garlic” and Lu (芦) means “*Luwei/caulis phragmitis*/reed stem.” The herb with a round fruit is called Pao. It is also called Piao, as it keeps afloat in water (the character means “floating”). Since all kinds of melon-like herbs can be called Gua (melon), so it is also called Hugua or Paogua. In ancient times, the names Hu (lu), Hu (gua) and Pao (gua) were used interchangeably.

The book *Tang Yun* by Sun Mian — Hu is pronounced “hu (the rising tone)” or “hu (the falling tone).” Hulu (瓠瓠) is also called Piao. *Bencao Jing Jizhu* (*Variorum of Shen Nong's Great Herbal*) by Tao Hongjing recorded the herb as Hulou and explained that it was one species of Hu.

The book *Shuowen Jiezi*: Hu (壺) is merely Pao. Pao is merely Hu. Pao is the big Hu.

The book *Shi Shu* by Lu Ji: Hu is simply Hu (瓠). Pao is Hu (瓠). Zhuang Zi (ca. 369-286 BC), the great philosopher, mentioned Hu in his



瓠。诸书所言，其字皆当与壶同音。而后世以长如越瓜首尾如一者为瓠（音护），瓠之一头有腹长柄者为悬瓠，无柄而圆大形扁者为匏，匏之有短柄大腹者为壶，壶之细腰者为蒲芦，各分名色，迥异于古。以今参详，其形状虽各不同，而苗、叶、皮、子性味则一，故兹不复分条焉。悬瓠，今人所谓茶酒瓢者是也。蒲芦，今之药壶卢是也。郭义恭广志谓之约腹壶，以其腹有约束也。亦有大、小二种也。

【集解】

〔弘景曰〕瓠与冬瓜气类同辈。又有瓠瓠，亦是瓠类。小者名瓢，食之乃胜瓠。此等皆利水道，所以在夏月食之，大约不及冬瓜也。〔恭曰〕瓠与瓠瓠、冬瓜全非类例。三物苗、叶相似，而实形则异。瓠形似越瓜，长尺余，头尾相似，夏中便熟，秋末便枯。瓠瓠形状大小非一，夏末始实，秋中方熟，取其为器，经霜乃堪。瓠与甜瓠瓠体性相类，啖之惧胜冬瓜，陶言不及，乃是未悉。此等原种各别也。〔时



works. There are different names of the herb in different books, but all the characters were pronounced the same way: Hu. But later, people described the fruit the length of Yuegua with both sides the same size, as Hu (瓠). Fruit with one big end and with a long handle became Xuanhu. That without handle, but which is round, big and flat, is called Pao. And Pao with a short handle and big fruit is called Hu. Hu with a narrow waist is called Pulu. So, the fruits are named differently according to their specific shapes. This is quite different from olden times. But after studying the varieties of them, it is found that, although the fruit may be in different shapes, the seedling, leaf, peel and seed, and their quality and taste, are all the same. So, they are not differentiated here in accordance with the shapes of the fruits. Xuanhu is now called Chajiupiao. Pulu is what people called Yaohulu (bottle gourd for keeping drugs). The book *Guang Zhi* by Guo Yigong calls it Yuefuhu (meaning “bottle gourd with restricted waist”). There are two species: one big, the other small.

[Previous Explanations]

Tao Hongjing: Hu is in the same category with Donggua/fructus benincasae/fruit of Chinese wax gourd. Both of them have the same quality. There is a species called Hulou, which is also one kind of them. The small one is called Piao, which tastes even better than Hu. All the types of Hu facilitate the function of the water duct (smoothing urination). They should be eaten in summer. But anyway they are not as effective as Donggua.

Su Gong: Hu, Hulou and Donggua are not the same. Their seedling and leaf are similar to each other, but their fruits are not the same. Hu looks like Yuegua. It is about one *chi* long with both ends the same size. It ripens in summer and withers at the end of autumn. Fruits of Hulou vary from one another. The fruit is borne in late summer and gets ripe in mid-autumn. If it is wished to make a gourd ladle with fruit, it should be collected after frost fall. Hu and Tianhulu (sweet Hulou) are similar to each other in quality and shape. When they are served as food, they are even better than Donggua. But Tao Hongjing thought it the other way. He might not have tried them carefully. Species vary from each other.

Li Shizhen: Changhu, Xuanhu, Hulu, Paogua and Pulu are not the



珍曰〕长瓠、悬瓠、壶卢、匏瓜、蒲卢，名状不一，其实一类各色也。处处有之，但有迟早之殊。陶氏言瓠与冬瓜气类同辈，苏氏言瓠与瓠瓠全非类例，皆未可凭。数种并以正二月下种，生苗引蔓延缘。其叶似冬瓜叶而稍团，有柔毛，嫩时可食。故诗云：幡幡瓠叶，采之烹之。五六月开白花，结实白色，大小长短，各有种色。瓢中之子，齿列而长，谓之瓠犀。窃谓壶匏之属，既可烹晒，又可为器。大者可为瓮盎，小者可为瓢樽，为舟可以浮水，为笙可以奏乐，肤瓢可以养豕，犀瓣可以浇烛，其利溥矣。

壶瓠

〔气味〕甘，平，滑，无毒。〔恭曰〕甘冷。多食令人吐利。〔扁鹊曰〕患脚气虚胀冷气者食之，永不除也。

〔主治〕消渴恶疮，鼻口中肉烂痛思邈。利水道弘景。



same in regard to their fruits; but, actually, they are the same thing of varied species. The herb can be found everywhere. But they grow in different times. Tao Hongjing thought that Hu and Donggua were the same. Su Gong thought Hu and Hulou were not the same thing. What they said should not be considered reliable. All the above species should be sowed in the first or second month of the year. After the seedling grows, a vine develops along fence or other things. Its leaf is similar to Dongguaye/*folium benincasae*/ leaf of Chinese wax gourd. It is a bit rounder in shape and covered with soft fur and can be served as vegetable when it is tender. As *Shi Jing (Book of Songs)* recorded: Flourishing leaf of Hu can be collected and served as food. In the fifth or sixth month, a white flower blooms and the fruit is also white. Fruits of different species may vary from one another. Seeds in the pulp lie in the way as human teeth. The seed is called Huxi. Hu and Pao are things that can be served as food (when it is tender) and can be processed into a container or wine cup. It can be used to make a boat, or to make a *sheng* (a kind of musical instrument) or can be used in the raising of pigs. Its seed can be used to light a lamp. It is a thing that can be used in multiple ways.

HULU

Fruit of depressed bottle gourd

Fructus largenariae depressae

[Quality and Taste]

It is sweet, plain, slippery and nontoxic.

Su Gong: It is sweet and cold. Overdose of it will cause vomit and diarrhea.

Bian Que: People suffering from beriberi, distention of deficient nature and presence of cold gas should not have it, lest it prolongs the disease.

[Indications]

Sun Simiao: It is good for treating diabetes and malignant sores, ulceration and plain in the nasal and oral cavity.

Tao Hongjing: It facilitates the function of the water duct (urination).

消热，服丹石人宜之孟诜。除烦，治心热，利小肠，润心肺，治石淋大明。

〔发明〕〔时珍曰〕按名医录去：浙人食匏瓜，多吐泻，谓之发暴。盖此物以暑月壅成故也。惟与香菜同食则可免。



Meng Xian: It eliminates pathogenic Heat. It is a good drug for people taking alchemical stone drugs.

Da Ming: It relieves restlessnessm eliminates the invading pathogenic Heat in the Heart, facilitates the function of the Small Intestine, moistens the Heart and the Lung and treats stranguria caused by urinary stone.

[Explication]

Li Shizhen: The book *Mingyi Lu* — After eating Hulu, people in Zhejiang would vomit and suffer diarrhea. This is because the herb is formed in the hot and humid summer. It is safe if this herb is served together with Xiangrou/herba elsholtziae/herb of haichow elsholtzia.



冬瓜（本经上品）

【释名】

白瓜本经。水芝同上。地芝广雅。

〔志曰〕冬瓜经霜后，皮上白如粉涂，其子亦白，故名白冬瓜，而子云白瓜子也。〔时珍曰〕冬瓜，以其冬熟也。又贾思勰云：冬瓜正二三月种之。若十月种者，结瓜肥好，乃胜春种。则冬瓜之名或又以此也。别录白冬瓜原附于本经瓜子之下。宋开宝本草加作白瓜子，复分白冬瓜为别录一种。遂致诸注辩说纷纷。今并为一。

【集解】

〔别录曰〕白瓜子生嵩高平泽，冬瓜仁也。八月采之。





Donggua

Chinese wax gourd

Benincasa hispida (Thunb.) Cogn.

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

[Explanation of Names]

BAIGUA

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

SHUIZHI

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

DIZHI

— *Guang Ya*.

Ma Zhi: After Donggua/fructus benincasae/fruit of Chinese wax gourd is exposed to frost, there is a layer of white powder on its peel. Its seed is also white. So it is also called Baidonggua (meaning “white Chinese wax gourd”). Its seed is called Baiguazi (white wax gourd seed).

Li Shizhen: The name Donggua (meaning “winter melon”) is given as it gets ripe in winter.

Jia Sixie: Winter melon should be planted in the first, second or third month. If it is planted in the 10th month, it has better melon (which gets ripe in winter). This may be the reason why it is called winter melon. In *Mingyi Bielu*, Baidonggua (white winter melon) was appended to the drug Guazi (Baiguazi). In *Kaibao Bencao*, Guazi was recorded as Baiguazi, and Baidonggua was separated as an independent drug in *Mingyi Bielu* (*Records of Famous Doctors*). Such differences caused confusion. So Donggua and Dongguazi are now recorded here in the same clause.



〔颂曰〕今处处园圃蒔之。其实生苗蔓下，大者如斗而更长，皮厚而有毛，初生正青绿，经霜则白粉。人家多藏蓄弥年，作菜果。入药须霜后取，置之经年，破出核洗，燥乃搗取仁用之。亦堪单作服饵。〔时珍曰〕冬瓜三月生苗引蔓，大叶团而有尖，茎叶皆有刺毛。六七月开黄花，结实大者径尺余，长三四尺，嫩时绿色有毛，老则苍色有粉，其皮坚厚，其肉肥白。其瓢谓之瓜练，白虚如絮，可以浣练衣服。其子谓之瓜犀，在瓢中成列。霜后取之，其肉可煮为茹，可蜜为果。其子仁亦可食。盖兼蔬、果之用。凡收瓜忌酒、漆、麝香及糯米，触之必烂。

白冬瓜

〔气味〕甘，微寒，无毒。〔弘景曰〕冷利。



[Previous Explanations]

Baiguazi is produced in the plains and marshland in Songgao. It is the seed of wax gourd. Collect the drug in the eighth month.

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

Su Song: Nowadays, the herb is planted in vegetable gardens everywhere. Its fruit grows under the leaf and stem. The big one can be as big as a *dou* measure and it is much longer. It has thick peel covered with hair. At first, the fruit is green. After frost falls, it is covered with white powder. People store the fruit as long as a year and it can be used as a vegetable. When the seed is used as a drug, the melon should be collected after frost falls and stored for a year. Then, take out the seed and wash it clean and dry in the sun. Pound the seed to get kernel. It can be used as an ingredient in a prescription or can be served independently as a life-preserving drug.

Li Shizhen: The seedling begins to grow in the third month and then a vine develops. Its leaf is big, round and with a tip. Both vine and leaf are covered with thorny hair. In the sixth or seventh month, a yellow flower blooms. The fruit can be one *chi* in diameter and three to four *chi* in length. When the fruit gets old, it turns gray and is covered with white powder. Its peel is thick and solid. Its flesh is fat and white. Its pulp is called Gualian. It is white, loose and fibrous, and can be used to wash clothes. Its seeds, called Guaxi, are lined up in the pulp. Collect the fruit after frost falls. Its flesh can be stewed and served as a vegetable, or can be preserved with honey and served as preserved fruit. Its seed kernel is also edible. This fruit can be served both as vegetable and fruit. The fruit should be kept away from wine, lacquer, musk and polished glutinous rice, otherwise any contact will lead to its decay.

BAIDONGGUA

White Chinese wax gourd

Fructus benincasae albae

[Quality and Taste]

It is sweet, slightly cold and nontoxic.

Tao Hongjing: It is cold and slippery.



〔主治〕小腹水胀，利小便，止渴别录。捣汁服，止消渴烦闷，解毒弘景。益气耐老，除心胸满，去头面热孟诜。消热毒痈肿。切片摩痲子，甚良大明。利大小肠，压丹石毒苏颂。

〔发明〕〔洗曰〕热者食之佳，冷者食之瘦人。煮食练五脏，为其下气故也。欲得体瘦轻健者，则可长食之；若要肥，则勿食也。〔宗奭曰〕凡患发背及一切痈疽者，削一大块置疮上，热则易之，分散热毒气甚良。〔震亨曰〕冬瓜性走而急。寇氏谓其分散热毒气，盖亦取其走而性急也。久病者、阴虚者忌之。孙真人言：九月勿食，令人反胃。须被霜食之乃佳。〔洗曰〕取瓜一颗和桐叶与猪食之，一冬更不要与诸物食，自然不饥，长三四倍也。



[Indications]

It is good for dispersing lower abdominal distention due to fluid retention. It facilitates urination and quenches thirst.

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

Tao Hongjing: Pound the drug to get juice to quench thirst in diabetes with restlessness. It is also an antidote.

Meng Xian: It reinforces the *qi* and retards senility. It disperses epigastric and thoracic fullness, and eliminates heat of the head and face.

Da Ming: It treats pyrogenic infection, carbuncle and swelling. Cut the fruit into slices and rub to treat miliaria. It works very effectively.

Su Song: It facilitates the function of the Large and Small Intestine. It oppresses the side effect of alchemical stone drugs.

[Explication]

Meng Xian: The fruit should be eaten hot. If cold fruit is eaten, it leads to emaciation. Stew the fruit and eat it to consolidate the Five Viscera, as the drug can bring down the adverse ascending gas. If one wishes to become slim, the fruit can be eaten regularly for a long time, but should not be eaten if one wants to put on weight.

Kou Zongshi: It is good for treating lumbar dorsal carbuncle and all kinds of carbuncles and phlegmon. Cut the fruit into big slices. Place one big slice over the affected part. When the fruit gets warm, change to another slice. In this way, the pyrogenic infection will be reduced.

Zhu Zhenheng: Donggua is a drug that moves swiftly. Kou Zongshi said that the fruit reduced pyogenic infection. This is just based on its function of swift movement. People who are suffering from a chronic disease or those of weak build should not have it.

Sun Simiao: Do not eat wax gourd in the ninth month, lest it cause regurgitation. The fruit should be collected after it is exposed to frost. Then it can be eaten safely.

Meng Xian: Blend one piece of Donggua with Tongye/foolium paulowniae/leaf of fortune paulowniae. Serve it to a pig. Do not serve other things. In the whole winter, the pig will grow three to four times bigger.



〔附方〕旧七，新七。

白瓜子

〔别录曰〕冬瓜仁也。八月采之。

〔正误〕〔恭曰〕此甘瓜也。甘字似白字，后人误写耳。当改从甘字。〔志曰〕本草注：白瓜子，冬瓜仁也。苏氏所言，殊为孟浪。且甘瓜即甜瓜，亦有青、白二种。其子色黄，主疗与冬瓜全异。但冬瓜经霜有白衣，其子亦白，白瓜之号因斯而得。况诸方惟用冬瓜子，不见用甘瓜子者。苏说不可凭也。

〔气味〕甘，平，无毒。〔别录曰〕寒。久服寒中。

〔主治〕令人悦泽好颜色，益气不饥。久服，轻身耐老



[Prescriptions]

Seven prescriptions collected previously, and seven prescriptions collected recently.

BAIGUAZI

Seed of Chinese wax gourd

Semen benincasae

Baiguazi (meaning “white melon seed”) is simply the seed of Chinese wax gourd. It should be collected in the eighth month.

[Rectification]

Su Gong: This is Gangua. As the character Gan is similar to the character Bai, it was distorted into Baigua. The right name is Gangua.

Ma Zhi: In *Shen Nong Bencao Jing*, the following is recorded: Baiguazi is Dongguaren (seed of wax gourd). What Su Gong said was groundless. As Gangua is simply Tiangua/fructus melo/muskmelon fruit. There are two species: one is green and the other white. Their seed is yellow. This herb has completely different therapeutic functions than Donggua. As Donggua is covered with white powder after frost fall and its seed is also white, so it is called Baigua (meaning “white melon”). Also in previous medical prescriptions, only Dongguazi was used. Ganguazi has never been found in the prescriptions. Su Gong is incorrect.

[Quality and Taste]

It is sweet, plain and nontoxic.

It is cold in quality. Long-term use causes cold stagnation.

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

[Indications]

It makes one to have bright and good complexion. It reinforces the qi and makes one not feel hungry. Long-term use makes one happy and vigorous and able to enjoy a long life.

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

It eliminates restlessness, fullness and melancholy. It can be added into the manufacture of facial lotion.

本经。除烦满不乐。可作面脂别录。去皮肤风及黑黦，润肌肤大明。治肠痛时珍。

〔发明〕〔颂曰〕冬瓜仁，亦堪单作服饵。又研末作汤饮，及作面脂药，并令人颜色光泽。宗懔荆楚岁时记云：七月，采瓜犀以为面脂。即瓜瓣也。亦堪作澡豆。

〔附方〕旧四，新四。（略）



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

Da Ming: It is good for dispersing the invading pathogenic Wind on skin. It eliminates freckles and acne, and moistens the skin.

Li Shizhen: It is good for treating acute appendicitis.

[Explication]

Su Song: Dongguazi can be taken independently as a life prolongation drug. It can be ground into powder and stewed to make a soup. It can also be added into the manufacture of facial lotion. In both ways, it gives one a bright complexion.

The book *Jingchu Suishi Ji* by Zong Lin: Collect Guaxi (Dongguazi) in the seventh month to make facial lotion. It can also be made into medicinal soap.

[Prescriptions]

Four prescriptions collected previously, and
four prescriptions collected recently.



丝瓜（纲目）

【释名】

天丝瓜本事。天罗事类合璧。布瓜同上。蛮瓜本事。鱼
鮓

〔时珍曰〕此瓜老则筋丝罗织，故有丝罗之名。昔人谓
之鱼鮓，或云虞刺。始自南方来，故曰蛮瓜。

【集解】

〔时珍曰〕丝瓜，唐宋以前无闻，今南北皆有之，以为
常蔬。二月下种，生苗引蔓，延树竹，或作棚架。其叶大于
蜀葵而多丫尖，有细毛刺，取汁可染绿。其茎有棱。六七





SIGUA

Luffa

Luffa cylindrica (L.) Roem.

Luffa acutangula Roxb.

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

[Explanation of Names]

TIANSIGUA

— *Benshi Fang* (*Effective Prescriptions for Universal Relief*).

TIANLUO

— *Shilei Hebi*.

BUGUA

— *Shilei Hebi*.

MANGUA

— *Benshi Fang* (*Effective Prescriptions for Universal Relief*).

YUZI

Li Shizhen: When the luffa fruit gets old, its fibers are exposed. So, it is named Sigua (Si=fiber), and Tianluo (Luo=mesh). As it is found in the south, so it is called Mangua (Man=barbarian area in the south).

[Previous Explanations]

Li Shizhen: In works before the Tang Dynasty (618-907) and Song Dynasty (960-1279) times, Luffa was not recorded at all. But now, it is found both in the south and in the north and is used as a common vegetable. Sow the seed in the second month of the year. The seedling grows and the vine develops along a tree or on a frame. Its leaf is bigger than Shukui/althea rosea/hollyhock, but it has more forks. It is covered with thin and hairy thorns. Squeeze the leaf to get juice, and use this as a green dyestuff. Its stem has edges. A yellow flower with five petals blooms in the sixth or sev-



月开黄花，五出，微似胡瓜花，蕊瓣俱黄。其瓜大寸许，长一二尺，甚则三四尺，深绿色，有皱点，瓜头如鳖首。嫩时去皮，可烹可曝，点茶充蔬。老则大如杵，筋络缠纽如织成，经霜乃枯，惟可藉靴履，涤釜器，故村人呼为洗锅罗瓜。内有隔，子在隔中，状如栝楼子，黑色而扁。其花苞及嫩叶、卷须，皆可食也。

瓜

〔气味〕甘，平，无毒。入药用老者。

〔主治〕痘疮不快，枯者烧存性，入朱砂研末，蜜水调服，甚妙震亨。煮食，除热利肠。老者烧存性服，去风化痰，凉血解毒，杀虫，通经络，行血脉，下乳汁，治大小便下血，痔漏崩中，黄积，疝痛卵肿，血气作痛，痈疽疮肿，



enth month. It looks somehow like a cucumber flower. The petals and pistils are all yellow. The fruit is about one *cun* in diameter and one or two *chi* long, or even three to four *chi* long. It is dark green with creased and dotted peel. Head of the fruit looks like the head of turtle. Peel the fruit when it is still tender and prepare it by stewing or stir-frying. It can be served as tid-bit to go with tea or as a vegetable. But, when the fruit gets big and old, it looks like a pestle with protruding veins and fibers as if woven. After frost falls, it begins to wither. Then, it can be used as stuffing in the shoe or used to clean pots and utensils. So, villagers call it Xiguoluogua (meaning “woven fruit to clean pot”). There are separated cells within the fruit and in each cell there are seeds, which look like Gualouzi/semen trichosanthis/snake gourd seed. But it is black and flat. Its calyx, tender leaf, tassel are edible.

SIGUA

Luffa fruit

Fructus luffae

[Quality and Taste]

It is sweet, plain and nontoxic. For medical use, use the old fruit.

[Indications]

Zhu Zhenheng: It is good for treating retarded vesticulation of small-pox. Burn old Sigua with its property retained, and blend in cinnabar, grinding them into powder. Blend the powder with honey. It works very effectively.

Li Shizhen: Stew the fruit. Eat it to eliminate pathogenic Heat and facilitate the function of the Intestine. Burn the old fruit with its property retained. Eat it to disperse invading pathogenic Wind and dissolve phlegm. It cools the blood Heat and detoxifies toxin, kills worms and dredges through the Channels and Collaterals, motivates the flow of blood, promotes lactation. It is also good for treating hematochezia and hematuria, hemorrhoids and fistula, metrorrhagia and metrostaxis, jaundice due to stagnation, hernia with swelling testis. It relieves abdominal pain of woman due to disorder of blood and *qi*, treats carbuncle and phlegm, dental caries, smallpox and fetal

齿𧄨，痘疹胎毒时珍。暖胃补阳，固气和胎生生编。

〔发明〕〔颖曰〕丝瓜本草诸书无考，惟痘疮及脚痲方中烧灰用之，亦取其性冷解毒耳。〔时珍曰〕丝瓜老者，筋络贯串，房隔联属。故能通人脉络脏腑，而去风解毒，消肿化痰，祛痛杀虫，及治诸血病也。

〔附方〕新二十八。（略）



toxicosis.

It warms the Stomach and tonifies the Yang, stabilizes the *qi* and consolidates the fetus.

— *Shengsheng Bian*.

[Explication]

Wang Ying: Sigua is not recorded in Bencao works as a drug. But it is recorded to be used in prescriptions treating smallpox and carbuncle in foot. It is burned into ash and used externally. It is thus used, as it is a drug that is cold in quality and can detoxify toxin.

Li Shizhen: The old Sigua has woven veins and fibers that connect with each other, which resemble the Channels and Collaterals. So it is used to dredge through these, as well as the Viscera and Bowels. It is also good for dispersing invading pathogenic Wind, detoxifying toxin, eliminating swelling, dissolving phlegm, relieving pain and killing worms. It is also good for treating disorders of blood of various kinds.

[Prescriptions]

Twenty-eight prescriptions collected recently.



芝（本经上品）

【释名】

茵音囚。

〔时珍曰〕芝本作之，篆文象草生地上之形。后人借之字为语辞，遂加草以别之也。尔雅云：茵，芝也。注云：一岁三华瑞草。或曰生于刚处曰茵，生于柔处曰芝。昔四皓采芝，群仙服食，则芝亦茵属可食者，故移入菜部。

【集解】

〔别录曰〕青芝生泰山，赤芝生霍山，黄芝生嵩山，白芝生华山，黑芝生常山，紫芝生高夏山谷。六芝皆六月、





ZHI

Lucid ganoderma

Ganoderma japonicum (Fr.) Lloyd.

Ganoderma lucidum (Leyss. Ex Fr.) Karst.

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

[Explanation of Names]

QIU

Li Shizhen: The Zhi was written in the form of a seal character style to simulate the zigzag way of herb on the ground. But, later people used the character as an auxiliary word. To differentiate this and the herb, the character is written with a radical “grass” when it refers to the herb.

The book *Er Ya*: Qiu is simply Zhi. Annotation: It is a kind of lucky herb where flower blooms three times. Some say that the herb growing in a solid place called Jun and that growing in a soft place called Zhi. Anecdotes record that the four white-headed old men collected Zhi while they lived in the wild. It is a thing that immortals lived on. It is a kind of edible mushroom. So, it is removed to join the “Category of Vegetables.”

[Previous Explanations]

Zhi/*ganoderma lucidum* seu *japonicum*/lucid ganoderma.

Qingzhi (meaning “blue-green ganoderma”) grows in Taishan Mountain. Chizhi (meaning “red ganoderma”) grows in Huoshan Mountain. Huangzhi (meaning “yellow ganoderma”) grows in Songshan Mountain. Baizhi (meaning “white ganoderma”) grows in Huashan Mountain. Heizhi (meaning “black ganoderma”) grows in Changshan Mountain. Zizhi (meaning “purple ganoderma”) grows in the valley of Gaoxia Mountain. Collect all of them in the sixth and eighth months.



八月采。〔弘景曰〕南岳本是衡山，汉武帝始以小霍山代之，此赤芝当生衡山也。郡县无高夏名，恐是山名也。此六芝皆仙草之类，俗所稀见，族类甚多，形色瑰异，并载芝草图中。今俗所用紫芝，乃是朽木株上所生，状如木槁，名为紫芝，止疗痔，不宜合诸补丸药也。凡得芝草，便正尔食之，无余节度，故皆不云服法也。〔恭曰〕五芝经云：皆以五色生于五岳。诸方所献，白芝未必华山，黑芝又非常岳。且多黄、白，稀有黑、青者。然紫芝最多，非五芝类。但芝自难得，纵获一二，岂得终久服耶？〔禹锡曰〕王充论衡云：芝生于土。土气和，故芝草生。瑞命记云：王者仁慈，则芝草生。是也。〔时珍曰〕芝类甚多，亦有花实者。本草惟以六芝标名，然其种属不可不识。神农经云：山川云雨、



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

Tao Hongjing: Nanyue (the southern mountain) should be Hengshan Mountain. In the time of Emperor Wudi of the Han Dynasty (206BC-220), it was changed into (Xiao) Huoshan Mountain. So the origin of Chizhi should be the Hengshan Mountain. There was no such name as Gaoxia in the names of prefectures and counties. So, it must be the name of a mountain. The above six ganodermas are “herbs for the immortals.” They are rare in our secular world. There are many varieties of them. They differ from each other in shapes. They are all recorded in the book *Zhicao Tu (Illustrations of Ganoderma)*. In common use, there is Zizhi (purple ganoderma). It grows from a rotten tree and looks like Mu’er/auricularia/jew’s ear. It is only good to be used to treat hemorrhoids. It is not good to be used as a tonic. Generally speaking, when one gets hold of ganoderma, one would like to eat it right away without hesitation. So there is no such thing as “method of use.”

Su Gong: The book *Wuzhi Jing (Classic of Five Ganodermas)* — Ganoderma growing in the five big mountains in China have five different colors. But the herb attributed to different places may not be in conformity with its place of origin. For example: the white ganoderma may not be necessarily be from Huashan Mountain (as it should be) and black ganoderma may not be the produce from Changyue Mountain. Normally, yellow and white ganodermas are the commonest; black and blue-green ganodermas are rare. Among them, purple ganoderma possesses the biggest portion. But, it is not one of the five ganodermas. As ganoderma is something rare, people cannot take it regularly, even though they may encounter one or two of them occasionally.

Zhang Yuxi: The book *Lun Heng* by Wang Chong — Ganoderma grows in the earth. When there is a harmony in the earth, ganoderma begins to grow.

The book *Ruiming Ji*: When the ruler is kind and benevolent, ganoderma grows.

Li Shizhen: There are many varieties of ganodermas. Some of them have flowers and fruits. But in *Shen Nong Bencao Jing*, only six species were recorded.



四时五行、阴阳昼夜之精，以生五色神芝，为圣王休祥。瑞应图云：芝草常以六月生，春青夏紫，秋白冬黑。葛洪抱朴子云：芝有石芝、木芝、草芝、肉芝、菌芝，凡数百种也。石芝石象，生于海隅石山岛屿之涯。肉芝状如肉，附于大石，头尾具有，乃生物也。赤者如珊瑚，白者如截肪，黑者如泽漆，青者如翠羽，黄者如紫金，皆光明洞彻如坚冰也。大者十余斤，小者三四斤。凡求芝草，入名山，必以三月、九月，乃山开出神药之月。必以天辅时，出三奇吉门。到山须六阴之日，明堂之时。带灵宝符，牵白犬，抱白鸡，包白盐一斗，及开山符檄，着大石上。执吴唐草一把入山，山神喜，必得见芝。须禹步往采。以王相专和、支干相生之日，刻以骨刀，阴干为末服，乃有功效。若人不至精久斋，行秽



Shen Nong Bencao Jing: The cloud and rain in the mountain and valley, the four seasons and the five elements, the essence of the Yin and Yang, the day and night, all these nourish the growth of ganoderma for immortals. The presence of ganoderma praises the benevolence of the sacred king.

The book *Ruiying Tu*: Ganoderma grows in the sixth month. It is blue-green in spring, purple in summer, white in autumn and black in winter.

The book *Baopuzi* by Ge Hong: There are several hundred varieties of ganodermas, such as Shizhi (stone ganoderma), Muzhi (wood ganoderma), Caozhi (herbal ganoderma), Rouzhi (fleshy ganoderma), Junzhi (fungus ganoderma), etc. Shizhi, the stone ganoderma, looks like stone. It grows among the rock and stones on rocky islands in the sea. Rouzhi looks like flesh and is attached to big rocks. It has a head and tail. It is a kind of living creature. The red one looks like coral and the white one looks like fat. The black one looks like Zeqi/herba euphorbiae helioscopiae/herb of sun euphorbia. The blue-green one looks like the feather of a kingfisher and the yellow one looks like bronze. All of them are lustrous, transparent and look like solid ice. The big one can weigh more than 10 *jin* and the small one also weighs three to four *jin*. When you wish to get such precious ganodermas, you have to go into a famous mountain. You should go in the third or the ninth month. These two months are times when the gate of the mountain is open. It is a time to get the sacred drug. On a day when the Heaven is willing to assist, start from a lucky gate with three wonders. You should arrive at the top of the mountain on a day with six Yin at a time of Mingtang. Having magic figures of Lingbao with you, you take a white dog on the leash and hold a white cock in the arm. You should also place one *dou* of white salt and a magic figure of order of opening the mountain gate on a big rock. Having a handful of Wutangcao herb, you enter the mountain. In this way, the god of mountain will be glad to see you. And then you have the chance to encounter the precious ganoderma. You have to bend and collect the herb carefully. On a day when everything is in harmony and Tiangan (Ten Heavenly Stems) and Dizhi (Twelve Earthly Branches) are producing each other, cut the herb with a knife made of bone and dry the herb in the shade. Take the drug. In this way, it works effectively. If one is not whole-heartedly devoted and abstaining from meat and wine for a long



德薄，又不晓入山之术，虽得其图，鬼神不以与，人终不可得见也。曰菌芝，生深山之中，大木之下，泉水之侧。其状或如宫室，如龙虎，如车马，如飞鸟，五色无常。凡百二十种，自有图也。曰木威喜芝，乃松脂沦地，千年化为茯苓，万岁其上生小木，状似莲花，夜视有光，持之甚滑，烧之不焦，带之辟兵，服之神仙。曰飞节芝，三千岁老松上，皮中有脂，状如龙形，服之长生。曰木渠芝，寄生大木上，状如莲花，九茎一丛，味甘而辛。曰黄檗芝，生于千岁黄檗根下，有细根如缕，服之地仙。曰建木芝，生于都广，其皮如纓蛇，其实如鸢鸟。曰参成芝，赤色有光，扣其枝叶，如金石之音。曰樊桃芝，其木如升龙，其花叶如丹萝，其实如翠鸟，并可服食。曰千岁芝，生枯木下，根如坐人，刻之有血，血涂二足，可行水隐形，又可治病。已上皆木芝也。曰独摇芝，无风自动，其茎大如手指，叶似菟，根有大魁如



time, with condemned deeds and bad virtue, and does not know the special way of entering the mountain, he will not get the drug even he has an illustration of it. The spirit will not lend a helping hand. There are the following varieties.

— Junzhi: It grows under a big tree and close to a spring in the deep mountain. It may be shaped like a palace, or a dragon or tiger, or a cat and horse, or a flying bird. It has different colors. There are 120 species of them. There is a book of illustrations of them.

— Muweixuzhi: This originated from the dropping of Songzhi/colophonium/colophony into the earth. After 1,000 years, it evolves into Fuling/poria/Indian bread. After 10,000 years, a small plant in the shape of a lotus flower grows on it. It is luminous at night, and is slippery when one tries to get hold of it. It will not get scorched even when it is burned. Weapons will not hurt you, if you have it. Use of the drug brings immortality.

— Feijiezhi: In the bark of an old pine 3,000 years old, there is a kind of Songzhi in the shape of a dragon. Use of it will bring long life.

— Muquzhi: It is attached to a big tree. It looks like a lotus flower. Nine of them flock together. It is sweet and pungent.

— Huangbaizhi: It grows under the root of Chinese cork tree 1,000 years old. It has fibrous roots. Taking it will enable the person to become immoral.

— Jianmuzhi: It is found in Duguang. Its bark looks like snakeskin and its fruit looks like a phoenix.

— Shenchengzhi: It is red and lustrous. When its twig and leaf is knocked, it gives a sound of metal.

— Fantaozhi: The wood looks like an ascending dragon. Its flower looks like the Danluo flower, and its fruit looks like a kingfisher. All of them can be taken as a tonic for life prolongation.

— Qiansuizhi: It grows under a withered tree. Its root looks like a sitting human being. When it is carved, it emits blood. It is good for treating diseases.

The above are all varieties of Muzhi (wood ganoderma).

— Duyaozhi: It moves automatically even there is no wind. Its stem is as big as a finger. Its leaf looks like Xiancai/caulis et folium amaranthi



斗，周绕有细子十二枚绕之，相去丈许，生高山深谷，服之神仙。曰牛角芝，生虎寿山及吴陵上，状似葱而特出如牛角，长三四尺，青色。曰龙仙芝，似升龙相负之形。曰紫珠芝，茎黄叶赤，实如李而紫色。曰白符芝，似梅，大雪而花，季冬而实。曰朱草芝，九曲三叶，叶有实也。其茎如针。曰五德芝，状似楼殿，五色各具，方茎紫气。已上皆草芝也，有百二十种，人得服之神仙。曰玉脂芝，生于有玉之山，状似鸟兽，色无常彩，多似山水苍玉，亦如鲜明水晶。曰七明九光芝，生于临水石崖之间，状如盘碗，有茎蒂连缀之，此芝有七孔者名七明，九孔者名九光，夜见其光，食至七枚，七孔洞彻，一名萤火芝。曰石蜜芝，生少室石户中石上，终难得。曰石桂芝，生石穴中，似桂树，乃石也，光明味辛。曰石脑芝、石中黄，皆石芝类也。千岁燕、



tricoloris/stem and leaf of three-colored amaranth. Its root can be as big as a *dou* measure. Around the big root, there are twelve small ones, which are some ten *chi* away. It grows in the high mountain and deep valley. Use of it will bring immortality.

— Niujiاوزhi: It grows on Hushou Mountain and Wuling Hill. It looks like fistular onion. But it is protruding upward like a bullhorn. It is three to four *chi* long and blue-green.

— Longxianzhi: It looks like ascending dragons with one carrying the other.

— Zizhuzhi: The stem is yellow and the leaf is red. The fruit looks like *Li/fructus pruni salicinae*/Japanese plum. It is purple.

— Baifuzhi: It looks like the foam of the wave in the sea. It is white and bears fruits in winter.

— Zhucaozhi: It is a zigzagged herb with nine curves. It has three leaves. The fruit is under the leaf. Its stem is covered with thorns like needles.

— Wudezhi: It looks like a building of several stories. It has five colors. It has a purple and squared stem.

The above are species of Caozhi (herbal ganoderma). There are 120 varieties of them. Use of them will bring immortality.

— Yuzhizhi: It grows in the mountain where jade is produced. It looks like a bird or an animal. There are different colors. It is often the color of a mountain, water and black jade. Also there are ones with lustrous color similar to crystal.

— Jiumingqiguangzhi: It grows among the rocky cliffs close to water. It is in the shape of a plate and bowl. The stem and base are connected with each other. If there are seven holes in the plant, it is called Qiming and if there are nine holes it is called Jiuguang. It is luminous at night. After eating seven, the nine orifices will open and function well. It is also called Yinghuozhi.

— Shimizhi: It grows on the rocks in the stone cave in Shaoshi Mountain. It is very difficult to find.

— Shiguizhi: It grows in a rocky cave. It looks like a mini cassia tree. It is but a kind of stone. It is lustrous and tastes pungent.



千岁蝙蝠、千岁龟、万岁蟾除、山中见小人，皆肉芝类也，凡百二十种。又按采芝图云：凤凰芝，生名山金玉间，服食一年，与凤凰俱也。曰燕胎芝，形如葵，紫色，有燕象。曰黑云芝，生山谷之阴，黑盖赤理黑茎，味咸苦。又有五色龙芝、五方芝、天芝、地芝、人芝、山芝、土芝、石芝、金芝、水芝、火芝、雷芝、甘露芝、青云芝、云气芝、白虎芝、车马芝、太一芝等，名状不一。张华博物志云：名山生神芝不死之草。上芝为车马，中芝人形，下芝六畜形。又按段成式酉阳杂俎云：屋柱无故生芝者：白主丧，赤主血，黑主贼，黄主喜；形如人面者亡财，如牛马者远役，如龟蛇者



— Shinaozhi: Shizhonghuang.

All the above are stone ganodermas.

The following are flesh ganodermas: Qiansuiyan (“swallow of a thousand years”), Qiansuibianfu (“bat of a thousand years”), Qiansuigui (“tortoise of a thousand years”), Wansuichanchu (“toad of 10,000 years”), Shanzhongjianxiaoren (“small figure seen in the mountain”). There are 120 varieties of them.

The book *Caizhi Tu*:

— Fenghuangzhi: It grows among the gold and jade in a mountain. After eating the drug for one year, one will be with the phoenix.

— Yantaizhi: It is in the shape of Kuicai/herba malvae/cluster mallow. It is purple and looks a bit like a swallow.

— Heiyunzhi: It grows in the shady side of a mountain valley. It has a black cover, red texture and black stem. It is salty and bitter. Also, there are the following ganodermas of varied shapes: Wuselongzhi (“dragon ganoderma of five colors”), Wufangzhi (“ganoderma of five directions”), Tianzhi (“ganoderma of Heaven”), Dizhi (ganoderma of the Earth), Renzhi (ganoderma of Man), Shanzhi (ganoderma of the mountain), Tuzhi (ganoderma of the soil), Shizhi (stone ganoderma), Jinzhi (gold ganoderma), Shuizhi (ganoderma of water), Leizhi (ganoderma of thunder), Ganluzhi (ganoderma of sweet dew), Qingyunzhi (ganoderma of blue cloud), Yunqizhi (ganoderma of clouds), Baihuzhi (ganoderma of white tiger), Chemazhi (ganoderma of cart and horse) and Taiyizhi [ganoderma of the Taiyi (the very first)], etc.

The book *Bowu Zhi* by Zhang Hua: Precious ganoderma that makes one to become immortal is found in famous mountains. Ganoderma of superior quality looks like a cart and horse. Ganoderma of medium quality looks like a human being. And ganoderma of inferior quality looks like six livestock.

The book *Youyang Zaju* by Duan Chengshi: If ganoderma grows from the pillar of a house without particular reason, it is an indication foretelling family misfortunes or fortunes. The white ganoderma foretells that someone is going to die. Red ganoderma indicates shedding of blood. Black ganoderma tells of a possible theft. Yellow ganoderma is a sign of



蚕耗。时珍尝疑：芝乃腐朽余气所生，正如人生瘤赘，而古今皆以为瑞草，又云服食可仙，诚为迂谬。近读成式之言，始知先得我所欲言，其揆一也。又方士以木积湿处，用药傅之，即生五色芝。嘉靖中王金尝生以献世宗。此昔人所未言者，不可不知。

青芝

一名龙芝本经。

〔气味〕酸，平，无毒。〔时珍曰〕五色之芝，配以五行之味，盖亦据理而已，未必其味便随五色也。即如五畜以羊属火，五果以杏配心，皆云味苦之义。〔之才曰〕青、赤、黄、白、黑、紫六芝，并以薯蕷为之使，得发良，得麻

good fortune. If the ganoderma looks like a human face, it indicates loss of wealth for the master. If it looks like a bull or horse, it indicates the person will be working very hard in a faraway place. If it looks like a tortoise or snake, it means that the family is exhausted like a silkworm eating the leaf.

Li Shizhen's comment: I often wondered that, since ganoderma is something nourished by the remaining influence of decayed and rotten things, just like the tumor or polyp of the human body, how could it be considered to be a kind of precious drug that will lead to eternity in ancient and modern times? It is groundless and absurd. Recently, when I read Duan Chengshi's book, I found that someone before me had already discovered the truth. It is also reported that Taoist alchemists cultivated ganoderma in the following way: Cover the humid part of a tree with some drugs. In this way, Wusezhi (ganoderma of five colors) will grow. In the year of the reign title Jiaping, a Mr. Wang once attributed such ganoderma to Emperor Shizong. This is what people are not clear about. It is thus recorded here for reference.

QINGZHI (LONGZHI)

Lucid ganoderma of blue-green color

Ganoderma lucidum seu japonicum

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

[Quality and Taste]

It is sour, plain and nontoxic.

Li Shizhen: Ganodermas of five colors have tastes each corresponding to relative elements. This is only based on the theory of the "five elements." Actually, the taste of drugs with five colors does not necessarily correspond to the relative color. This is also the same in other cases, such as: Among the five livestock, sheep pertains to Fire. Among the five fruits, apricot corresponds to the Heart. And both of them have bitter taste as the corresponding taste.

Xu Zhicai: Ganodermas of blue-green, red, yellow, white, black and purple all have the same guiding drug: Shuyu/rhizome dioscoreae/rhizome of common yam. They work even better together with hair. When they are





子仁、白瓜子、牡桂甚益人，恶常山，畏扁青、茵陈蒿。

〔主治〕明目，补肝气，安精魂，仁恕。久食，轻身不老，延年神仙本经。不忘强志唐本。

赤芝一名丹芝本经。

〔气味〕苦，平，无毒。

〔主治〕胸中结，益心气，补中，增智慧，不忘。久食，轻身不老，延年神仙本经。

黄芝一名金芝本经。

〔气味〕甘，平，无毒。



taken together with Maziren/semen cannabis/hemp seed, Baiguazi/semen benincasae/seed of Chinese wax gourd and Mugui/cinnamomum cassia/cassia, they become very beneficial to the health. They are mutually inhibiting to Changshan/radix dichroae febrifugae/root of antifebrile dichroa. They are incompatible to Bianqing/azuritum/azurite and Yinchenghao/herba artemisiae scopariae/herb of virgate/capillary wormwood.

[Indications]

It brightens the eye, tonifies the qi in the Liver, pacifies the Jing (Vital Essence) and mind and makes one to be virtuous and benevolent.

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

It treats amnesia and strengthens the memory.

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

CHIZHI (DANZHI)

Red lucid ganoderma

Ganoerma lucidum seu japonicum

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

[Quality and Taste]

It is bitter, plain and nontoxic.

[Indications]

It is good for relieving chest obstruction. It reinforces the Hear qi, tonifies the interior, enhances wisdom and strengthens memory. Long-term use of the drug makes one feel happy and vigorous and enjoy a long life like an immortal.

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

HUANGZHI (JINZHI)

Yellow lucid ganoderma

Ganoderma lucidum seu japonicum

[Quality and Taste]

It is sweet, plain and nontoxic.

〔主治〕心腹五邪，益脾气，安神，忠信和乐。久食，轻身不老，延年神仙本经。

白芝一名玉芝本经。素芝

〔气味〕辛，平，无毒。

〔主治〕咳逆上气，益肺气，通利口鼻，强志意，勇悍，安魄。久食，轻身不老，延年神仙本经。

黑芝一名玄芝本经。

〔气味〕咸，平，无毒。





[Indications]

It disperses five types of pathogenic factors invading the Heart and abdomen. It replenishes the Spleen qi and pacifies the mind. It makes one loyal and trustful, harmonious and happy. Long-term use of the drug makes one feel happy and vigorous and able to enjoy a long life like an immortal.

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

BAIZHI (YUZHI, SUZHI)

White lucid ganoderma

Ganoderma lucidum seu japonicum

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

[Quality and Taste]

It is pungent, plain and nontoxic.

[Indications]

It is good for treating coughing with dyspnea and adverse ascending gas. It reinforces the qi in the Lung, facilitates the function of the mouth and nose, enhances one's willpower and makes one bold and brave, and pacifies the soul. Long-term use makes one to be happy and vigorous and able to enjoy a long life like an immortal.

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

HEIZHI(XUANZHI)

Black lucid ganoderma

Ganoderma lucid seu japonicum

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

[Quality and Taste]

It is salty, plain and nontoxic.

[Indications]

It is good for treating retention of urine. It facilitates the water duct (to smooth urination), tonifies the Kidney qi, dredges through the nine orifices,

〔主治〕癯，利水道，益肾气，通九窍，聪察。久食，轻身不老，延年神仙本经。

紫芝一名木芝本经。

〔气味〕甘，温，无毒。〔甄权曰〕平。

〔主治〕耳聋，利关节，保神，益精气，坚筋骨，好颜色。久服，轻身不老延年本经。疗虚劳，治痔时珍。





brightens the eye and sharpens the ear. Long-term use makes one happy and vigorous, and able to enjoy a long life like an immortal.

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

ZIZHI(MUZHI)

Purple lucid ganoderma

Ganoderma lucid seu japonicum

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

[Quality and Taste]

It is sweet, warm and nontoxic.

Zhen Quan: It is plain.

[Indications]

It is good for treating deafness. It facilitates the joints, protects the spirit, reinforces the Jing (Vital Essence), consolidates tendon and bone, and brightens the complexion. Long-term use of the drug makes one feel happy and vigorous and able to enjoy a long life like an immortal.

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

Li Shizhen: It is good for treating consumptive disease. It is also good for treating hemorrhoids.



木耳 (本经中品)

【释名】

木櫛而、软二音。木菌窘卷二音。木坵音纵。树鸡韩文木蛾

〔时珍曰〕木耳生于朽木之上，无枝叶，乃湿热余气所生。曰耳曰蛾，象形也。曰櫛，以软湿者佳也。曰鸡曰坵，因味似也。南楚人谓鸡为坵。曰菌，犹蛭也，亦象形也。蛭乃贝子之名。或曰：地生为菌，木生为蛾。北人曰蛾，南人曰蕈。

【集解】

〔别录曰〕五木耳生犍为山谷。六月多雨时采，即暴干。



MU'ER

Jew's ear

Auricularia ouricula (L. ex Hook.) Underw.

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

[Explanation of Names]

MU'ER (木樛)

MURUAN

MUJUN

MUJUAN

MUZONG

SHUJI

— Han Wen

MU'E

Li Shizhen: Mu'er grows on rotten wood. There is no twig or leaf. It is nourished by the remaining Humidity and Heat. It is called (Mu)er and (Mu)e, as the thing looks like them (Er=ear; E=moth). It is also called (Mu)ruan, as the soft and damp thing is the best (Ruan=soft). It is called (Shu)ji and Ruan, as it tastes like chicken (Ji=chicken; Ruan=chicken, other name of chicken in the Nanchu area). It is called (Mu)jun (Jun=Kun, a kind of shell). It is a name given after its shape. Some say that such things growing from the ground are called Jun (mushroom-like things) and that growing from the tree are called E (moth). People in the north call it E and people in the south call it Xun.

[Previous Explanations]

Mu'er from five kinds of trees grow in the mountain valley of Jianwei. Collect the herb in the sixth month when it is rainy. Dry the drug in the sun



〔弘景曰〕此云五木耳，而不显言是何木。惟老桑树生桑耳，有青、黄、赤、白者。软湿者人采以作菹，无复药用。

〔恭曰〕桑、槐、楮、榆、柳，此为五木耳。软者并堪啖。楮耳人常食，槐耳疗痔。煮浆粥安诸木上，以草覆之，即生蕈尔。〔时珍曰〕木耳各木皆生，其良毒亦必随木性，不可不审。然今货者，亦多杂木，惟桑、柳、楮、榆之耳为多云。

【气味】

甘，平，有小毒。

〔叔曰〕蕈耳，古槐、桑树上者良，柘木者次之。其余树上，多动风气，发痼疾，令人肋下急，损经络背膊，闷人。〔藏器曰〕木耳，恶蛇、虫从下过者，有毒。枫木上生者，令人笑不止。采归色变者有毒，夜视有光者、欲烂不生虫者并有毒，并生捣冬瓜蔓汁解之。〔时珍曰〕按张仲景云：木耳赤色及仰生者，并不可食。



right after it is collected.

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

Tao Hongjing: It mentioned the Mu'er from five kinds of trees. But the book did not specify which wood. Mu'er of blue-green, yellow, red and white color is found on an old mulberry tree. People collect soft and humid Mu'er and preserve it as food. It is not used medically.

Su Gong: Mu'er from the following five trees are the "five Mu'er": mulberry, Japanese pagoda tree, paper mulberry, Siberian elm and willow. Mu'er that is soft is edible. Mu'er from the paper mulberry tree is ordinary food. Mu'er from the Japanese pagoda tree is used to treat hemorrhoids. Here is a way to develop Mu'er: Stew rice to get a porridge and wet a paper mulberry lod with it. Cover the thing with straw. Then, Mu'er will grow.

Li Shizhen: Mu'er grows on all kinds of trees. Its quality and toxicity is in conformity with the tree to which it is attached. It should be carefully studied. Mu'er sold in the market now is from different kinds of miscellaneous trees. But most of them are from mulberry, willow, paper mulberry and Siberian elm.

[Quality and Taste]

It is sweet, plain and slightly toxic.

Zhen Quan: Mu'er from an old pagoda tree and mulberry is of top quality; that from tricuspid cudrania is of secondary quality. Mu'er from other trees may stir up the pathogenic Wind and trigger the relapse of obstinate disease. It has a moving down function and causes damage to the Channels and Collaterals, back and arm. It also brings stuffiness.

Chen Cangqi: When a snake or worm crawls over Mu'er, it becomes poisonous. Mu'er from the Chinese sweet gum tree causes the person who eats it to laugh incessantly. Mu'er that changes its color after collection is toxic. Mu'er that is luminous and Mu'er that is going to rot without worms is also poisonous. Detoxification: Pound fresh Dongguawan/caulis benincasae/vine of Chinese wax gourd to get juice.

Li Shizhen: Mu'er that is red, or that which grows upward with double layers, are not edible.



【主治】

益气不饥，轻身强志本经。断谷治痔时珍。

【发明】

〔颖曰〕一人患痔，诸药不效，用木耳煮羹食之而愈，极验。〔时珍曰〕按生生编云：柳蛾补胃，木耳衰精。言老柳之蛾能补胃理气。木耳乃朽木所生，得一阴之气，故有衰精冷肾之害也。

【附方】

新六。（略）

桑耳

〔释名〕桑柎唐本。桑蛾宋本。桑鸡纲目。桑黄药性。桑臣药性。桑上寄生



[Indications]

It reinforces the qi and makes the patient no longer feel hungry. It also makes one feel happy and enhances willpower.

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

Li Shizhen: It makes one not feel hungry (even without eating other food). It treats hemorrhoid.

[Explication]

Wang Ying: It is recorded that one person was suffering from incurable hemorrhoids. He was told to stew Mu'er and make gruel. He did so and his illness disappeared. It works very effectively.

Li Shizhen: The book *Shengsheng Bian*: Liu'e (Mu'er on a willow tree) is good for tonifying the Stomach. But, as the herb is nourished by Yin qi, it has the function of exhausting the Jing (Vital Essence) and making the Kidney cold.

[Prescriptions]

Six prescriptions collected recently.

SANG'ER

Jew's ear in mulberry

Auricularia in mori

[Explanation of Names]

SANGRUAN

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

SANG'E

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

SANGJI

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

SANGHUANG

— *Yaoping Bencao (Materia Medica Concerning Medicinal Qualities)*.

SANGCHEN

— *Yaoping Bencao (Materia Medica Concerning Medicinal Qualities)*.



〔弘景名〕断谷方：桑樗又呼为桑上寄生。名同物异也。〔时珍曰〕桑樗以下皆软耳之名，桑黄以下皆硬菘之名，其功性则一也。

〔气味〕甘，平，有毒。〔洗曰〕寒，无毒。〔大明曰〕温，微毒。〔权曰〕桑、槐耳：甘、辛，平，无毒。

〔主治〕黑者，主女人漏下赤白汁，血病癥瘕积聚，阴痛，阴阳寒热，无子本经。疗月水不调。其黄熟陈白者，止久泄，益气不饥。其金色者，治癖饮积聚，腹痛金疮别录。治女子崩中带下，月闭血凝，产后血凝，男子痲癖甄权。止



SANGSHANGJISHENG

Tao Hongjing: The book *Duangu Fang* — Sangruan is also called Sangshangjisheng. The names are the same, but indicate different things.*

Li Shizhen: Sangruan, Sang'e and Sangji are names indicating soft Mu'er. Sanghuang, Sangchen and Sangshangjisheng are names indicating hard Mu'er. But, all of them have the same therapeutic function.

[Quality and Taste]

It is sweet, plain and toxic.

Meng Xian: It is cold and nontoxic.

Da Ming: It is warm and slightly toxic.

Zhen Quan: Mu'er/auricularia/Jew's ear from mulberry and pagoda tree is sweet, pungent, plain and nontoxic.

[Indications]

The black Mu'er is good for treating such female disease as metrorrhagia with bloody and whitish discharge, hard mass in the abdomen due to blood disorder, accumulation and assemblage, pain in the pudenda, chill and fever of Greater Yang and infertility.

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

It is good for regulating the disordered menstruation. The yellow and white Mu'er in good shape is good for stopping chronic diarrhea. It reinforces the qi and makes the person no longer hungry. Mu'er of gold color is good for treating Xuanyin (hypochondriac fluid-retention), accumulation and assemblage, abdominal pain and incised wound.

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

Zhen Quan: It is good for treating metrorrhagia and leucorrhoea in women, menopause due to congealing of the blood or puerperal congealing of blood. It is also good for treating hard mass in the abdomen in the shape of hanging noose in men.

Da Ming: It is good for treating epistaxis, hematochezia due to an at-

*It should be: They are the same thing with different names.

血衄，肠风泻血，妇人心腹痛大明。利五脏，宣肠胃气，排毒气。压丹石人热发，和葱、豉作羹食孟洗。



tack of pathogenic Wind into the Intestine, epigastric and abdominal pain in women.

Meng Xian: It facilitates the function of the Five Viscera, and motivates the function of the Intestine and Stomach. It dispels toxin, and oppresses the fever of a person taking alchemical stone drugs. Blend it with Cong/herba allii fistulosi/fistular onion and Douchi/semen sojae preparatum/fermented soybean to make a gruel.



李（别录下品）

【释名】

嘉庆子

〔时珍曰〕按罗愿尔雅翼云：李乃木之多子者，故字从木、子。窃谓木之多子者多矣，何独李称木子耶？按素问言李味酸属肝，东方之果也。则李于五果属木，故得专称尔。今人呼干李为嘉庆子。按韦述两京记云：东都嘉庆坊有美李，人称为嘉庆子。久之称谓既熟，不复知其所自矣。梵书名李曰居陵迦。





LI

Japanese plum

Prunus salicina Lindl.

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

[Explanation of Names]

JIAQINGZI

Li Shizhen: The book *Er Ya Yi* by Luo Yuan — The character Li is formed by the upper radical “wood” and the lower radical “son,” indicating that Li is a wood with many sons (fruits). My comment: There are quite a number of woods that have many sons (fruits), so why should the character Li indicate this wood only?

The book *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*: Li is sour in taste and is a fruit of the east. According to the interrelationships of the Five Elements,* Li is a fruit pertaining to the Wood element. That is the reason why it is called Li (a character with the radical “wood”). Nowadays, people call the dry Li as Jiaqingzi. Wei Shu explains this in the book *Liang Jing Ji*: In the place Jiaqingfang in the eastern capital, tasty Li are produced; so, people call the fruit Jiaqingzi [Li from the place Jiaqing (fang)]. But later generations cannot trace the origin of this name. In the Sanskrit book, the fruit is called Julingjia (a transliteration).

*The interrelationships of the element, the direction and taste and the Viscera:

LIVER	HEART	SPLEEN	LUNG	KIDNEY
wood	fire	earth	metal	water
sour	bitter	sweet	pungent	salty
east	south	center	west	north



【集解】

〔时珍曰〕李，绿叶白花，树能耐久，其种近百。其子大者如杯如卵，小者如弹如樱。其味有甘、酸、苦、涩数种。其色有青、绿、紫、朱、黄、赤、缥绮、胭脂、青皮、紫灰之殊。其形有牛心、马肝、柰李、杏李、水李、离核、合核、无核、匾缝之异。其产有武陵、房陵诸李。早则麦李、御李，四月熟。迟则晚李、冬李，十月、十一月熟。又有季春李，冬花春实也。按王桢农书云：北方一种御黄李，形大而肉厚核小，甘香而美。江南建宁一种均亭李，紫而肥大，味甘如蜜。有擘李，熟则自裂。有糕李，肥粘如糕。皆李之嘉美者也。今人用盐曝、糖藏、蜜煎为果，惟曝干白李有益。其法：夏李色黄时摘之，以盐按去汁，合盐晒萎，去核复晒干，荐酒、作钉皆佳。



[Previous Explanations]

Li Shizhen: With green leaf and white flower, the plum tree survives a long time. There are almost one hundred species. Some have big fruits the size of a cup or egg, and some others have small fruits about the size of a bullet or cherry. Tastes also vary: it may be sweet, sour, bitter or astringent. Its colors vary from blue-green, green, purple, crimson, yellow, red, silk-like pale green, rouge, blue-skin or purple-gray. According to their different shapes, they are called:

- Niuxin (ox heart);
- Magan (horse liver);
- Naili (plum in the shape of a resurrection lily);
- Xingli (plum in the shape of apricot);
- Shuili (water plum);
- Lihe (plum with separable kernel);
- Hehe (plum with inseparable kernel);
- Wuhe (seedless plum); and
- Bianfeng (plum with flat shape and sinking line).

Places of origin vary from Wuling to Fangling. Maili and Yuli get ripe earlier in the fourth month of the year. Late crops are Wanli (late plum) and Dongli (winter plum), which get ripe in the 10th or 11th month. There is also Jichunli, which blooms in winter and bears fruit in spring.

The book *Nong Shu (Book of Agriculture)* by Wang Zhen: There is a species called Yuhuangli, which has big and fleshy fruit, but with a small kernel. It is sweet and delicious. In Jianning, south of the Yangtze River, there is a kind of plum called Juntingli, which is purple, big and fleshy. It is as sweet as honey. There is also Pili, which cracks when the fruit gets ripe. There is also Gaoli, which is fleshy and greasy like cake. All the above are the top quality plums. Now, people preserve the fruit with salt, or sugar, or honey. But only the sun-dried Baili (white plum) is good for health. Preparation: Collect the plum that ripens in summer when it turns yellow. Blend the fruit with salt and squeeze off the juice. Blend it with salt again and dry it in the sun. It can go with the wine or be used as food for sacrifice.



〔主治〕僵仆踈折，瘀血骨痛别录。令人好颜色吴普。
治女子少腹肿满。利小肠，下水气，除浮肿甄权。治面黧黑
子苏颂。

根白皮

〔修治〕〔时珍曰〕李根皮取东行者，刮去皱皮，炙黄
入药用。别录不言用何等李根，亦不言其味。但药性论云：
入药用苦李根皮，味咸。而张仲景治奔豚气，奔豚汤中用甘
李根白皮。则甘、苦二种皆可用欤？

〔气味〕大寒，无毒。〔大明曰〕凉，无毒。

〔主治〕消渴，止心烦逆奔豚气别录。治疮吴普。煎水



LISHI

Japanese plum fruit
Fructus pruni salicinae

[Quality and Taste]

It is bitter, sour, slightly warm but nontoxic.

Li Shizhen: Plum is sweet and sour. A plum that is bitter and astringent is not an edible species. One that does not sink in water is toxic and should not be served.

Da Ming: Over-eating of the fruit causes abdominal distention and fever of deficient nature.

Meng Xian: If the fruit is eaten at a time when the person is exposed to water, it induces onset of phlegm-malaria. It should not be eaten together with sparrow meat. If it is eaten together with honey, it damages the Five Viscera.

Kou Zongshi: Do not take it together with Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet, least it trigger cholera due to its astringent quality. It is prohibited to a person having Zhu/rhizome atractylodis macrocephalae/rhizome of large head atractylodes.

[Indications]

It is good for treating indigestion due to overeating. It disperses fever arising from an obstinate disease. It harmonizes the interior.

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

Meng Xian: It eliminates hectic fever due to Yin deficiency resting in joints.

Sun Simiao: People suffering from Liver diseases should have the fruit.

LIHEREN

Nut of Japanese plum
Nux pruni salicinae

[Quality and Taste]

It is bitter, plain and nontoxic.



实

〔气味〕苦、酸，微温，无毒。〔时珍曰〕李味甘酸，其苦涩者不可食。不沉水者有毒，不可食。〔大明曰〕多食令人胪胀，发虚热。〔洗曰〕临水食之，令发痰症。不可合雀肉食。合蜜食，损五脏。〔宗奭曰〕不可合浆水食，发霍乱，涩气而然。服术人忌之。

〔主治〕曝食，去痼热，调中别录。去骨节间劳热孟洗。肝病宜食之思邈。

核仁

〔气味〕苦，平，无毒。



[Indications]

It is good for treating bone fracture with pain and blood stasis.

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

Wu Pu: It maintains a good complexion.

Zhen Quan: It is good for treating female lower abdominal distention. It facilitates the function of Small Intestine, disperses fluid retention and eliminates puffy edema.

Su Song: It eliminates freckle and black nevus.

LIGENBAIPI

Root-bark of Japanese plum

Cortex pruni salicinae radiceis

[Preparation]

Li Shizhen: Collect the root of plum that stretches to the east. Peel off the creased bark. Stir-fry until it turns yellow. In *Mingyi Bielu*, it does not specify what kind of root it is and what is the taste and quality.

The book *Yaoxing Lun (Materia Medica Concerning Medicinal Qualities)*: For medical use, the bitter Ligenpi is the best. It is salty. In Master Zhang Zhongjing's prescription of Bentun Tang, which was designed to treat Bentun (upward ascending of gas like a running piglet), the sweet Ligenpi was used. It is not known whether the sweet or bitter drug can be used or not.

[Quality and Taste]

It is very cold and nontoxic.

Da Ming: It is cool and nontoxic.

[Indications]

It is good for treating diabetes, stops restlessness and Bentun.

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

Wu Pu: It is good for treating sores.

Tao Hongjing: Stew the drug to make a decoction. Rinse the mouth

含漱，治齿痛弘景。煎汁饮，主赤白痢大明。炙黄煎汤，日再饮之，治女人卒赤白下，有验孟诜。治小儿暴热，解丹毒时珍。苦李根皮：味咸，治脚下气，主热毒烦躁。煮汁服，止消渴甄权。



with the decoction to stop toothache.

Da Ming: Stew the drug to get juice to treat dysentery with bloody and whitish discharge.

Meng Xian: Stir-fry the drug until it turns yellow. Stew the drug to make a decoction. Take the decoction twice a day. It is proven to be effective in treating sudden onset of dysentery with bloody and whitish discharge of woman.

Li Shizhen: It is good to bring down sudden onset of high fever of infant. It also treats erysipelas.

Zhen Quan: The bitter Ligenpi is salty in taste. It is good for treating beriberi, eliminates pyogenic infection with restlessness. Stew the drug to make juice. It stops diabetes.



杏（别录下品）

【释名】

甜梅

〔时珍曰〕杏字篆文象子在木枝之形。或云从口及从可者，并非也。江南录云：杨行密改杏名甜梅。

【集解】

〔时珍曰〕诸杏，叶皆圆而有尖，二月开红花，亦有千叶者，不结实。甘而有沙者为沙杏，黄而带酢者为梅杏，青而带黄者为柰杏。其金杏大如梨，黄如橘。西京杂记载蓬莱杏花五色，盖异种也。按王桢农书云：北方肉杏甚佳，赤大而扁，谓之金刚拳。凡杏熟时，榨浓汁，涂盘中晒干，以手摩刮收之，可和水调药食，亦五果为助之义也。





XING

Apricot

Prunus armeniaca L. var. *ansu* Maxim.,

Prunus sibirica,

Prunus mandshurica (Maxim.) Koehne.

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

[Explanation of Names]

TIANMEI

Li Shizhen: The seal character of Xing looks like a fruit suspending to the wood.

The book *Jiangnan Lu*: Mr. Yang Xingmi changed the character Xing into Tianmei (meaning “sweet plum”).

[Previous Explanations]

Li Shizhen: Leaf of all kinds of apricot is round and with a tip. In the second month of the year, a red flower blooms. There is also a species with a multi-petal flower, which does not bear fruit. A sweet and crispy apricot is called Shaxing (“crispy apricot”). A yellow and sour apricot is called Meixing (“plum apricot”). A blue-green and yellow apricot is called Naixing. The Jinxing (golden apricot) is as big as a pear and as yellow as an orange. The book *Xijing Zaji* records the apricots of Penglai has a five color flower. It must be a rare variety.

The *Nong Shu* (*Book of Agriculture* by Wang Zhen): There is a species of apricot called Jingangquan (“warrior’s fist”), which is red, big and flat. Its pulp is very tasty. Squeeze the fresh and ripe apricot to get dense juice and save it in a plate. Dry the drug in the sun. Scrub and keep it for use. Blend it with prepared cereal and water and eat it as a special food.



实

〔气味〕酸，热，有小毒。生食多，伤筋骨别录。〔颂曰〕杏之类梅者味酢，类桃者味甘。〔宗奭曰〕凡杏性皆热。小儿多食，致疮痈膈热。〔扁鹊曰〕多食动宿疾，令人目盲、须眉落。〔源曰〕多食，生痰热，昏精神。产妇尤忌之。

〔主治〕曝脯食，止渴，去冷热毒。心之果，心病宜食之思邈。

核仁

〔修治〕〔别录曰〕五月采之。〔弘景曰〕凡用杏仁，以汤浸去皮尖，炒黄。或用面麸炒过。〔斆曰〕凡用，以汤



XINGSHI

Bitter apricot fruit
Fructus armeniacaе amarum

[Quality and Taste]

It is sour, hot and slightly toxic. Overeating of the fresh fruit may cause damage to tendon and bone.

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

Su Song: Apricot that is similar to plum is sour in taste and apricot that is similar to peach is sweet in taste.

Kou Zongshi: Apricots are hot in quality. When children eat a lot of them, sores, carbuncles and Heat in the diaphragm will ensue.

Bian Que: Overeating of the drug triggers relapse of obstinate disease and causes blindness and falling out of the beard and eyebrows.

Ning Yuan: Overeating of it produces Heat and phlegm and causes clouded spirit. It is especially prohibited to woman in pregnancy.

[Indications]

Sun Simiao: Dry the drug in the sun and make preserved fruit. Take it to quench thirst and eliminate toxin with chill and fever. It is a fruit corresponding to the Heart. People suffering from Heart disease should have the fruit.

XINGHEREN

Seed of bitter apricot
Semen armeniacaе amarum

[Preparation]

Collect the drug in the fifth month of the year.

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

Tao Hongjing: Soak Xingren in hot water and take off its peel and tip. Stir-fry the drug until it turns yellow. Or, stir-fry it together with Maifu/testa tritici levis/wheat bran.



浸去皮尖。每斤入白火石一斤，乌豆三合，以东流水同煮，从巳至午，取出晒干用。〔时珍曰〕治风寒肺病药中，亦有连皮尖用者，取其发散也。

〔气味〕甘（苦），温（冷利），有小毒。两仁者杀人，可以毒狗。〔震亨曰〕杏仁性热，因寒者可用。〔思邈曰〕杏仁作汤如白沫不解者，食之令气壅身热。汤经宿者动冷气。〔时珍曰〕凡杏、桃诸花皆五出。若六出必双仁，为其反常，故有毒也。〔徐之才曰〕得火良。恶黄芩、黄芪、葛根，畏藜草。

〔主治〕咳逆上气雷鸣，喉痹，下气，产乳金疮，寒心



Lei Xiao: Soak the drug in hot water and then take off the peel and tip. Then, stew the drug in eastward-running water with the following drugs of the ratio of one *jin* of Xingren with one *jin* of Baihuoshi* and three *ge* of Heido/semens *sojae nigra*/seed of black soybean. Stew from Sishi (9-11 hours) to Wushi (11-13 hours). Then dry it in the sun.

Li Shizhen: When Lung disease due to invading pathogenic Wind and Cold is treated, Xingren with peel and tip is also used. This is to strengthen its efficacy in dispersion.

[Quality and Taste]

It is sweet, bitter, warm, cold and dispersive and slightly toxic. That with two kernels may kill a person. It can be used to poison a dog.

Zhu Zhenheng: Xingren is hot in quality. It can be used to treat a disease caused by invading pathogenic Cold.

Sun Simiao: If white foam appears on the surface when Xingren is stewed, it will induce stagnation of qi and body fever. If the decoction is taken on the next day, it will stir up interior Cold.

Li Shizhen: Flowers of apricot and peach generally have five petals. If it is with six petals, it is not normal and there are two kernels within one seed. Such a thing is toxic.

Xu Zhicai: When Xingren is prepared with fire, it works even better. It is mutually inhibiting to Huangqin/radix *scutellariae*/root of Baikal skullcap, Huangqi/radix *astragalii*/root of membranous milk vetch and Gegen/radix *peurariae*/root of lobed kudzu vine. It is incompatible with Rangcao/herba *zingiberis miogae*/herb of mioga ginger.

[Indications]

It is good for treating coughing with dyspnoea and thundering sound. It also treats throat inflammation. It brings down adverse ascending gas. It is good for treating puerperal diseases, incised wound, cold feeling in the Heart and Bentun.

*Baihuoshi may indicate "white flint."



奔豚本经。惊痫，心下烦热，风气往来，时行头痛，解肌，消心下急满痛，杀狗毒别录。解锡毒之才。治腹痹不通，发汗，主温病脚气，咳嗽上气喘促。入天门冬煎，润心肺。和酪作汤，润声气甄权。除肺热，治上焦风燥，利胸膈气逆，润大肠气秘元素。杀虫，治诸疮疥，消肿，去头面诸风气瘡疱时珍。

〔发明〕〔元素曰〕杏仁气薄味厚，浊而沉坠，降也、阴也。入手太阴经。其用有三：润肺也，消食积也，散滞气也。〔杲曰〕杏仁散结润燥，除肺中风热咳嗽。杏仁下喘，治气也；桃仁疗狂，治血也。俱治大便秘，当分气、血。昼



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

It is good for treating convulsion and epilepsy, fever in the epigastrium with restlessness. It disperses invading pathogenic Wind and relieves headaches in epidemics. It disperses pathogenic factors resting with the muscles, relieves pain and fullness in the epigastrium. It detoxifies toxin from a dog bite.

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

Xu Zhicai: It detoxifies toxin of Xi/stannum/tin.

Zhen Quan: It is good for treating abdominal obstruction. It induces perspiration. It treats acute febrile disease and beriberi, relieves coughing and asthma with dyspnoea and panting. Stew the drug together with Tianmendong/radix aspagi/root of cochin Chinese asparagus. Take the decoction to moisten the Heart and Lung. Make soup together with Lao/lac preparatum/junket. Take the thing to moisten the throat and brighten up the voice.

Zhang Yuansu: It disperses invading pathogenic Heart resting with the Lung. It eliminates pathogenic Wind and Dryness in the Shangjiao (the upper-jiao, the upper warmer). It smoothes the adverse ascending gas in the chest and diaphragm. It moistens the Large Intestine to drive away constipation with passing of flatus.

Li Shizhen: It is good for treating sores and scabies. It eliminates edema, freckles and acne on the face and head due to invading pathogenic Wind.

[Explication]

Zhang Yuansu: Xingren is thin in quality and thick in taste. It is a drug with turbid and descending quality. It is a Yin drug with sinking tendency. It functions on the Lung Channel of Hand Initial Yin. It has three therapeutic functions: It moistens the Lung. It dissolves indigestion and disperses stagnation of qi.

Li Gao: Xingren disperses the stagnation and moistens the Dryness. It relieves coughing due to invading pathogenic Wind and Heat to the Lung. It can bring down asthma, as it is bringing down the adverse gas. Taoren/ semen persicae/peach seed can treat mania, as it is a drug that regulates the blood. Both Xingren and Taoren are good to loosen the bowels. But



则便难，行阳气也；夜则便难，行阴血也。故虚人便闭，不可过泄。脉浮者属气，用杏仁、陈皮；脉沉者属血，用桃仁、陈皮。手阳明与手太阴为表里，贲门主往来，魄门主收闭，为气之通道，故并用陈皮佐之。〔好古曰〕张仲景麻黄汤，及王朝奉治伤寒气上喘逆，并用杏仁者，为其利气、泻肺、解肌也。〔时珍曰〕杏仁能散能降，故解肌散风、降气润燥、消积治伤损药中用之。治疮杀虫，用其毒也。按医余云：凡索面、豆粉近杏仁则烂。顷一兵官食粉成积，医师



the root cause, the blood or qi, should be differentiated. When constipation occurs in the day, Yang qi should be motivated. When constipation occurs at night, treatment should be directed to motivate the Yin blood. A patient of weak build should not be treated by drastic means when there is constipation. When the pulse is floating, it indicates the disorder of qi. Xingren and Chenpi/pericarpium citri reticulate/tangerine peel should be adopted. When the pulse is deep, it indicates that the trouble lies in the disorder of blood. Taoren and Chenpi should be adopted. The Large Intestine Channel of Hand Greater Yang and Lung Channel of Hand Initial Yin are externally and internally related. Benmen (cardia) is an orifice where things are coming and going. Pomen (anus) is an orifice controlling the shutting (of the orifice). Both of them are the passageways of qi. In the use of both Xingren and Taoren, Chenpi is always used as an assistant [as it is a drug that facilitates the flow of qi].

Wang Haogu: In Master Zhang Zhongjing's prescription Mahuang Tang and in Wang Chaofeng's prescription designed to treat asthma in febrile disease caused by Cold, Xingren was used in both of the prescriptions. This is because it is thought to have the function of facilitating the flow of qi, dispersing the pathogenic factors in the Lung and muscle.

Li Shizhen: Xingren is a drug that can both disperse and descend. It has the function of dispersing pathogenic factors from the muscle and dispelling the invading Wind, bringing down the adverse ascending of gas and moistening the Dryness, dissolving indigestion. It is also used in prescriptions designed to treat incised wound and physical injury. It also has the function of treating sores and killing worms, as it is also toxic.

The book *Yi Yu*: Noodle and powder of soybean should not be exposed to Xingren, lest it will decay. This is proven by the following case: A military officer was once suffering from indigestion due to overeating of food made of soybean powder. He was treated by a doctor with equal amounts of Jiqi Wan and Xingren. The preparation was to grind them into powder and make pills to be taken with boiled water. After taking several doses, the syndrome was gone.

The book *Yeren Xianhua*: Xin Shixun, a scholar of the Imperial Academy, once stayed in the Taoist monastery in Qingcheng Mountain overnight



以积气丸、杏仁相半研为丸，熟水下，数服愈。又野人闲话云：翰林学士辛士逊，在青城山道院中，梦皇姑谓曰：可服杏仁，令汝聪明，老而健壮，心力不倦。求其方，则用杏仁一味，每盥漱毕，以七枚纳口中，良久脱去皮，细嚼和津液顿咽。日日食之，一年必换血，令人轻健。此申天师方也。又杨士瀛直指方云：凡人以水浸杏仁五枚，五更端坐，逐粒细嚼至尽，和津吞下。久则能润五脏，去尘滓，驱风明目，治肝肾风虚，瞳人带青，眼翳风痒之病。珍按：杏仁性热降气，亦非久服之药。此特其咀嚼吞纳津液，以消积秽则可耳。古有服杏丹法，云是左慈之方。唐慎微收入本草，云久服寿至千万。其说妄诞可鄙，今删其纰谬之辞，存之于下，使读者毋信其诬也。

〔附方〕旧三十七，新二十二。（略）



and dreamed of the imperial princess telling him that his wisdom could be enhanced and vitality reinforced even in old age if he had Xingren. The method was to hold seven pieces of Xingren in the mouth after washing up in the morning. After a while, he should spit out the peel and chew the rest and swallow it. This should be done every morning. Within a year or so, the whole blood of the body was changed anew. This is a prescription that makes one happy and vigorous. It is a prescription kept by Taoist Master Shen.

The book *Zhizhi Fang* by Yang Shiyong: Soak five Xingren in water. One sits up straight in the early morning and chews the apricots one by one, swallowing them with saliva. After a long period of use, the Five Viscera are moistened and filthy and foul substances dispersed. It disperses the invading pathogenic Wind and brightens the eye. It is effective to treat invading pathogenic Wind to the Liver and Kidney when they are deficient. It also treats optic atrophy, nebula and itching in the eye due to invasion of Wind.

Li Shizhen's comment: Xingren is hot in quality and brings down the adverse ascending gas. It is not a drug that can be taken over a long period of time. In the above treatment, Xingren is swallowed with saliva to dissolve stagnation. In ancient times, there was the method of taking Xingdan (apricot pill). It is said that this is a prescription invented by Zuo Ci, Taoist in the Three Kingdoms Period (220-280). Tang Shenwei recorded the prescription in his *Zhenglei Bencao*. It is said that long-term use of the drug may prolong one's life span up to 1,000 or 10,000 years. This is, of course, absurd. So the following prescription is recorded with its main contents, with deletion of the absurdities. Readers should not believe what is exaggerated.

[Prescriptions]

Thirty-seven prescriptions collected previously, and
22 prescriptions collected recently.



梅（本经中品）

【释名】

〔时珍曰〕梅古文作呆，象子在木上之形。梅乃杏类，故反杏为呆。书家讹为甘木。后作梅，从每，谐声也。或云：梅者媒也，媒合众味。故书云：若作和羹，尔惟盐梅。而梅字亦从某也。陆佃埤雅言梅入北方变为杏，郭璞注尔雅以柎为梅，皆误矣。柎即柎木，荆人呼为梅，见陆玑草木疏。

【集解】

〔时珍曰〕按陆玑诗疏云：梅，杏类也。树、叶皆略似杏，叶有长尖，先众木而花。其实酢，曝干为脯，入羹臠齏



MEI

Japanese apricot

Prunus mume (Sieb.) Sieb. et Zucc.

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

[Explanation of Names]

Li Shizhen: 梅 (Mei) was written in ancient times as 杲 (Mei), which looks like a fruit on the wood. As it is a kind of apricot, so it is written in an inverted order of the character Xing (apricot, which is written in the form of a fruit under the wood). Later, the character was written as Mei, formed by two radicals, one indicates “wood” on the left and the other side is Mei, a character to simulate the sound. Another explanation: Mei is a character with the same pronunciation as another character that means “matchmaker.” It means that this drug is good to match all the ingredients in a prescription. The classics said that when a gruel was prepared, salted plum should be added.

The book *Bei Ya* by Lu Dian: When Mei is introduced for planting in the north, it becomes an apricot. Guo Pu in his annotation to *Er Ya* said that Nan was simply Mei. Both of them are wrong. Nan is a kind of wood (Nanmu/lignum nanmu/nanmu). And people in Jing area call it Mei. For details, see the book *Caomu Shu* by Lu Ji.

[Previous Explanations]

Li Shizhen: The book *Shi Shu* by Lu Ji — Mei is a kind of apricot. The tree and leaf of this plant are similar to apricot. The leaf has a long pointed tip. The flower blooms earlier than other trees. Its fruit is sour. Dry the fruit in the sun and prepare it to make a kind of preserved fruit. It can be added into gruel, meat preparation and vegetable preparation as a seasoning.



中，又含之可以香口。子赤者材坚，子白者材脆。范成大梅谱云：江梅，野生者，不经栽接，花小而香，子小而硬。消梅，实圆松脆，多液无滓，惟可生啖，不入煎造。绿萼梅，枝跗皆绿。重叶梅，花叶重叠，结实多双。红梅，花色如杏。杏梅，色淡红，实扁而斑，味全似杏。鸳鸯梅，即多叶红梅也，一蒂双实。一云：苦楝接梅，则花带黑色。谭子化书云：李接桃而本强者其实毛，梅接杏而本强者其实甘。梅实采半黄者，以烟熏之为乌梅；青者盐淹曝干为白梅。亦可蜜煎、糖藏，以充果钉。熟者笮汁晒收为梅酱。惟乌梅、白梅可入药。梅酱夏月可调渴水饮之。

实

〔气味〕酸，平，无毒。〔大明曰〕多食损齿伤筋，蚀



People hold it in the mouth for its good taste. If the seed is red, its wood is solid. If the seed is white, its wood is crispy. The book *Mei Pu* by Fan Chengda recorded the following species of Mei:

— Jiangmei: It is a kind of wild plum without being grafted or transplanted. It has a small, fragrant flower; the seed is small and hard.

— Xiaomei: Fruit is round and crispy. It is juicy without sediment. This fruit can only be eaten fresh, and cannot be processed or stewed.

— Lüemei: Both the twig and calyx are green.

— Chongyemei: It has multiple petals and leaves. It has double fruits.

— Hongmei: Its flower looks like that of apricot.

— Xingmei: It has a light pink flower. The fruit is flat and with dots. It tastes like apricot.

— Yuanyangmei: It is a red Japanese apricot with multiple leaves. It has double fruits on one base.

It is recorded that when the chinaberry is grafted onto Mei, its flower will be black.

The book *Tan Zi Hua Shu*: When Li/Japanese plum is grafted to a peach that is strong, it will bear fruit with hairs. When Mei is grafted onto an apricot that is strong, it will bear fruit that is sweet. Collect Meizi/seed of Japanese apricot that is half yellow and fumigate it to get Wumei/frucus mume/smoked plum. Soak the green Meizi with salt water and then dry it in the sun. Then, we get Baimei/fructus mume/salted plum. The fruit can also be preserved with honey or sugar and served as a tidbit. The ripe fruit can be pressed to get juice. Dry the juice to get a kind of sauce. Only Wumei and Baimei can be used as drug. Its sauce can be blended with water and taken to quench thirst in summer.

MEISHI

Fruit of Japanese apricot

Fructus mume

[Quality and Taste]

It is sour, plain and nontoxic.

Da Ming: Overeating of the fruit damages the teeth and tendon. It



脾胃，令人发膈上痰热。服黄精人忌食之。食梅齿齲者，嚼胡桃肉解之。物类相感志云：梅子同韶粉食，则不酸、不软牙。

〔发明〕〔宗奭曰〕食梅则津液泄者，水生木也。津液泄则伤肾，肾属水，外为齿故也。〔时珍曰〕梅，花开于冬而实熟于夏，得木之全气，故其味最酸，所谓曲直作酸也。肝为乙木，胆为甲木。人之舌下有四窍，两窍通胆液，故食梅则津生者，类相感应也。故素问云：味过于酸，肝气以津。又云：酸走筋，筋病无多食酸。不然，物之味酸者多矣，何独梅能生津耶？



erodes the Spleen and Stomach and stirs up invading pathogenic Heat and phlegm. People taking Huangjing/rhizome polygonati/rhizome of King Solomon seal should not have the fruit. When one eats the fruit and has an uncomfortable feeling on the teeth, the way to get rid of such feeling is to chew some Hutao/semen juglandish/seed of English walnut.

The book *Wulei Xianggan Zhi*: When Meishi is eaten together with Shaofen (Fenxin/lead carbonate), it is no longer sour and does not cause any uncomfortable feeling to the teeth.

[Explication]

Kou Zongshi: Salivation caused by eating of Meishi is a phenomenon of “Water producing Wood.” When salivation occurs, Jinye (body fluid) become exhausted, leading to Kidney damage, as the Kidney is a Viscus that controls the Water. The tooth is the outer manifestation of the Kidney. So, when the Kidney is damaged, it is reflected in the tooth.

Li Shizhen: Mei produces a flower in winter and fruit in summer. It is a fruit that is nourished by the complete influence of the Wood element. So, it is very sour in taste. The corresponding Viscera are as follows: The Liver is the Yi* Wood and the Gall Bladder is the Jia** Wood. There are four orifices under the tongue and two orifices are linked to the gall bile. So that is why, when Meishi is eaten, it causes the secretion of saliva. It is a correspondence of things that are in the same category.***

The book *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*: When too much sour food is taken, the Liver will react with salivation. It also says: Sour taste functions on the tendons.

*Yi is the second of the Tiangan (Ten Heavenly Stems).

**Jia is the first of the Tiangan (Ten Heavenly Stems).

***This refers to the interrelationship of the Five Elements to the tastes as follows:

WOOD	FIRE	EARTH	METAL	WATER
(LIVER)	(HEART)	(SPLEEN)	(LUNG)	(KIDNEY)
sour	bitter	sweet	pungent	salty



乌梅

〔修治〕〔弘景曰〕用须去核，微炒之。〔时珍曰〕造法：取青梅篮盛，于突上熏黑。若以稻灰淋汁润湿蒸过，则肥泽不蠹。

〔气味〕酸，温、平，涩，无毒。〔杲曰〕寒。忌猪肉。

〔主治〕下气，除热烦满，安心，止肢体痛，偏枯不仁，死肌，去青黑痣，蚀恶肉本经。去痹，利筋脉，止下痢，好唾口干别录。水渍汁饮，治伤寒烦热弘景。止渴调



So people suffering from tendon trouble should not have sour food. Meishi is something that can induce production of Jinye. Many things are sour, but why only Meishi can do that?*

WUMEI

Smoked plum

Fructus mume preparata

[Preparation]

Tao Hongjing: Take off the seed first and then stir-fry it slightly.

Li Shizhen: Put green Meishi in a basket. Smoke the fruit black in the chimney of a stove (that burns grass and wood). If the fruit is soaked in water in which ash of rice straw has been soaked and then steamed, the fruit looks plump and lustrous and is free from moth.

[Quality and Taste]

It is sour, warm, plain, astringent and nontoxic.

Li Gao: It is cold in quality. Pork should not be eaten with it.

[Indications]

It brings down adverse ascending gas. It eliminates restlessness, fullness and fever. It pacifies the mind. It relieves pain in the extremities. It treats numbness and unilateral paralysis. It eliminates dead muscle and black warts. It erodes malignant flesh.

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

It treats arthralgia. It facilitates the function of the tendons. It stops dysentery. It moistens a parched oral cavity with frequent spitting.

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

Tao Hongjing: Soak the drug in water. Drink the water to treat restlessness and fever in febrile disease caused by Cold.

Chen Cangqi: It quenches thirst and regulates the interior. It disperses

*This is to say that Meishi is a wood that is sour, so it is closely related to the Viscus Liver.



中，去痰治疰瘴，止吐逆霍乱，除冷热痢藏器。治虚劳骨蒸，消酒毒，令人得睡。和建茶、干姜为丸服，止休息痢，大验大明。敛肺涩肠，止久嗽泻痢，反胃噎膈，蛔厥吐利，消肿涌痰，杀虫，解鱼毒、马汗毒、硫黄毒时珍。

白梅

〔释名〕盐梅 霜梅

〔修治〕取大青梅以盐汁渍之，日晒夜渍，十日成矣。久乃上霜。

〔气味〕酸、咸，平，无毒。

〔主治〕和药点痣，蚀恶肉弘景。刺在肉中者，嚼傅之



phlegm accumulation and treats malaria and miasma. It stops cholera with vomiting and dyspnoea. It stops dysentery with chill and fever.

Da Ming: It is good for treating consumptive disease and hectic fever due to Yin deficiency. It detoxifies alcoholism. It helps one to sleep easily. Blend the drug together with *Cha/gemma et folium camelliae*/bud and leaf of tea and *Ganjiang/rhizome zingiberis*/dried ginger and make pills. Take the pills to treat chronic dysentery with frequent relapse. It works very effectively.

Li Shizhen: It astringes the function of the Lung and Intestine. It stops chronic coughing and diarrhea. It is also good for treating regurgitation and dysphagia, vomiting and diarrhea with colic caused by ascaris. It eliminates swelling and disperses phlegm accumulation, kills worms and detoxifies toxin of fish, horse sweat (into the sore) and *Liuhuang/sulfur*.

BAIMEI

Salted plum

Fructus mume

[Explanation of Names]

YANMEI

SHUANGMEI

[Preparation]

Soak big green Meishi in salt water at night. Dry the fruit in the sun. Do that for 10 days. After a long time, white frost appears on the fruit.

[Quality and Taste]

It is sour, salty, plain and nontoxic.

[Indications]

Tao Hongjing: Blend the fruit with other drugs. Apply on the nevus to eliminate it. It erodes malignant flesh.

Meng Xian: Chew the drug and apply onto the locus where a thorn has penetrated and it will come out later.



即出孟诜。治刀箭伤，止血，研烂傅之大明。乳痈肿毒，杵烂贴之，佳汪颖。除痰苏颂。治中风惊痫，喉痹痰厥僵仆，牙关紧闭者，取梅肉揩擦牙龈，涎出即开。又治泻痢烦渴，霍乱吐下，下血血崩，功同乌梅时珍。

〔发明〕〔弘景曰〕生梅、乌梅、白梅，功应相似。

〔好古曰〕乌梅，脾、肺二经血分药也。能收肺气，治燥嗽。肺欲收，急食酸以收之。〔时珍曰〕乌梅、白梅所主诸病，皆取其酸收之义。惟张仲景治蛔厥乌梅丸及虫匿方中用者，取虫得酸即止之义，稍有不同耳。医说载：曾鲁公痢血百余日，国医不能疗。陈应之用盐水梅肉一枚研烂，合腊



Da Ming: It is used to treat incised wound. It stops bleeding. Grind the drug into paste and apply it to the wound.

Wang Ying: It treats acute mastitis and pyogenic infection. Pound the drug into paste and apply it to the affected part. It works effectively.

Su Song: It eliminates phlegm.

Li Shizhen: It treats apoplexy, convulsion and epilepsy, throat inflammation, syncope due to phlegm accumulation with lockjaw. Rub the gum with Meishi. When salivation occurs, the patient will come to himself and open his mouth. It is also good to stop diarrhea and dysentery with restlessness and thirst, cholera with vomit and diarrhea, hematochezia and metrorrhagia. It has similar therapeutic functions to Wumei.

[Explication]

Tao Hongjing: Meishi, Wumei and Baimei all have similar therapeutic functions.

Wang Haogu: Wumei functions on the blood system of the Spleen and Lung Channels. It astringes the Lung *qi* and is good for treating dry coughing. Pathology is explained in the classics “if the Lung is to be astringed, take drug of sour taste urgently.”

Li Shizhen: Both Wumei and Baimei are used, as they are sour and astringent. But in Master Zhang Zhongjing’s prescriptions in treating colic caused by ascaris and parasitosis, the drug is used. This is based on the understanding that worms will stop their activities when encountering the drug’s sour taste. This is a bit different than the previous cases.

The book *Yi Shuo*: Duke Zenglu had been suffering from blood dysentery for 100 days. Doctors in the imperial hospital could not treat the case. Chen Yingzhi used the following prescription: One piece of Baimei ground into paste and blended with Lacha (a special tea from Fujian) and Vinegar. After serving the drug, the ailment was halted right away. Another case: Duke Liang Zhuangsu was also suffering from bloody dysentery. Chen Yingzhi treated the case with the following prescription:

Wumei,

Huhuanglian/rhizome picrorhizae/rhizome of figwort flower picrorhiza, and



茶，入醋服之，一啜而安。大丞梁庄肃公亦痢血，应之用乌梅、胡黄连、灶下土等分为末，茶调服，亦效。盖血得酸则敛，得寒则止，得苦则涩故也。其蚀恶疮弩肉，虽是酸收，却有物理之妙。说出本经。其法载于刘涓子鬼遗方：用乌梅肉烧存性研，傅恶肉上，一夜立尽。圣惠用乌梅和蜜作饼贴者，其力缓。按杨起简便方云：起臂生一疽，脓溃百日方愈，中有恶肉突起，如蚕豆大，月余不消，医治不效。因阅本草得此方，试之，一日夜去其大半，再上一日而平。乃知世有奇方如此，遂留心搜刻诸方，始基于此方也。

〔附方〕旧十一，新二十二。（略）



Zaoxintu/terra flava usta/furnace soil.

Equal amounts were ground into powder and taken with tea. It also worked. Pathology: This is because the blood is astringed when it is treated by a drug of sour taste. When it is treated with a drug of cold quality, it stops. And a bitter drug can astringe it. The drug is also good for treating malignant sores with ulceration and polyp. This was recorded in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. The treatment was recorded in the book *Liu Juanzi Guiyi Fang: Burn Wumei with its property retained*. Apply it onto the affected part. After one night the pathological condition will be gone.

The book *Taiping Shenghui Fang: Blend Wumei and honey to make a pie and apply it on the affected part*. It works slowly. The book *Jianbian Fang* by Yang Qi records a case: I once had a phlegmon in my arm with pus and ulceration lasting more than a hundred days. It healed afterward, but a lump of protruding malignant flesh the size of broad bean appeared in the center of the sore. It stayed there for more than a month and could not be eliminated after repeated treatment. After reading Bencao works, I tried the above prescription. After one day of treatment, the ailment was reduced by half. The next day the syndrome was totally gone. From this I understand that there are such prescriptions that work wonders. After my personal experience, I began to collect all such valuable prescriptions.

[Prescriptions]

Eleven prescriptions collected previously, and
22 prescriptions collected recently.



桃（本经下品）

【释名】

〔时珍曰〕桃性早花，易植而子繁，故字从木、兆。十亿曰兆，言其多也。或云从兆谐声也。

【集解】

〔时珍曰〕桃品甚多，易于栽种，且早结实。五年宜以刀剗其皮，出其脂液，则多延数年。其花有红、紫、白、千叶、二色之殊，其实有红桃、绯桃、碧桃、绀桃、白桃、乌桃、金桃、银桃、胭脂桃，皆以色名者也。有绵桃、油桃、御桃、方桃、匾桃、偏核桃，皆以形名者也。有五月早桃、十月冬桃、秋桃、霜桃，皆以时名者也。并可供食。惟山中



TAO

Peach

Prunus persica (L.) Batsch

Prunus davidiana (Carr) Franch.

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

[Explanation of Names]

Li Shizhen: Peach blooms earlier than other trees. It is easy to plant the tree and each bears a lot of fruit. So, the character Tao is written with a radical “wood” on the left and the other side is Zhao, which means a big number (1,000 million). The character is formed to indicate that the tree has multiple fruits. Another explanation says that the character Zhao has a similar pronunciation to the character Tao (peach).

[Previous Explanations]

Li Shizhen: There are many varieties of peaches. It is a kind of tree easy to cultivate. It bears fruit after a comparatively short time. In the fifth year, cut the bark with a knife to let out resin. In this way, the lifespan of the peach is prolonged by several years. The flowers may vary by its color and shape: red flower, purple flower, white flower, flower with multiple petals and flower with double colors. The fruits may vary by its color: Hongtao (red peach), Fentaotao (pink peach), Bitao (green peach), Xiangtao (yellow peach), Baitao (white peach), Wutaotao (black peach), Jintao (golden peach), Yintao (silver peach) and Yanzhitao (rouge peach). The fruit may also vary by its shape: Miantao (cotton peach), Youtao (oil peach), Yutao, Fangtao (square peach), Biantao (flat peach) and Pianhetao (peach with long seed). There are also different seasonal peaches such as: Zao (early peach) of the fifth month, Dong (winter peach) of the tenth month, Qiu (au-



毛桃，即尔雅所谓攬桃者，小而多毛，核粘味恶。其仁充满多脂，可入药用，盖外不足者内有余也。冬桃一名西王母桃，一名仙人桃，即昆仑桃，形如栝楼，表里彻赤，得霜始熟。方桃形微方。匾桃出南番，形匾肉涩，核状如盒，其仁甘美。番人珍之，名波淡树，树甚高大。偏核桃出波斯，形薄而尖，头偏，状如半月，其仁酷似新罗松子，可食，性热。又杨维桢、宋濂集中并载元朝御庠蟠桃，核大如碗，以为神异。按王子年拾遗记载汉明帝时，常山献巨核桃，霜下始花，隆暑方熟。玄中记载积石之桃，大如斗斛器。酉阳杂俎载九疑有桃核，半扇可容米一升；及蜀后主有桃核杯，半扇容水五升，良久如酒味可饮。此皆桃之极大者。昔人谓桃为仙果，殆此类欤？生桃切片淪过，曝干为脯，可充果食。又桃酢法：取烂熟桃纳瓮中，盖口七日，漉去皮核，密封



tumn peach) and Shuangtao (frost peach). All the above peach fruits are good to eat. But, there is a kind of Maotao (hairy peach) in the mountain, as described in the book *Er Ya* as Sitao, which has bad pulp and sticky seed. Its kernel is full and oily and can be used medically. It is something that is not plump outside (the pulp) but full inside. Dongtao (winter peach) is also called Xiwangmutao, or Xianrentao (meaning “peach for the immortals”), or Kunluntao. It looks like Gualou/fructus trichosanthis/snake gourd fruit. It is red both outside and inside. It gets ripe after frost fall. Fangtao is a bit square in shape. Biantao (flat peach) is produced in the Nanfan area. It is flat in shape and with rough pulp. Its seed looks like a small box. Its kernel is sweet and tasty. Minority people cherish it. It is locally called Podanshu, which is a kind of tall tree. Pianhetao (peach with long seed) is produced in Persia. It has thin and long seed with tip in the shape of crescent moon. Its kernel looks like Songzi/semen pini/pine seed from Xinluo. It is edible. It is hot in quality. Also, in the books written by Yang Weizhen and Song Lian, it was recorded that there was a kind of Yukupantao, whose seed is as big as a bowl that was regarded as something extraordinary. In the book *Shiyi Ji* by Wang Zinian it was recorded that, during the reign of the Emperor Mingdi of the Han Dynasty (206 BC-220 AD), a kind of giant peach was offered in tribute to the emperor from Changshan. This was a tree with a flower that bloomed after frost fall and a fruit that got ripe in the hot summer. The book *Xuanzhong Ji* records a kind of giant peach from Jishi, which is as big as the *hu* measure. The book *Youyang Zaju* records a peach seed from Jiuyi half of its capsule could hold as much as one *sheng* of rice. The monarch of Shu had a cup made of half a capsule of a peach seed. It could hold five *sheng* of water. After a while, the water in the cup became something like wine. Such were the extraordinary giant peaches ever recorded. People in ancient times referred to the “peach for the immortals.” These could be some of them. The following are methods for preserving peaches: Slice fresh ones into slices and boil them in hot water briefly; then, dry them in the sun. This is the preserved peach, which can be eaten as fruit or food. The method of brewing peach with vinegar: Keep a fully ripe peach in a jar and seal it. After seven days, take off the peel and seed and seal it again for another 14 days. Then, vinegar is brewed, which is fragrant and delicious.



二七日酢成，香美可食。种树书云：柿接桃则为金桃，李接桃则为李桃，梅接桃则脆。桃树生虫，煮猪头汁浇之即止。皆物性之微妙也。

实

〔气味〕辛、酸、甘，热，微毒。多食令人有热。

〔洗曰〕能发丹石毒，生者尤损人。〔思邈曰〕黄帝书云：食桃饱，入水浴，令人成淋及寒热病。〔时珍曰〕生桃多食，令人膨胀及生痈疔，有损无益。五果列桃为下以此。〔瑞曰〕桃与鳖同食，患心痛。服术人忌食之。

〔主治〕作脯食，益颜色大明。肺之果，肺病宜食之思邈。



The book *Zhongshu Shu*: When a twig of persimmon is grafted onto a peach tree, it will bear Jintao (golden peach). When a twig of Japanese plum is grafted onto a peach tree, it bears Litao (plum peach). When a twig of Japanese apricot is grafted onto a peach tree, it bears crispy fruit. When a peach tree is invaded by worms, stew a pig's head in water to make decoction. Pour the decoction over the tree. This will kill the worms. This is really subtle, something people have to know.

TAOSHI

Peach fruit

Fructus persicae

[Quality and Taste]

It is pungent, sour, sweet, hot and slightly toxic. Overeating of the fruit causes accumulation of Heat.

Meng Xian: It triggers toxin of alchemical stone drugs. The fruit that is not ripe is even worse.

Sun Simiao: The book *Huangdi Shu* — If one bathes after eating peaches to one's full, stranguria with chill and fever will occur.

Li Shizhen: If too much unripe peach is eaten, it will cause abdominal distention, carbuncle and furuncle. It is a fruit that can harm a person. That is why, among the five fruits, it is listed last.

Wu Rui: If peach is eaten together with Bie/trionycis/turtle, it will cause heart pain. People taking Zhu/rhizome *atractylodis marcephalae*/rhizome of large head *atractylodes* should not have peach at the same time.

[Indications]

Da Ming: Process peach into preserved food. Eating of it will improve one's complexion.

Sun Simiao: It is a fruit corresponding to the Viscus Lung. People suffering from Lung diseases should have it.

TAOHEREN

Peach seed



核仁

〔修治〕〔别录曰〕七月采，取仁阴干。〔斲曰〕凡使须去皮，用白术、乌豆二味，同于坩锅中煮二伏时，漉出劈开，心黄如金色乃用。〔时珍曰〕桃仁行血，宜连皮、尖生用。润燥活血，宜汤浸去皮、尖炒黄用。或麦麸同炒，或烧存性，各随本方。双仁者有毒，不可食，说见杏仁下。

〔气味〕苦、甘，平，无毒。〔思邈曰〕苦、甘、辛，平。〔诜曰〕温。〔弘景曰〕桃仁作酪，性冷。香附为之使。

〔主治〕瘀血血闭，癥瘕邪气，杀小虫本经。止咳逆上气，消心下坚硬，除卒暴击血，通月水，止心腹痛别录。治



Semen persicae

[Preparation]

Collect the drug in the seventh month. Dry the kernel in the shade.

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

Lei Xiao: It should be peeled first. Stew the drug together with Baizhu and Heidou/semens sojae nigra/seed of black soybean with water in a crucible for two days. Take out the drug and open the kernel. The heart should be as yellow as gold, which is good for medical use.

Li Shizhen: When it is used to motivate the blood circulation, the drug should be used with its peel and tip without preparation. If it is used to moisten Dryness and activate the blood, it should be soaked in water and then stir-fried with its peel and tip taken off. It can also be processed by stir-frying it together with Maifu/testa tritici levis/wheat bran or burned with its property retained. The seed with a double kernel is poisonous and should not be eaten. It is explained in Xingren.

[Quality and Taste]

It is bitter, sweet, plain and nontoxic.

Sun Simiao: It is bitter, sweet, pungent and plain.

Meng Xian: It is warm in quality. Tao Hongjing: When Taoren is made into junket, it becomes cold in quality. Xiangfu/rhizome cyperi/rhizome of nutgrass galigale can be used as its guiding drug.

[Indications]

It is good for dispersing blood stasis and stagnation of blood. It dissolves abdominal hard mass and invading pathogenic factors. It kills small worms.

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

It stops coughing with dyspnoea. It dissolves hard mass in the epigastrium. It removes blood stasis due to sudden injury. It regulates menstruation, stop epigastric and abdominal pain.

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

Zhang Yuansu: It is good for dissolving stagnation of the blood, dis-



血结、血秘、血燥，通润大便，破畜血元素。杀三虫。又每夜嚼一枚和蜜，涂手、面良孟洗。主血滞风痹骨蒸，肝疟寒热，鬼注疼痛，产后血病时珍。

〔发明〕〔杲曰〕桃仁苦重于甘，气薄味厚，沉而降，阴中之阳，手、足厥阴经血分药也。苦以泄滞血，甘以生新血，故破凝血者用之。其功有四：治热入血室，一也；泄腹中滞血，二也；除皮肤血热燥痒，三也；行皮肤凝聚之血，四也。〔成无己曰〕肝者血之源，血聚则肝气燥。肝苦急，急食甘以缓之。桃仁之甘以缓肝散血，故张仲景抵当汤用之，以治伤寒八九日，内有畜血，发热如狂，小腹满痛，小



persing constipation due to blood disorder, moisten Dryness in blood, loosening the bowels and removing blood stasis.

Meng Xian: It kills Three Worms (ascariasis, teniasis and oxyuriasis). Chew one Taoren every night. Blend it with honey and apply it to hands and face. It works to protect the skin.

Li Shizhen: It is good for treating blood stagnation, arthralgia due to invading pathogenic Wind and hectic fever due to Yin deficiency. It is also effective to treat malaria due to Liver disorder with chill and fever. It treats Guizhu (consumptive disease of unknown reason) with pain. It also treats blood disorders in puerperium.

[Explication]

Li Gao: Taoren is principally bitter rather than sweet. It is a drug with thin quality and thick taste. It is a drug with sinking and descending tendencies. It is a drug of Yang in the Yin. It is a drug that functions on the blood system of the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. It disperses blood stasis as it is bitter. It also helps produce new blood as it is sweet. It is used in a prescription designed to stop blood congealing. It has the following four therapeutic functions:

- One, it is good for treating invasion of pathogenic Heat into the blood cavity (uterus);
- Two, it disperses blood stagnation in the skin;
- Three, it eliminates dry and itching skin due to invasion of pathogenic Heat in the blood; and
- Four, it motivates blood congealing in the skin.

Cheng Wuji: The Liver is the source of blood. When there is a congealing of blood, the Liver is suffering from invasion of pathogenic Dryness. When the Liver is strained, a drug of sweet taste should be taken urgently to relieve the condition. As Taoren is sweet and is able to relieve the strain in the Liver and disperse blood stagnation, Master Zhang Zhongjing used the drug in his prescription Didang Tang (Decoction of Didang, prescription see below). It is a decoction designated to treat the following cases:

- On the eighth or ninth day of febrile disease caused by Cold, the patient has fever and behaves maniacally with pain and fullness in the lower

便自利者。又有当汗失汗，热毒深入，吐血及血结胸，烦躁谵语者，亦以此汤主之。与虻虫、水蛭、大黄同用。

〔附方〕旧十九，新十一。（略）



abdomen due to formation of blood stasis. But urination is relatively normal. It is also good for treating a syndrome that should be treated by diaphoresis, but actually it has not been given such a treatment, thus leading to the deep invasion of Heat and toxin, bringing with it hematemesis and blood congealing in the thorax with restlessness, irritation and delirium.

The prescription:

Shuizhi/hirudo/leech,
Mengchong/tabanus/gadfly,
Dahuang/radix et rhizome rhei/rhubarb.

[Prescriptions]

Nineteen prescriptions collected previously, and
11 prescriptions collected recently.



栗 (别录上品)

【释名】

〔时珍曰〕栗，说文作察，从卤(音条)，象花实下垂之状也。梵书名笃迦。

【集解】

〔别录曰〕栗生山阴，九月采。〔弘景曰〕今会稽诸暨栗，形大皮厚，不美；剡及始丰栗，皮薄而甜，乃佳。〔颂曰〕栗处处有之，而兖州、宣州者最胜。木高二三丈，叶极类栎。四月开花青黄色，长条似胡桃花。实有房猥，大者若拳，中子三五；小者若桃李，中子惟一二。将熟则罅拆子出。栗类亦多。按陆玑诗疏云：栗，五方皆有之，周、秦、吴、扬特饶。惟濮阳及范阳栗甜美味长，他方者不及也。倭韩国诸岛上栗大如鸡子，味短不美。桂阳有莘





LI

Hairy chestnut

Castanea mollissima Bl.

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

[Explanation of Names]

In the book *Shuowen Jiezi* (*Book of Philology* by Xu Shen), Li was written as Tiao. It is a character symbolizing the hanging flower and fruit of the plant. In the Sanskrit book it is recorded as Dujia (a transliteration).

[Previous Explanations]

Hairy chestnut grows in Shanyin. Collect the fruit in the ninth month.

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

Tao Hongjing: Lizi/semen castanae/seed of hairy chestnut produced in Guiji and Zhuji is big, with a thick capsule. But it does not taste well. Lizi produced in Shan and Shifeng has a thin capsule and sweet pulp. It is a good species.

Su Song: Lizi can be found everywhere. That produced in Yanzhou and Xuanzhou is the best. The tree is 20 to 30 *chi* tall. Its leaf is similar to the leaf of saw tooth oak. A flower of blue-green and yellow color blooms in the fourth month. It is long and looks like Hutaohua/flos juglandis flower of english walnut. The fruit can be as big as a fist, in which there are three to five seeds. The small fruit is as big as a peach or apricot with one or two seeds only. When the fruit is ripe, it cracks and the seeds will come out. There are many varieties of them.

The book *Shi Shu* by Lu Ji: Lizi is produced in places in all the directions. It is produced in bulk in places like Zhou, Qin, Wu and Yang. Lizi produced in Puyang and Fanyang is sweet and delicious, much better than



栗，丛生，实大如杏仁，皮、子形色与栗无异，但小耳。又有奥栗，皆与栗同，子圆而细，惟江湖有之，或云即莘也。莘音榛，诗云“树之莘栗”是矣。〔保昇曰〕板栗、锥栗二树皆大。茅栗似板栗而细如橡子，其树虽小，叶亦不殊，但春生夏花、秋实冬枯为异耳。〔宗爽曰〕湖北一种旋栗，顶圆末尖，即榛栗，象榛子形也。栗欲干收，莫如曝之，欲生收，莫如润沙藏之，至夏初尚如新也。〔时珍曰〕栗但可种成，不可移栽。按事类合璧云：栗木高二三丈，苞生多刺如猬毛，每枝不下四五个苞，有青、黄、赤三色。中子或单或双，或三或四。其壳生黄熟紫，壳内有膜裹仁，九月霜降乃熟。其苞自裂而子坠者，乃可久藏，苞未裂者易腐也。其花作条，大如箸头，长四五寸，可以点灯。栗之大者为板栗，中心扁子为栗楔。稍小者为山栗。山栗之圆而末尖者为锥



that produced elsewhere. The Lizi produced on islands in Japan and Korea is as big as an egg. It is not tasty. In Guiyang, there is a kind of Zhenli, which grows in tussock. Its fruit is as big as Xingren/ semen armeniacae amarum/bitter apricot seed. Its capsule, seed and shape are the same as Lizi, but it is very small. There is another species called Aoli, which looks like Lizi, but its seed is round and small. It is only produced in Jiang and Hu areas. Some say this is simply Zhenli. *Shi Jing (Book of Songs)* mentioned “the tree of Zhenli.”

Han Baosheng: There are varieties of Lizi: Banli and Zhuili are two big trees. Maoli is similar to Banli, but its seed as small as Xiangzi/fructus querci acutissimae/fruit of saw tooth oak. Although its tree is smaller, its leaf is the same as the other two trees. But it differs in that its leaf begins to grow in spring and flower blooms in summer. Fruit is borne in autumn and it withers in winter.

Kou Zongshi: There is Xuanli produced in Hubei. It is round on top and pointed at the end. This is really Zhenli, as it looks like Zhenzi/semen coryli heterophyliae/seed of siberian filbert. If it is wished to harvest the dry fruit, collect them before it is really dry and leave in the sun. If the fresh fruit is wished to be harvested, collect it and save it in moist sand. It keeps as fresh as new even up to early summer of the following year.

Li Shizhen: Chestnut is a tree that can be planted by sowing seed but not transplanted.

The book *Shilei Hebi*: The chestnut tree is 20 to 30 *chi* tall. It has a thorny fruit like a hedgehog. On each twig, there are four to five fruits. The fruit may be blue-green, or yellow, or red. Inside each fruit there are one or two, three or four seeds. Its capsule is yellow at first and turns purple (brown) when ripe. The kernel is wrapped with membrane. Around the solar term the Frost's Descent (October 23), it gets ripe. Seeds dropping from a cracking fruit can be stored for a long time. Seeds in fruit that does not crack easily rot. Its flower is long and looks like a chopstick of four to five *cun*. It can be used as a lamp wick. The chestnut is called Banli. The flat seed in the middle of the fruit is called Lixie. A slightly smaller one is called Shanli. Shanli with a seed of a round cap and pointed tip is called Zhuili. That with a small seed similar to Xiangzi is called Zhenli. That with a small seed



栗。圆小如橡子者为莘栗。小如指顶者为茅栗，即尔雅所谓栝栗也，一名栲栗，可炒食之。刘恂岭表录异云：广中无栗。惟勤州山中有石栗，一年方熟，圆如弹子，皮厚而味如胡桃。得非栗乃水果，不宜于炎方耶？

实

〔气味〕咸，温，无毒。〔诜曰〕吴栗虽大味短，不如北栗。凡栗日中曝干食，即下气补益；不尔犹有木气，不补益也。火煨去汗，亦杀木气。生食则发气，蒸炒热食则壅气。凡患风水人不宜食，味咸生水也〔恭曰〕栗作粉食，胜于菱、芡；但以饲孩儿，令齿不生。〔宗爽曰〕小儿不可多食。生则难化，熟则滞气，膈食生虫，往往致病。



the size of a fingertip is called Maoli, which is also called Erli in the book *Er Ya*. It is also called Lili, which can be stir-fried and served as food.

The book *Lingbiao Luyi* by Liu Xun: There is no chestnut in Guangdong and Guangxi. Only in Qinzhou is there a kind of Shili, which gets ripe after one year. Its seed is as round as a bullet. It has a thick capsule and the pulp tastes like Hutao. Is it because chestnut is not a kind of juicy fruit, therefore it is not produced in the hot south?

LISHI

Seed of hairy chestnut
Semen castaneae

[Quality and Taste]

It is salty, warm and nontoxic.

Meng Xian: Lizi growing in the Wu area (south of the Yangtze River) has a big seed, but it does not taste good. It is not as tasty as that produced in the north. Dry the Lizi in the sun. It is a good tonic and effective to bring down adverse ascending gas. Otherwise, the fruit is overwhelmed by the Wood element. It is no longer a tonic. Roast the seed in hot ash to get rid of its vapor. In this way, its Wood element is eliminated. Eating the raw seed triggers the movement of qi. After the seed is steamed and stir-fried, it retards the movement of qi. People suffering from invading pathogenic Wind and Water should not have it, as the drug is salty, which helps germination of pathogenic Water.

Su Gong: Lizi can be ground into powder. When it is processed into food, it tastes even better than Lingjiao/fructus trapae/water caltrop and Qianshi/semen euryales/seed of gordon euryale. But if it is used to feed infant, it retards the growth of teeth.

Kou Zongshi: Infants should not eat the seed too much, as the raw seed is difficult to digest and the prepared seed causes the stagnation of qi. It may also help germination of worms.

[Indications]

It reinforces the qi, strengthens the function of the Intestine and Stom-



〔主治〕益气，厚肠胃，补肾气，令人耐饥别录。生食，治腰脚不遂思邈。疗筋骨断碎，肿痛瘀血，生嚼涂之，有效苏恭。

栗契音屑

〔时珍曰〕一球三颗，其中扁者栗楔也。

〔主治〕筋骨风痛士良。活血尤效。〔颂曰〕今衡山合活血丹用之。每日生食七枚，破冷痲癖。又生嚼，署恶刺，出箭头，傅瘰疬肿毒痛大明。

〔发明〕〔思邈曰〕栗，肾之果也。肾病宜食之。〔弘景曰〕相传有人患腰脚弱，往栗树下食数升，便能起行。此是补肾之义，然应生啖。若服饵则宜蒸曝之。〔宗爽曰〕栗之补肾，为其味咸，又滞其气也。〔时珍曰〕栗于五果属水。水潦之年则栗不熟，类相应也。有人内寒，暴泄如



ach, tonifies the qi in the Kidney and kills hunger.

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

Sun Simiao: The raw food has the function of treating paralysis of the feet and waist.

Su Gong: It is good for treating bone and ten-don fracture, swelling and blood stasis with pain. Chew the drug into paste and apply it to the affected part. It works effectively.

LIXIE

The flat-shaped one between two big chestnuts in a fruit.

Li Shizhen: There are three seeds in one fruit. The flat one between the two big ones is the Lixie.

[Indications]

Chen Shiliang: It is good for treating arthralgia of tendon and bone due to invading patho-genic Wind. It is even effective to activate the blood.

Su Song: The drug is used in Hexue Dan produced in Hengshan.

Da Ming: Take seven raw seeds everyday to disperse cold accumulation of hard mass in the shape of a hanging noose. Chew the raw seed and apply it externally to treat insertion of malignant thorns and arrowhead, scrofula and pyogenic infection.

[Explication]

Sun Simiao: Lizi is the fruit corresponding to the Kidney. People suffering from Kidney disease should have the seed.

Tao Hongjing: It is said that someone was suffering from a debilitated waist and leg. Once, he sat under a chestnut tree and ate several sheng of raw chestnuts. After that, he was able to stand up and walk steadily. This is because the drug is good to tonify the Kidney. But it should be taken without preparation. If the drug is to be taken as a tonic, it should be steamed and dried in the sun.

Kou Zongshi: Lizi is good to tonify the Kidney, as it is salty. It also retards the movement of qi.

Li Shizhen: Among the five fruits, Lizi pertains to the Water element.



注，令食煨栗二三十枚，顿愈。肾主大便，栗能通肾，于此可验。经验后方治肾虚腰脚无力，以袋盛生栗悬干，每旦吃十余颗，次吃猪肾粥助之，久必强健。盖风干之栗，胜于日曝，而火煨油炒，胜于煮蒸。仍须细嚼，连液吞咽，则有益。若顿食至饱，反致伤脾矣。按苏子由诗云：老去自添腰脚病，山翁服栗旧传方。客来为说晨兴晚，三咽徐收白玉浆。此得食栗之诀也。王桢农书云：史记载秦饥，应侯请发五苑枣、栗。则本草栗厚肠胃、补肾气、令人耐饥之说，殆非虚语矣。

〔附方〕旧三，新五。（略）



In times of flood, Lizi does not get ripe. Once a person was suffering from watery dysentery with interior cold, and he was treated with 20 to 30 roasted chestnuts. This halted the ailment right away. Analysis: The Kidney controls the stool. Chestnut is a drug that facilitates the function of the Kidney. This is manifested in the treatment of the above case. The book *Jingyanhou Fang* records a prescription good for treating debilitated condition of waist and leg: Keep raw Lizi in a sack and hang it under the eave. Every morning eat some ten of the drug with porridge of pig kidney. After longterm use, the person will become hale and hearty. The preparation: When the Lizi is dried in the shade (by hanging), it has better efficacy than that dried in the sun. When the drug is roasted or stir-fried with oil, it works better than that stewed or steamed. Chew the drug slowly and swallow the drug together with saliva. It is good for health. But if one eats too much, it brings harm to the Spleen. Su Ziyou, poet of the Song Dynasty (960-1279), had the following verses:

Getting older and older,
Waist and leg work no better.
Eating chestnut in the old way,
The mountain hermit enjoys his day.
Enquired by his guest,
The old man said the secret lies in the slow chewing of chestnuts,
Swallowing down the white jade juice three times.
This is the right way to take chestnut.

The book *Nong Shu (Book of Agriculture)* by Wang Zhen: The *Shi Ji (Records of the Historian)* recorded that, at times of famine, in the Qin state, Marquis Ying (the prime minister) requested the collection of dates and chestnuts in the imperial garden. This is a proof showing the efficacy of chestnut during famine. It is a drug that strengthens the function of the Intestine and Stomach and tonifies the Kidney.

[Prescriptions]

Three prescriptions collected previously, and five prescriptions collected recently.

枣（本经上品）

【释名】

〔时珍曰〕按陆佃埤雅云：大曰枣，小曰棘。棘，酸枣也。枣性高，故重束；棘性低，故并束。束音次。枣、棘皆刺针，会意也。

【集解】

〔时珍曰〕枣木赤心有刺。四月生小叶，尖触光泽。五月开小花，白色微青。南北皆有，惟青、晋所出者肥大甘美，入药为良。其类甚繁，尔雅所载之外，郭义恭广志有狗牙、鸡心、牛头、羊矢、猕猴、细腰、赤心、三星、骈白之名，又有木枣、氏枣、桂枣、夕枣、灌枣、墟枣、蒸枣、白枣、丹枣、棠枣，及安邑、信都诸枣。谷城紫枣长二寸，羊角枣长三寸。密云所出小枣，脆润核细，味亦甘美，皆可充果食，不堪入药。入药须用青州及晋地晒干大枣为良。按贾思勰齐民要术云：凡枣全赤时，日日撼而收曝，则红皱。若





ZAO

Chinese date

Ziziphus jujube Mill. Var. *inermis* (Bge.) Rehd.

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

[Explanation of Names]

Li Shizhen: The book *Bei Ya* by Lu Dian — That with big fruit is Zao (*Dazao*/fructus *jujubae*/Chinese date) and that with small fruit is Ji (*Suanzao*/fructus *ziziphi spinosae*/fruit of spine date). Both have spines, but the Chinese date tree is taller.

[Previous Explanations]

Li Shizhen: The heartwood of the Chinese date tree is red. It has thorns. In the fourth month, a small leaf begins to grow. It has a small flower in the fifth month, which is white and slightly blue-green. The Chinese date tree can be found both in the south and in the north. Only that produced in Qingzhou and Jinzhou is big, plump, sweet and delicious and can be used medically. There are many varieties of Chinese dates. Beside what were recorded in *Er Ya*, the book *Guang Zhi* by Guo Yigong also recorded the following names of species of Chinese dates: Gouya, Jixin, Niutou, Yangshi, Mihou, Xiyao, Chixin, Sanxing, Pinbai, Muzao, Shizao, Guizao, Xizao, Guanbao, Xuzao, Zhengzao, Baizao, Danzao, Tangzao and dates from Anyi and Xindu. Zizao produced in Gucheng is two *cun* long. Yangjiaozao is three *cun* long. The small date produced in Miyun is moist, crispy and delicious. All the above dates can be served as fruit but cannot be used medically. For medical use, the big date produced in Qingzhou and the Jin area is the best. The drug should be dried in the sun.

The book *Qimin Yaoshu* by Ji Sixie: When the dates are all red, shake

半赤收者，肉未充满，干即色黄而皮皱。将赤收者，味亦不佳。食经作干枣法：须治净地，铺菘箔之类承枣，日晒夜露，择去胖烂，曝干收之。切而晒干者为枣脯。煮熟榨出者为枣膏，亦曰枣瓢。蒸熟者为胶枣，加以糖、蜜拌蒸则更甜；以麻油叶同蒸，则色更润泽。捣胶枣晒干者为枣油，其法取红软干枣入釜，以水仅淹平，煮沸漉出，砂盆研细，生布绞取汁，涂盘上晒干，其形如油，以手摩刮为末收之。每以一匙，投汤碗中，酸甜味足，即成美浆，用和米粬，最止饥渴、益脾胃也。卢谿祭法云：春祀用枣油。即此。

大枣

〔释名〕干枣别录。美枣别录。良枣





the tree everyday to get them. Then, dry them in the sun. In this way the dates are creased. If the date is only half red and is collected, its pulp is not yet full. When it is dried in the sun, it is yellow with creased peel. Even when the date is almost all red, it is still not very good as the taste of date is not ideal. The book of *Shi Jing* carries this method of preparing dry date: Clean a piece of land and spread a straw mat to collect the following dates from the tree. Dry them in the day and leave them in the open at night. Take off the fat and decayed ones. Dry them in the sun and keep them in good place for future use. The date can be cut into two pieces and dried in the sun. Then, we get preserved date. If the dates are stewed and squeezed, we get date paste. If we stew the dates, we get Jiaozao (greasy date), which can be blended with sugar and honey and then steamed. Then, it is even sweeter. If the date is steamed together with Zhimaye/foolium sesami/sesame leaf, it becomes moister and lustrous. When the greasy date is pounded, we get date oil. The method: Boil red and soft dry dates with just enough water to cover them. Take out the dates and grind in a pottery basin. Squeeze the paste to get juice. Spread the juice in a plate and dry it in the sun. It looks like a kind of greasy oil. Rub it with the fingers into powder with hot water. Each time, blend one spoon of the powder with hot water. Then, it becomes a soup with sour and sweet taste. It is very delicious. If this can be blended with prepared rice food, it becomes something that quenches thirst and suppresses hunger. It is good to the Spleen and Stomach. The book *Ji Fa* by Lu Chen mentioned that in the spring sacrifices, date oil should be used.

DA ZAO

Dry Chinese date

Fructus jujubae

[Explanation of Names]

GANZAO

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

MEIZAO

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

LIANGZAO



〔别录曰〕八月采，曝干。〔瑞曰〕此即晒干大枣也。味最良美，故宜入药。今人亦有用胶枣之肥大者。

〔气味〕甘，平，无毒。〔思邈曰〕甘、辛，热，滑，无毒。〔杲曰〕温。〔大明曰〕有齿病、疳病、虫龋人不宜啖枣，小儿尤不宜食。又忌与葱同食，令人五脏不和；与鱼同食，令人腰腹痛。〔时珍曰〕今人蒸枣多用糖、蜜拌过，久食最损脾、助湿热也。啖枣多，令人齿黄生龋。故嵇康养生论云：齿处晋而黄，虱处头而黑。

〔主治〕心腹邪气，安中，养脾气，平胃气，通九窍，助十二经，补少气、少津液、身中不足，大惊四肢重，和百药。久服轻身延年本经。〔宗奭曰〕煮取肉，和脾胃药甚



Collect the drug in the eighth month and dry it in the sun.

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

Wu Rui: This is the big Chinese date dried in the sun. It has the best taste and is therefore suitable for medical use. But people may also use the big ones of greasy date.

[Quality and Taste]

It is sweet, plain and nontoxic.

Su Simiao: It is sweet, pungent, hot, slippery and nontoxic.

Li Gao: It is warm in quality.

Da Ming: People suffering from tooth problems, malnutrition and worms should not eat Chinese date. It is especially prohibited to infants. It should never be eaten together with Cong/herba allii fistulosi/fistular onion. This may disturb the regular relationships of the Five Viscera. If it is eaten together with fish, it causes pain in the waist and abdomen.

Li Shizhen: Now, people blend Chinese date with sugar and honey and steam them. Such a food harms the Spleen and Stomach in a strong way and may reinforce the pathogenic Humidity and Heat. When one eats too much Chinese date, it causes dental caries and yellowish coloring of the teeth.

The book *Yangsheng Lun* by Ji Kang: A person living in Jin (a place with plenty of dates) has yellowish teeth and a flea hidden in the hair is black.

[Indications]

It is good for dispersing invading pathogenic factors in the epigastrium and abdomen. It pacifies the interior, nourishes the Spleen, smoothes the Stomach qi, dredges through the nine orifices, and reinforces the 12 Channels. It tonifies insufficient condition of qi and body fluid. It improves the interior condition. It pacifies a great fright with heaviness of the extremities. It harmonizes the drugs in the same prescription. Long-term use makes one feel happy and vigorous and able to enjoy a long life.

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

Kou Zongshi: Add Chinese date in stewing of meat. It can also be



佳。补中益气，坚志强力，除烦闷，疗心下悬，除肠澼。久服不饥神仙别录。润心肺，止嗽，补五脏，治虚损，除肠胃癖气。和光粉烧，治疝痢大明。小儿患秋痢，与蛀枣食之良孟诜。杀乌头、附子、天雄毒之才。和阴阳，调荣卫，生津液李杲。

〔发明〕〔弘景曰〕道家方药，以枣为佳饵。其皮利，肉补虚，所以合汤皆擘之也。〔杲曰〕大枣气味俱厚，阳也。温以补不足，甘以缓阴血。〔成无己曰〕邪在荣卫者，辛甘以解之。故用姜、枣以和荣卫，生发脾胃升腾之气。张仲景治奔豚，用大枣滋脾土以平肾气也。治水饮胁痛有十



added in drugs in the same prescription as a harmonizing agent.

It tonifies the interior and reinforces the qi. It consolidates the will-power and reinforces physical strength. It disperses restlessness and suffocation feeling. It treats a suspended feeling in the epigastrium. It also treats projectile bleeding from the anus. Long-term use kills hunger and enables one to live as long as an immortal.

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

Da Ming: It moistens the Heart and the Lung, stops coughing, tonifies the Five Viscera. It is good for tonifying a debilitated condition. It stops projectile bleeding from the anus due to disorder of the Stomach and Intestine. Burn the drug together with Fenxi/lead carbonate. Take the drug to treat dysentery due to infantile malnutrition.

Meng Xian: When an infant suffers from autumn dysentery, serve him or her Chinese date with moth.

Xu Zhicai: It detoxifies toxin of Wutou/radix aconiti/Sichuan aconite root, Fuzi/radix aconiti lateralis/daughter root of common monkshood and Tianxiong/radix aconiti/root of common monkshood.

Li Gao: It harmonizes the Yin and Yang, regulates the Ying (nutrient essence in blood) and Weiqi (body resistance), and helps produce body fluid.

[Explication]

Tao Hongjing: Taoist alchemists take Dazao as a good tonic. Its peel has the function of dispersion. Its pulp is good to tonify a deficient and debilitated condition. When Dazao is added into a prescription to make a decoction, it should be broken open to dissolve easily.

Li Gao: Dazao is a drug with thick taste and quality. It is a drug of Yang. It is warm, so that it tonifies the insufficient condition. It is sweet, so that it harmonizes the Yin blood.

Cheng Wuji: When pathogenic factors are resting with the Ying and Weiqi, drugs of pungent and sweet taste should be adopted. That is the way fresh ginger and Chinese date are given to motivate the germination of ascending tendency in the Spleen and Stomach. Master Zhang Zhongjing used Dazao as one important ingredient in treating Bentun (upward ascend-



枣汤，益土而胜水也。〔震亨曰〕枣属土而有火，味甘性缓。甘先入脾，补脾者未尝用甘。故今人食甘多者，脾必受病也。〔时珍曰〕素问言枣为脾之果，脾病宜食之。谓治病和药，枣为脾经血分药也。若无故频食，则生虫损齿，贻害多矣。按王好古云：中满者勿食甘，甘令人满。故张仲景建中汤心下痞者，减饴、枣，与甘草同例，此得用枣之方矣。又按许叔微本事方云：一妇病脏燥悲泣不止，祈祷备至。予忆古方治此证用大枣汤遂治，与服尽剂而愈。古人识病治



ing of gas like a running piglet). The pathology is that Dazao moistens the Spleen Earth element and pacifies the Kidney qi. He also used Dazao in the prescription Shizao Tang* in treating fluid retention with pain in rib. This is because Dazao has the function of tonifying the Earth (Spleen) thus overcoming the prevalence of pathogenic Water.

Zhu Zhenheng: Dazao pertains to the Earth element and it is with fire. It is sweet in taste and mild in action. Sweet as it is, it functions first on the Spleen. The spleen does not like to be toned by a drug of sweet taste. So, when a person eats too much of sweet taste, the Spleen will become diseased.

Li Shizhen: The book *Huangdi Neijing: Suwen* — Dazao is the fruit of the Spleen. People suffering from Spleen disease should have the drug. Dazao has the function of treating disease and harmonizing drugs in the same prescription. It is a drug that functions on the blood system of the Spleen Channel. But, if eaten too much and too frequently, it will arouse germination of worms and damage the teeth.

Wang Haogu: People suffering from interior fullness should not have a drug of sweet taste, as this can only aggravate the fullness. That is why Master Zhang Zhongjing treated epigastric stagnation of qi, he reduced the dosage of sweet drugs such as Yitang/saccharum granorum/maltose and Dazao in his prescription in the same way as Gancao/radix glycyrrhizae/licuorice root in the prescription Xiao Jianzhong Tang.** This is an

*Shizao Tang:

Dazao,

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

Gansui/radix kansui/gansui root, and

Daji/radix euphorbiae pekinensis/root of peking euphorbia.

**Xiao Jianzhong Tang:

Guizhi/ramulus cinnamomi/cassia twig,

Shaoyao/radix paeoniae/peony root,

Gancao,

Shengjiang/rhizome zingiberis recens/fresh ginger,

Dazao, and

Yitang/saccharum granorum/malt extract.



方，妙绝如此。又陈自明妇人良方云：程虎卿内人妊娠四五个月，遇昼则惨戚悲伤，泪下数欠，如有所凭，医巫兼治皆无益。管伯周说：先人曾语此，治须大枣汤乃愈。虎卿借方治药，一投而愈。方见下条。又摘玄方治此证，用红枣烧存性，酒服三钱，亦大枣汤变法也。

〔附方〕旧七，新十二。（略）



example showing the good use of Dazao. The book *Benshi Fang* by Xu Shuwei recorded a case: A woman was suffering from hysteria with incessant weeping. Praying was done in a formal way. But when I examined the patient, I thought there was a prescription Ganmai Dazao Tang (Decoction of Gancao, Xiaomai/seed tritici/wheat and Dazao) designed to treat such diseases. So, I duly prescribed. After finishing one dose of the drug, the syndrome was gone. This shows how accurately ancient people could diagnose and treat diseases. The book *Furen Daquan Liangfang* by Chen Ziming records another case: The wife of Mr. Cheng Huqing was feeling depressed and weeping a lot in the day while she was pregnant for four to five months. It seemed as if there was some reason for her to be so bad. She wept and yawned a lot. Doctors and witches were sent for, but the syndrome still remained. Doctor Guan Bozhou said: Ancient people had treated such a syndrome with Ganmai Dazao Tang. Mr. Cheng Huqing then treated his wife with the decoction. The patient got well after taking one dose of the prescription. See the prescription recorded below. The book *Zhaixuan Fang* records a prescription treating the same syndrome with the following drugs: Burn Dazao with its property retained. Take three *qian* of the drug with wine. This is a varied form of the same prescription of Ganmai Dazao Tang.

[Prescriptions]

Seven prescriptions collected previously, and
12 prescriptions collected recently.

梨（本经下品）

【释名】

快果。果宗。玉乳。蜜父

〔震亨曰〕梨者，利也。其性下行流利也。〔弘景曰〕梨种殊多，并皆冷利，多食损人，故俗人谓之快果，不入药用。

【集解】

〔时珍曰〕梨树高二三丈，尖叶光腻有细齿，二月开白花如雪六出。上巳无风则结实必佳。故古语云：上巳有风梨有蠹，中秋无月蚌无胎。贾思勰言梨核每颗有十余子，种之惟一二子生梨，余皆生杜，此亦一异也。杜即棠梨也。梨品甚多，必须棠梨、桑树接过者，则结子早而佳。梨有青、黄、红、紫四色。乳梨即雪梨，鹅梨即绵梨，消梨即香水梨也。俱为上品，可以治病。御儿梨即玉乳梨之讹。或云御儿一作语儿，地名也，在苏州嘉兴县，见汉书注。其他青皮、





LI

Pear

Pyrus bretschneideri Rehd,

Pyrus pyrifolia (Burn.f.) Nakai.

Pyrus ussu riensis Maxim.

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

[Explanation of Names]

KUAIGUO

GUOZONG

YURU

MIFU

[Previous Explanations]

Li Shizhen: A pear tree grows as tall as 20 to 30 *chi*. The leaf is lustrous and greasy with a tip and fine teeth. In the second month, a flower as whiter as snow blooms with six petals. If there is no wind at the beginning of the third month, the fruit will be good. So, there is an old saying: When there is no wind in the beginning of the third month, pear will have moth later. If there is no moon at mid autumn, the mussel will have no pearl.

Jia Sixie: There are a dozen seeds of a pear. But only one or two of the seeds may develop into a tree that bears fruit. The other seeds will grow into Du, which is simply Tangli. There are many varieties of pears. When Tangli and mulberry are grafted together, the tree will bear good fruit at an earlier time. Pears can be of different colors: blue-green, yellow, red and purple. All of them are good and can be used as drugs. Ruli is simply Xueli. Eli is simply Mianli and Xiaoli is merely Xiangshuili. All of them are of superior quality and can be used to treat diseases. Ye'erli is simply



早谷、半斤、沙糜诸梨，皆粗涩不堪，止可蒸煮及切烘为脯尔。一种醋梨，易水煮熟，则甜美不损人也。昔人言梨，皆以常山真定、山阳钜野、梁国睢阳、齐国临淄、钜鹿、弘农、京兆、邺都、洛阳为称。盖好梨多产于北土，南方惟宣城者为胜。故司马迁史记云：淮北、荥南、河济之间，千株梨其人与千户侯等也。又魏文帝诏云：真定御梨大如拳，甘如蜜，脆如菱，可以解烦释悃。辛氏三秦记云：含消梨大如五升器，坠地则破，须以囊承取之。汉武帝尝种于上苑。此又梨之奇品也。物类相感志言：梨与萝卜相间收藏，或削梨蒂插于萝卜上藏之，皆可经年不烂。今北人每于树上包裹，过冬乃摘，亦妙。



Yuruli. Yu'er is a name of a place in Jiaxing County of Suzhou. See the *Annotation of Han Shu*. Other pears such as Qingpi, Zaogu, Banjin and Shami are pears with inferior and coarse quality. Such pears can only be processed by steaming, stewing and then sliced into pieces and served as preserved fruit. There is a kind of Culi, which can be stewed several times with new water each time. Then, it becomes sweet and delicious and no more harmful to health. In history, when pears were talked about, people call them by their places of origin: pear from Zhending of Changshan, from Juye of Shanyang, Suiyang of Liang state, Linzi of Qi state, Julu, Honggong, Jingzhao, Yedu and Luoyang. Pears of good quality are generally produced in northern part of the country. In the south, the only good one is the pear from Xuancheng.

Shi Ji (Records of the Historian) by Sima Qian: In Huaibei, Xingnan and the He and Ji areas, people having 1,000 pear trees enjoy the same honor as a marquis governing 1,000 households. In the edict of Emperor Wendi of Wei, the pear from Zhending was described as follows: It is as big as a fist, as sweet as honey and as crispy as Lingjiao/fructus trapae/water caltrop. It is used to relieve restlessness and irritation.

The book *Sanqin Ji* by Mr. Xin: There is a kind of pear called Hanxiaoli, which is as big as a five *sheng* measure. When it falls onto the ground, it will be broken. So, a nest is made to protect it. Emperor Wudi of the Han Dynasty (206BC-220AD) once planted the tree in the imperial garden. It is a special species of pears.

The book *Wulei Xianggan Zhi*: When pears and Luobo/radix raphani/radish root are stored together, they remain in good condition over the year. Or, insert a pear base into a radish root. In this way the radish can be kept for a long time, too. Now, people in the north wrap the pears while they are still on the tree and leave them to be collected after the winter. They are also good when they are picked later.

LISHI

Pear fruit

Fructus pyri



实

〔气味〕甘、微酸，寒，无毒。多食令人寒中萎困。金疮、乳妇、血虚者，尤不可食。〔志曰〕别本云：梨：甘寒，多食成冷痢。桑梨：生食冷中，不益人。

〔主治〕热嗽，止渴。切片贴汤火伤，止痛不烂苏恭。治客热，中风不语，治伤寒热发，解丹石热气、惊邪，利大小便开宝。除贼风，止心烦气喘热狂。作浆，吐风痰大明。卒暗风不语者，生捣汁频服。胸中痞塞热结者，宜多食之孟诜。润肺凉心，消痰降火，解疮毒、酒毒时珍。

〔发明〕〔宗奭曰〕梨多食动脾，少则不及病，用梨者当斟酌之。惟病酒烦渴人食之甚佳，终不能却疾。〔慎微



[Quality and Taste]

It is sweet, slightly sour, cold and nontoxic. Overeating of it brings interior cold and general fatigue. People suffering from an incised wound, a woman in lactation and those suffering from blood deficiency should not have the fruit.

Ma Zhi: According to the book *Bie Ben*, the pear is sweet and cold. Overeating of it will cause cold dysentery. Sangli: Eating fresh fruit will cause interior cold. It is not good to health.

[Indications]

Su Gong: It is good for treating coughing due to excessive Heat. It quenches thirst. Cut the fresh fruit into slices and apply it to treat burns and scalds. It relieves pain and prevents ulceration.

It disperses invading pathogenic Heat. It is good for treating apoplexy with aphasia. It also treats febrile disease caused by Cold with fever. It treats fever and convulsion due to eating of alchemical stone drugs. It facilitates urination and stool.

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

Da Ming: It disperses invading pathogenic Wind, stops restlessness, asthma, fever and mania. Pound the drug into juice to bring out pathogenic Wind and phlegm.

Meng Xian: It is good for treating sudden onset of aphasia due to attack of pathogenic Wind. Pound the fresh drug to get juice and take at short intervals. People with a stuffy, heated feeling in the chest should have a large quantity of the fruit.

Li Shizhen: It moistens the Lung and cools the Heart, disperses the phlegm and brings down the Fire. It detoxifies the toxin of sores and alcoholism.

[Explication]

Kou Zongshi: When too many pears are eaten, it disturbs the Spleen. But, when it is not taken adequately, it does not work. So, the dosage of the fruit should be carefully balanced. But it is very effective to people suffering from restlessness and thirst due to alcoholism. However, it relieves the



曰]孙光宪北梦琐言云：有一朝士见奉御梁新诊之，曰：风疾已深，请速归去。复见鄜州马医赵鄂诊之，言与梁同，但请多吃消梨，咀齧不及，绞汁而饮。到家旬日，唯吃消梨顿爽也。〔时珍曰〕别录著梨，止言其害，不著其功。陶隐居言梨不入药。盖古人论病多主风寒，用药皆是桂、附，故不知梨有治风热、润肺凉心、消痰降火、解毒之功也。今人痰病、火病，十居六七。梨之有益，盖不为少，但不宜过食尔。按类编云：一士人状若有疾，厌厌无聊，往谒杨吉老诊之。杨曰：君热证已极，气血消铄，此去三年，当以疽死。士人不乐而去。闻茅山有道士医术通神，而不欲自鸣。乃衣仆衣，诣山拜之，愿执薪水之役。道士留置弟子中。久之以实白道士。道士诊之，笑曰：汝便下山，但日日吃好梨一颗。如生梨已尽，则取干者泡汤，食滓饮汁，疾自当平。士



symptoms at the time, but it cannot treat the syndrome.

Tang Shenwei: The book *Zhimeng Suoyan* by Sun Guangxian — Once Mr. Liang Xin, official title Fengyu, met with an official and, after an examination, told him that he was suffering from deep invasion of pathogenic Wind. Liang instructed him to go back home soon. Later the official met with Zhao E, a veterinarian in Fuzhou, and was diagnosed as the same. But, he was given the advice of eating as many pears as possible. In order to do so, the patient squeezed the pears and drank the juice. In about ten days, he began to feel much better.

Li Shizhen: In *Mingyi Bielu*, the harmful effect of pears is recorded. But it failed to record the therapeutic effect. Tao Hongjing said that the pear was not used as a drug. This is because, in ancient times, diseases caused by invasion of pathogenic Wind and Cold were dominant. Drugs such as Rougui/cortex cinnamomi/cassia bark and Fuzi/radix aconiti lateralis/daughter root of common monkshood were often used. People in ancient times did not know the effect of pears in moistening the Lung, cooling the Heart, dispersing the phlegm and bringing down the Fire and detoxifying the toxin. But, now that diseases caused by phlegm accumulation of Fire constitute sixty to seventy percent, the pear is a drug that can be used widely. But it should not be overdosed.

The book *Lei Bian*: Once, a scholar was feeling depressed, seemingly suffering from some disease. He went to consult an old physician named Yang Ji. Doctor Yang told the patient that he was suffering from a disease with extreme Heat, which was consuming his qi and blood. The doctor also predicted that the patient would die of phlegmon within three years. The scholar was not pleased to hear this and he went away. Later, he heard of a Taoist living in Maoshan Mountain who was famous for his exquisite skill in medicine. Disguised as a servant, the scholar went to the mountain and visited the Taoist, and asked to be taken on by the monastery as a servant. This was agreed. After a long time, the scholar told his story to the Taoist master and asked for treatment. The master diagnosed the scholar and told him laughingly that he should go back home and eat one good pear each day. If a fresh pear was not available, he should stew dried pear and eat the thing and drink the soup. His disease would be gone in this way. The schol-



人如其戒，经一岁复见吉老。见其颜貌腴泽，脉息和平，惊曰：君必遇异人，不然岂有痊理？士人备告吉老。吉老具衣冠望茅山设拜，自咎其学之未至。此与琐言之说仿佛。观夫二条，则梨之功岂小补哉？然惟乳梨、鹅梨、消梨可食，余梨则亦不能去病也。

〔附方〕旧八，新四。（略）

ar thanked the master and went back home and did as instructed everyday. One year later, the scholar went to see Doctor Yang Ji. Seeing the scholar was in good complexion with moderate pulse, Doctor Yang was startled and asked how this could happen. He said that the scholar could never enjoy such good health unless he had met with some extraordinary person. The scholar told the doctor about his encounter with the Taoist. Hearing this, the doctor prayed in a very formal way in the direction of Maoshan where the Taoist lived and said that his own skill was far behind that of the Taoist. This is a story similar to the record in the book *Suo Yan*. From such records, we can easily understand that the functions of pear should not be neglected. But only Ruli, Eli and Xiaoli are good for treating diseases. Other pears do not work this way.

[Prescriptions]

Eight prescriptions collected previously, and
four prescriptions collected recently.





木瓜（别录中品）

【释名】

楸音茂。

〔时珍曰〕按尔雅云：楸，木瓜。郭璞注云：木实如小瓜，酢而可食。则木瓜之名，取此义也。或云：木瓜味酸，得木之正气故名。亦通。楸从林、矛，谐声也。

【集解】

〔时珍曰〕木瓜可种可接，可以枝压。其叶光而厚，其实如小瓜而有鼻。津润味不木者为木瓜。圆小于木瓜，味木而酢涩者为木桃。似木瓜而无鼻，大于木桃，味涩者为木李，亦曰木梨，即榎楂及和圆子也。鼻乃花脱处，非脐蒂也。木瓜性脆，可蜜渍之为果。去子蒸烂，捣泥入蜜与姜作煎，冬月饮尤佳。木桃、木李性坚，可蜜煎及作糕食之。木



MUGUA

Common flowering quince

Chaenomeles lagenaria (Loisel.) Koidz.

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

[Explanation of Names]

MAO

Li Shizhen: The book *Er Ya* — Mao is simply Mugua. Guo Pu annotated: The fruit looks like a small melon, which is sour and edible. So it is named Mugua (“wood melon”). Some say that Mugua is sour in taste. This is because the fruit is nourished by the taste of Wood (sour), so it is called Mugua (“melon with taste of Wood”). This is also a reasonable explanation.

[Previous Explanations]

Li Shizhen: Common flowering quince can be developed in several ways: to plant by seed, to be grafted or to be developed by latering. Its leaf is lustrous and thick. Its fruit looks like a small melon with a nose-like base. Fruit with moistened flesh and does not taste woody (rough) is Mugua. Fruit that is smaller than Mugua with sour and astringent taste and woody quality is Mutao (“woody peach”). Fruit that is similar to Mugua, but bigger than Mutao, and is astringent in taste is Muli (“woody Japanese plum”), or Muli (“woody pear”). It is actually Mingzha and Heyuanzi. The nose-like base is where the flower has fallen. It is not the real base. Mugua is crispy and can be preserved with honey. Another way of preparation: Take off the seed and steam the fruit until it is well done. Pound the drug together with honey and fresh ginger to make juice. It is especially good to serve the juice in winter. Both Mutao and Muli are hard in quality. They



瓜烧灰散池中，可以毒鱼，说出淮南万毕术。又广志云：木瓜枝，一尺有百二十节，可为杖。

实

〔修治〕〔斲曰〕凡使木瓜，勿犯铁器，以铜刀削去硬皮并子，切片晒干，以黄牛乳汁拌蒸，从巳至未，待如膏煎，乃晒用也。〔时珍曰〕今人但切片晒干入药尔。按大明会典：宣州岁贡乌烂虫蛀木瓜入御药局。亦取其陈久无木气，如栗子去木气之义尔。

〔气味〕酸，温，无毒。〔思邈曰〕酸、咸，温，涩。〔洗曰〕不可多食，损齿及骨。

〔主治〕湿痹邪气，霍乱大吐下，转筋不止别录。治脚



can be stewed with honey or made into cake. When Mugua is burned into ash and spread in a fishpond, it will kill the fish. This is recorded in the Chapter Wanbishu in the book *Huainanzi*.

The book *Guang Zhi*: The twig of common flowering quince has many nodes. One segment one *chi* long may have 120 nodes. Such thing can be used as a walking stick.

MUGUASHI

Fruit of common flowering quince

Fructus chaenomelis

[Preparations]

Lei Xiao: In the process of preparing Mugua, iron object should be avoided. Cut off the hard peel and take off the seed with a cooper knife. Cut the fruit into slices and blend with milk of a yellow cow. Steam it from Sishi (9-11 hours) to Weishi (13-15 hours) until the thing turns into paste; then, dry it.

Li Shizhen: Now the processing of the drug is simply drying the drug in the sun.

The book *Da Ming Huidian*: Every year officials in Xuanzhou (Xuancheng) offer tribute of Mugua that is eaten by a moth and with black peel to the Imperial Pharmaceutical Bureau. This is because the long-stored fruit is free from the influence of the Wood element. This is the same as the use of Lizi/semen castanae/seed of hairy chestnut.

[Quality and Taste]

It is sour, warm and nontoxic.

Sun Simiao: It is sour, salty, warm and astringent.

Meng Xian: It should not be overeaten as it damages the tooth and bone.

[Indications]

It is good for treating arthralgia due to invading pathogenic Humidity and vicious factors. It also treats cholera with excessive vomiting and diarrhea and incessant spasm.

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



气冲心，取嫩者一颗，去子煎服佳。强筋骨，下冷气，止呕逆，心膈痰唾，消食，止水利后渴不止，作饮服之藏器。止吐泻奔豚，及水肿冷热痢，心腹痛大明。调营卫，助谷气雷斲。去湿和胃，滋脾益肺，治腹胀善噫，心下烦痞好古。

〔发明〕〔杲曰〕木瓜入手、足太阴血分，气脱能收，气滞能和。〔弘景曰〕木瓜最疗转筋。如转筋时，但呼其名及书上作木瓜字皆愈，此理亦不可解。俗人拄木瓜杖，云利筋胫也。〔宗奭曰〕木瓜得木之正，酸能入肝，故益筋与血。病腰肾脚膝无力，皆不可缺也。人以铅霜或胡粉涂之，



Chen Cangqi: It is good for treating beriberi with rushing gas up to the heart. Stew one tender Mugua (without seed) to make a decoction. Take the decoction. It consolidates tendon and bone, disperses cold gas, stops nausea and retching, eliminates phlegm and sputum. It helps digestion, quenches thirst due to diarrhea. Stew the drug to make a decoction.

Da Ming: It stops vomiting and diarrhea and Bentun (upward ascending of gas like a running piglet), eliminates puffy edema and dysentery with chills and fever. It stops abdominal pain.

Lei Xiao: It harmonizes the Ying (nutrient essence in blood) and Weiqi (body resistance) and helps digestion.

Wang Haogu: It eliminates pathogenic Humidity and harmonizes the Stomach, moistens the Spleen and reinforces the Lung. It is good for treating abdominal distention with hiccup, restlessness and stagnation of *qi*.

[Explication]

Li Gao: Mugua functions on the blood system of the Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin. When the *qi* is about to evanesce, it can be astringed with Mugua: when *qi* stagnates, the drug can motivate it.

Tao Hongjing: Mugua is especially good for relieving tendon spasm. When spasm of tendon occurs, if the drug is not available, the person may call the name of Mugua or write it on paper. In this way, the spasm will be reduced. The rationale is unknown. People say that walking with a stick made of common flowering quince gives one strong legs.

Kou Zongshi: Mugua is nourished by the Wood element. A drug of sour taste is beneficial to the tendon and blood. Mugua can cure diseases such as general debility of the waist, knee and leg. When Qianshuang/lead acetate or hufen/lead carbonate is applied to Mugua, it loses its sour taste and the fruit is no longer woody. This shows the controlling sequence of the Five Elements. The Wood is checked by the Metal.*

*The checking (controlling) sequence:

WOOD	EARTH	WATER	FIRE	METAL	WOOD
Liver	Spleen	Kidney	Heart	Lung	Liver



则失酢味，且无渣，盖受金之制也。〔时珍曰〕木瓜所主霍乱吐利转筋脚气，皆脾胃病，非肝病也。肝虽主筋，而转筋则由湿热、寒湿之邪袭伤脾胃所致，故筋转必起于足腓。腓及宗筋皆属阳明。木瓜治转筋，非益筋也，理脾而伐肝也。土病则金衰而木盛，故用酸温以收脾肺之耗散，而借其走筋以平肝邪，乃土中泻木以助金也。木平则土得令而金受荫矣。素问云：酸走筋，筋病无多食酸。孟诜云：多食木瓜，损齿及骨。皆伐肝之明验，而木瓜入手、足太阴为脾、肺药，非肝药，益可征矣。又针经云：多食酸，令人癯。酸入于胃，其气涩以收，上之两焦，不能出入，流入胃中，下去膀胱，胞薄以软，得酸则缩卷，约而不通，故水道不利而癯涩也。罗天益宝鉴云：太保刘仲海日食蜜煎木瓜三五枚，同



Li Shizhen: Diseases that can be treated by Mugua, such as cholera with vomiting and diarrhea, spasm and beriberi, all originate from Spleen and Stomach disorders. They are not related to the Liver. Although the Liver controls the tendon, yet spasm of the tendon are caused when the Spleen and Stomach are invaded by pathogenic Humidity-Heat and Humidity-Cold. Tendon spasms generally start from the calf, as the calf and tendon all belong to the Greater Yang Channel. So, when Mugua is used to treat tendon spasms, it is not that the drug functions on the tendon. The drug is actually regulating the Spleen and checking the Liver (Wood). When the Earth (Spleen and Stomach) is diseased, the Metal (Lung) is debilitated and the Wood (Liver) is strong. Being sour and warm, Mugua is used to astringe the dispersing qi of the Spleen and Lung. As the drug functions on the tendon, it works to curb the rampant qi of the Liver. This is a treatment based on the Earth by purging the Wood so as to reinforce the Metal. When the Wood element is pacified, the Earth (Spleen and Stomach) will be reinforced and the Metal (Lung) protected.

The classic *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*: A drug of sour taste functions on the tendon. When the tendon is diseased, do not eat too much sour food (or drug).

Meng Xian: Overeating of Mugua damages the tooth and bone. This is a proof that it is checking the Liver. Mugua functions on the Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin. It is not a drug that functions on the Liver.

The *Acupuncture Classics*: Overeating of sour food (or drug) causes uroschisis (dysuria). Pathology: When sour food enters the Stomach, it astringes and hampers the flow of qi between the Shangjiao (the upper-jiao, the upper warmer) and Zhongjiao (the middle-jiao, the middle warmer). When it flows to the Urinary Bladder, it softens and astringes the Bladder, thus hampering urination. And dysuria results.

The book *Weisheng Baojian* by Luotianyi: Liu Zhonghai, official title Taibao, was having three to five pieces of honey-preserved Mugua everyday. After some time, he and his companions all began to suffer from stranguria. When Mr. Liu Zhonghai inquired of Doctor Luo Tianyi, he got the following answer: The disease is caused by eating too much sour food, so

伴数人皆病淋疾，以问天益。天益曰：此食酸所致也，但夺食则已。阴之所生，本在五味；阴之所营，伤在五味。五味太过，皆能伤人，不独酸也。又陆佃埤雅云：俗言梨百损一益，楸百益一损。故诗云，投我以木瓜，取其有益也。

〔附方〕旧二，新十。（略）



the treatment is to stop eating it. The pathology is that Yin is produced by the five tastes, and this may also damage the Yin. Overeating of any taste may cause such damage. Sour tasting food is not the only taste that causes damage.

The book *Bei Ya* by Lu Dian: People generally understand that pear is a fruit that has one hundred damages to the health, but with only one benefit and Mugua is a fruit that has 100 benefits and only with one damages. That is why in *Shi Jing (Book of Songs)* it mentioned Mugua as something beneficial.

[Prescriptions]

Two prescriptions collected previously, and
10 prescriptions collected recently.



山楂音渣。（唐本草）

【释名】

赤瓜子侧巧切，唐本。鼠楂唐本。猴楂危氏。茅楂日用。杓子音求。繫梅音计，并尔雅。羊棣唐本。棠棣子图经。山里果食鉴。

〔时珍曰〕山楂味似楂子，故亦名楂。世俗皆作查字，误矣。查（音槎）乃水中浮木，与楂何关？郭璞注尔雅云：





SHANZHA

Hawthorn fruit

Crataegus pinnatifida Bge. var. *major* N.E.Br.,

Crataegus cuneata Sieb. et Zucc.

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

[Explanation of Names]

CHIZHAOZI

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

SHUZHA

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

HOZHA

— *Wei Shi*.

MAOZHA

— *Riyong Bencao* (*Materia Medica for Daily Use*).

QIUZI

— *Er Ya*.

JIMEI

— *Er Ya*.

YANGQIU

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

TANGQIUZI

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

SHANLIGUO

— *Shijian Bencao*.

Li Shizhen: Shanzha has a similar taste as Zhazi, so it is called Shanzha. But, colloquially, the character Zha is written as Cha (a simplified version), which is wrong. Actually the character Cha means “floating wood in water,” which has nothing to do with the character Zha here. Guo Pu in his



杔（音求）树如梅。其子大如指头，赤色似小柰，可食。此即山楂也，世俗作棣字亦误矣。棣乃栎实，于杔何关？楂、杔之名，见于尔雅。自晋、宋以来，不知其原，但用查、棣耳。此物生于山原茅林中，猴、鼠喜食之，故又有诸名也。唐本草赤爪木当作赤枣，盖枣、爪音讹也，楂状似赤枣故尔。范成大虞衡志有赤枣子。王璆百一选方云：山里红果，俗名酸枣，又名鼻涕团。正合此义矣。

【集解】

〔时珍曰〕赤爪、棠棣、山楂，一物也。古方罕用，故唐本虽有赤爪，后人不知即此也。自丹溪朱氏始著山楂之功，而后遂为要药。其类有二种，皆生山中。一种小者，山人呼为棠杔子、茅楂、猴楂，可入药用。树高数尺，叶有五尖，桠间有刺。三月开五出小白花。实有赤、黄二色，肥者如小林檎，小者如指头，九月乃熟，小儿采而卖之。闽人取熟者去皮核，捣和糖、蜜，作为楂糕，以充果物。其核状如

annotation to *Er Ya* said: The Qiu (hawthorn) tree looks like a pulm tree. Its fruit is as big as a thumb. It is red and looks like a small Nai. It is edible. This is simply Shanzha. Colloquially, the character Qiu is written another way (with a radical “wood”), which indicates the fruit of *Xiangshi/fructus querci acutissimae/fruit of saw tooth oak*. It has nothing to do with this fruit. The name Zha and Qiu first appeared in the book *Er Ya*. Since Jin Dynasty (265-420) and Song Dynasty (960-1279), people no more knew the origin of the name. So the names Cha and Qiu have been used as distorted characters. As the tree grows in the mountain in virgin forest, monkeys and rats like to eat the fruit. So, it has such names as Shuzha (“rat hawthorn”) and Houzha (“monkey hawthorn”). In *Tang Bencao*, it is recorded as Chizhaomu. It should be Chizao (mu). The character Zhao (claw) is a distorted version of Zao (date). This is because hawthorn fruit looks like a red date (Chizao). The book *Yuheng Zhi* by Fan Chengda mentioned the name Chizaozi.

The book *Baiyi Xuanfang* by Wang Qiu: Hawthorn also has the names such as Shanlihongguo, or colloquially Suanzao, or Bitituan.

[Previous Explanations]

Li Shizhen: Chizhao, Tangchu and Shanzha are actually the same thing. It was not used very often in ancient prescriptions. Although in *Tang Bencao*, Chizhao was recorded, nobody knows that this was really Shanzha. Since Doctor Zhu Danxi wrote in his books about the therapeutic function of Shanzha, the drug began to be used more and more often. There are two species and they grow in the mountain. One has small fruit. Local people call it Tangqiuzi, Maozha or Houzha, which can be used medically. The tree is about five *chi* tall. Its leaf has five forks. Between the forks there are thorns. In the third month, a small white flower with five petals blooms. The fruits can be red or yellow. The big ones look like small Lin-qin and the small ones are of the size of a fingertip. It gets ripe in the ninth month. Children collect the fruit and sell it in the street. People in Fujian process the fruit by taking off the seeds and pounding it together with sugar and honey to make a kind of jelly and serve it as a native produce. The seed of the fruit looks like Qianniuzi/semen pharbitidis/pharbitis seed, which is





牵牛子，黑色甚坚。一种大者，山人呼为羊杭子。树高丈余，花叶皆同，但实稍大而色黄绿，皮涩肉虚为异尔。初甚酸涩，经霜乃可食。功应相同，而采药者不收。

实

〔修治〕〔时珍曰〕九月霜后取带熟者，去核曝干，或蒸熟去皮核，捣作饼子，日干用。

〔气味〕酸，冷，无毒。〔时珍曰〕酸、甘，微温。生食多令人嘈烦易饥，损齿，齿齲人尤不宜也。

〔主治〕煮汁服，止水痢。沐头洗身，治疮痒唐本。煮汁洗漆疮，多瘥弘景。治腰痛有效苏颂。消食积，补脾，治小肠疝气，发小儿疮疹吴瑞。健胃，行结气。治妇人产后儿枕痛，恶露不尽，煎汁入沙糖服之，立效震亨。化饮食，消



black and very solid. There is another species that has big fruit. People in the mountain call it Yangqiuzi. The tree is more than 10 *chi* tall. Its leaf and flower are the same as that with small fruit. But its fruit is a bit bigger, and is yellow and green. It has tough peel and loose flesh. At first, the fruit is very sour and astringent. After frost fall, however, it becomes edible. It has similar therapeutic functions, but drug collectors do not collect it.

SHANZHA SHI

Hawthorn fruit

Fructus crataegi

[Preparation]

Li Shizhen: Collect the ripe fruit in the ninth month after frost fall. Take off the seeds and dry it in the sun. Or, it can be first steamed before removing the peel and seeds. Then, pound the drug into paste and make cakes. Dry the drug in the sun and save it for future use.

[Quality and Taste]

It is sour, cold and nontoxic.

Li Shizhen: It is sour, sweet and slightly warm. Overeating of the fruit makes one restless with regurgitation and excessive appetite. It damages the tooth. People suffering dental caries should not have it at all.

[Indications]

Stew the drug to make a decoction to stop watery dysentery. Wash the hair and body to get rid of itching and sores.

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

Tao Hongjing: Stew the fruit to make a decoction for washing the skin to treat dermatitis rhus. It is effective.

Su Song: It is effective to treat lumbago.

Wu Rui: It helps dissolve indigestion. It tonifies the Spleen. It is also good for treating hernia. It brings out the measles of infants.

Zhu Zhenheng: It is good for treating afterpains of woman and stop incessant lochia. Stew the drug to make a decoction and blend in sugar. It



肉积癥瘕，痰饮痞满吞酸，滞血痛胀时珍。化血块气块，活血宁原。

〔发明〕〔震亨曰〕山楂大能克化饮食。若胃中无食积，脾虚不能运化，不思食者，多服之，则反克伐脾胃生发之气也。〔时珍曰〕凡脾弱食物不克化，胸腹酸刺胀闷者，于每食后嚼二三枚，绝佳。但不可多用，恐反克伐也。按物类相感志言：煮老鸡、硬肉，入山楂数颗即易烂。则其消肉积之功，益可推矣。珍邻家一小儿，因食积黄肿，腹胀如鼓。偶往羊杓树下，取食之至饱。归而大吐痰水，其病遂愈。羊杓乃山楂同类，医家不用而有此效，则其功应相同矣。

〔附方〕新七。（略）



works right after the drug is taken.

Li Shizhen: It dissolves indigestion, hard mass due to indigestion of meat, phlegm retention and acid regurgitation. It removes blood stasis, pain and distention.

Ning Yuan: It activates blood circulation, disperses blood clot and stagnation of qi.

[Explication]

Zhu Zhenheng: Shanzha is a very effective drug in helping to digest food. But it is not suitable for a patient who does not have any appetite due to debilitated condition of the Spleen and there is no indigestion. If the drug is given in big doses, it curbs the germination tendency of the Spleen and Stomach.

Li Shizhen: One could chew two to three pieces of the fruit after meal to deal with indigestion accompanied by acid regurgitation in the chest and abdomen, with stabbing pain and distention due to debilitated condition of the Spleen function. But it cannot be overdosed lest it check the normal function (of the Spleen and Stomach).

The book *Wulei Xianggan Zhi*: When old chicken or hard meat is to be stewed, add a few pieces of Shanzha. In this way, the meat is easier to prepare. From this we can see its function of dissolving meat. Here is a case: An infant of my neighborhood was suffering from jaundice with swelling skin due to indigestion. His abdomen was as distended as a drum. Once he played under a Yangqiu (hawthorn) tree and ate as much as he could of the fruit. After coming back home, he suffered terrible vomiting of phlegm and fluid. But his trouble was gone after that. Comment: Yangqiu is one species of hawthorn, which has similar therapeutic functions. But it is generally not used by doctors.

[Prescriptions]

Seven prescriptions collected recently.

安石榴（别录下品）

【释名】

若榴广雅。丹若古今注。金罌

〔时珍曰〕榴者瘤也，丹实垂垂如赘瘤也。博物志云：汉张骞出使西域，得涂林安石国榴种以归，故名安石榴。又按齐民要术云：凡植榴者须安僵石枯骨于根下，即花实繁茂。则安石之名义或取此也。若木乃扶桑之名，榴花丹赭似之，故亦有丹若之称。傅玄榴赋所谓“灼若旭日栖扶桑”者是矣。笔衡云：五代吴越王钱鏐改榴为金罌。酉阳杂俎言榴甜者名天浆。道家书谓榴为三尸酒，言三尸虫得此果则醉也。故范成大诗云：玉池咽清肥，三彭迹如扫。





ANSHILIU

Pomegranate

Punica granatum L.

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

[Explanation of Names]

ROULIU

— *Guang Ya*.

DANRUO

— *Gujin Zhu*.

JINYING

Li Shizhen: Liu means “tumor or goiter.” It is a name depicting the hanging pomegranate.

The book *Bowu Zhi*: Zhang Qian, imperial envoy of the Han Dynasty (206BC-220AD), went to Xiyu and got the seed of Shiliu from Anshi country in Tulin. He took the seed back and it was planted. As it originated from Anshi country, so it was called Anshiliu.

The book *Qimin Yaoshu*: Whenever pomegranate is planted, some stone and decayed bone should be buried by the root of the tree to enable them to grow better. This may also explain the origin of the name. Anshi means “place stone.” The names Ruoliu and Danruo also have the character Ruo, which is the other name of Chinese hibiscus. This is because the flower of pomegranate is red and resembles the flower of hibiscus. Fu Xuan in his work *Liu Fu* (*Praise of Pomegranate*) described the plant as “The rising sun resting on the hibiscus.” The book *Bi Heng*: Qian Liu, king of Wuyue in Five Dynasties (907-960) changed the name of pomegranate to Jinying.

The book *Youyang Zaju*: The sweet pomegranate is also called Tianjiang. In the Taoist book, the name of pomegranate is changed to Sanshijiu, mean-



【集解】

〔时珍曰〕榴五月开花，有红、黄、白三色。单叶者结实。千叶者不结实，或结亦无子也。实有甜、酸、苦三种。抱朴子言苦者出积石山，或云即山石榴也。酉阳杂俎言南诏石榴皮薄如纸。琐碎录言河阴石榴名三十八者，其中只有三十八子也。又南中有四季榴，四时开花，秋月结实，实方绽，随复开花。有火石榴赤色如火。海石榴高一二尺即结实。皆异种也。案事类合璧云：榴大如杯，赤色有黑斑点，皮中如蜂巢，有黄膜隔之，子形如人齿，淡红色，亦有洁白如雪者。潘岳赋云：榴者，天下之奇树，九州之名果。千房同膜，千子如一。御饥疗渴，解醒止醉。



ing when this is eaten, Sanshi* in the body will get drunk. So Fan Chengda had a poem: When pomegranate is eaten, the Sanpeng** is swept away.

[Previous Explanations]

Li Shizhen: The pomegranate flower blooms in the fifth month. The flowers color may vary from red, yellow and white. A single-petal flower will bear fruit, while a multi-petal flower does not do so. Or, even if it bears fruit, it does not have a seed inside. The fruit may vary in taste: sweet, sour and bitter. The book *Baopuzi* says that bitter pomegranate is produced in Jishi Mountain. Some say this is simply Shanshiliu.

The book *Youyang Zaju*: Pomegranate produced in Nanzhao has a peel as thin as paper.

The book *Suosui Lu*: the pomegranate produced in Heyin is also called thirty-eight, as in each fruit, there are 38 seeds. Also, in the south there is a kind of Sijiliu (meaning “pomegranate of four seasons”). The flower blooms in all four seasons and bears fruit in the autumn. When the fruit cracks, a new flower blooms. There is a kind of Huoshiliu (“fire pomegranate”) that is as red as fire. There is a kind of Haishiliu (“sea pomegranate”). The flower blooms when the tree is only one or two *chi* tall. All the above are special varieties.

The book *Shilei Hebi*: Pomegranate is as big as a cup. It is red with black dots. Inside the fruit looks like a wasps’ nest with yellow membrane separating the fruit into small cells. The seed looks like a human tooth. It is light red. There is also fruit with a snow-white seed. Pan Yue once described pomegranate as follows: Pomegranate is a tree of extraordinary character under heaven and a famous fruit in the nine prefectures. Within one fruit there are 1,000 cells and in every cell there is the same seed. It quenches thirst and feeds a person. It detoxifies alcoholism.

*Sanshi is understood by Taoists as a kind of spirit haunting the patient. It is also understood to be a subcutaneous node appearing on three portions of the body cavity.

**Sanpeng is the same as Sanshi.



甘石榴

〔气味〕甘、酸，温，涩，无毒。多食损人肺别录。

〔洗日〕多食损齿令黑。凡服食药物人忌食之。〔震亨曰〕榴者留也。其汁酸性滞，恋膈成痰。

〔主治〕咽喉燥渴别录。能理乳石毒段成式。制三尸虫时珍。

酸石榴

〔气味〕酸，温，涩，无毒。

〔主治〕赤白痢腹痛，连子捣汁，顿服一枚孟诜。止泻痢崩中带下时珍。



GANSHILIU

Sweet pomegranate

Fructus granati

[Quality and Taste]

It is sweet, sour, warm, astringent and nontoxic.

Overeating of it will damage the Lung.

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

Meng Xian: Overeating of the fruit damages and blackens the tooth. It is prohibited to those who are taking life-prolonging drugs.

Zhu Zhenheng: The sour juice of the fruit will stay in the diaphragm and cause accumulation of phlegm.

[Indications]

It quenches thirst and moistens dryness in the throat.

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

Duan Chengshi: It detoxifies toxin of stalactite.

Li Shizhen: It treats a patient seemingly haunted by strange worms.

SUANSHILIU

Sour pomegranate fruit

Fructus granati

[Quality and Taste]

It is sour, warm, astringent and nontoxic.

[Indications]

Meng Xian: It is good for treating dysentery with white and bloody discharge and abdominal pain. Pound the fruit (with seed) to get juice. Take the juice from one fruit as a dose.

Li Shizhen: It is good for treating diarrhea and dysentery, metrorrhagia and leucorrhea.



〔发明〕〔时珍曰〕榴受少阳之气，而荣于四月，盛于五月，实于盛夏，熟于深秋。丹花赤实，其味甘酸，其气温涩，具木火之象。故多食损肺、齿而生痰涎。酸者则兼收敛之气，故入断下、崩中之药。或云白榴皮治白痢，红榴皮治红痢，亦通。

〔附方〕新五。（略）

酸榴皮

〔修治〕〔斆曰〕凡使榴皮、叶、根勿犯铁，并不计干湿，皆以浆水浸一夜，取出用，其水如墨汁也。

〔气味〕同实。

〔主治〕止下痢漏精别录。治筋骨风，腰脚不遂，行步



[Explication]

Li Shizhen: Shiliu, nourished by the qi of Lesser Yang, blooms in the fourth month, flourishes in the fifth month and bears fruit in the hot summer, riping in late autumn. It has a red flower and red fruit. It is sweet and sour in taste, warm and astringent in quality. It is a manifestation of the Wood and Fire element. Overeating it will cause damage to the Lung and tooth and induce germination of phlegm and saliva. Fruit that is sour is astringent in quality and therefore added in a prescription treating dysentery and metrorrhagia. Some say white Shiliupi/pericarpium granati/pomegranate rind is good for treating dysentery with whitish discharge and the red Shiliupi is good for treating dysentery with bloody discharge.

[Prescriptions]

Five prescriptions collected recently.

SUANLIUPI

Sour pomegranate rind
Pericarpium granati

[Preparation]

Lei Xiao: Whenever the peel, leaf and root (either dry or fresh) of pomegranate are processed, first soak it in Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet overnight. Take out the drug. The water left is as black as ink.

[Quality and Taste]

The same as the fruit.

[Indications]

It is good for treating dysentery and stop emission.

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

Zhen Quan: It is good for treating arthralgia, contraction, pain and paralysis of waist and leg, and difficulty in walking. It astringes the Intestine (to stop diarrhea). Drip the juice into the eye to stop shedding of tears.

挛急疼痛，涩肠。取汁点目，止泪下权。煎服，下蛔虫藏器。止泻痢，下血脱肛，崩中带下时珍。

〔附方〕旧六，新四。（略）





Chen Cangqi: Stew the drug to make a decoction to disperse round-worms.

Li Shizhen: It stops diarrhea and dysentery, hematochezia and prolapse of rectum. It is also good for stopping metrorrhagia and leucorrhea.

[Prescriptions]

Six prescriptions collected previously, and
four prescriptions collected recently.

橘（本经上品）

【释名】

〔时珍曰〕橘从喬（音鹞），谐声也。又云，五色为庆，二色为喬。喬云外赤内黄，非烟非雾，郁郁纷纷之象。橘实外赤内黄，剖之香雾纷郁，有似乎喬云。橘之从喬，又取此意也。

【集解】

〔时珍曰〕橘、柚苏恭所说甚是。苏颂不知青橘即橘之未黄者，乃以为柚，误矣。夫橘、柚、柑三者相类而不同。橘实小，其瓣味微酢，其皮薄而红，味辛而苦。柑大于橘，其瓣味甘，其皮稍厚而黄，味辛而甘。柚大小皆如橙，其瓣味酢，其皮最厚而黄，味甘而不甚辛。如此分之，即不误矣。按事类合璧云：橘树高丈许，枝多生刺。其叶两头尖，绿色光面，大寸余，长二寸许。四月着小白花，甚香。结实至冬黄熟，大者如杯，包中有瓣，瓣中有核也。宋韩彦直著



JU

Ripe tangerine
Citrus reticulate Blanco,
Citrus tangerina Hort et Tanaka,
Citrus erythrosa Tanaka.

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

[Explanation of Names]

The name Ju is a character that imitates the sound. Or, some say it is a character depicting the color of its fruit.

[Previous Explanations]

Li Shizhen: What Su Gong said about Juzi and Youzi is correct. But Su Song said that the green Juzi should be Youzi. This is wrong, as the green Juzi is the same fruit as yellow Juzi before it gets ripe. The three fruits: Juzi, Youzi and Gan are three similar fruits. Juzi is small. Its pulp is slightly sour. Its peel is thin and red, and it tastes pungent and bitter. Gan is bigger than Juzi. Its pulp is sweet. Its peel is a bit thicker and is yellow in color. It is pungent and sweet. Youzi is as big as Chengzi. Its pulp is sour. Its peel is very thick and is yellow in color. It is sweet and a little pungent. When fruits are judged by the above differences, it is not difficult to differentiate them.

The book *Shilei Hebi*: The tree of Juzi is about 10 *chi* tall. The twigs are covered with thorns. Its leaf has sharp ends at both sides. It is green and lustrous. It is one *cun* wide and two *cun* long. In the fourth month, a small white flower blooms. It is very fragrant. Then, fruit is borne, ripening in winter. It can be as big as a cup. In the peel there are sections and in the sections there are seeds. Han Yanzhi, scholar in the Song Dynasty (960-1279), wrote the book *Ju Pu* (*Collection of Tangerines*) in three volumes. It





橘谱三卷甚详，其略云：柑橘出苏州、台州，西出荊州，南出闽、广、抚州，皆不如温州者为上也。柑品有八，橘品十有四，多是接成。惟种成者，气味尤胜。黄橘扁小而多香雾，乃橘之上品也。朱橘小而色赤如火。绿橘紺碧可爱，不待霜后，色味已佳，隆冬采之，生意如新。乳橘状似乳柑，皮坚瓢多，味绝酸芳。塌橘状大而扁，外绿心红，瓣巨多液。经春乃甘美。包橘外薄内盈，其脉瓣隔皮可数。绵橘微小，极软美可爱，而不多结。沙橘细小甘美。油橘皮似油饰，中坚外黑，乃橘之下品也。早黄橘秋半已丹。冻橘八月开花，冬结春采。穿心橘实大皮光，而心虚可穿。荔枝橘出横阳，肤理皱密如荔子也。俗传橘下埋鼠，则结实加倍。故物类相感志曰：橘见尸而实繁。涅槃经云：如橘见鼠，其果实多。周礼言橘逾淮而北，变为枳，地气然也。余见柑下。

橘实

〔气味〕甘、酸，温，无毒。〔弘景曰〕食之多痰，恐



is a book with detailed descriptions. The following is a quotation from the book: Gan and Juzi are produced in Suzhou and Taizhou, as well as Jingzhou in the west, and in Min, Guangzhou and Fuzhou in the south. But the best fruit is produced in Wenzhou. There are eight species of Gan and 14 species of Juzi. Most grow on a tree that has been grafted. Fruit on a tree without grafting is even better. Yellow Juzi is smaller but more fragrant. It is a superior species. Red Juzi is small and as red as fire. Green Juzi is green and lovely. Before frost fall, it looks lovely and tastes well. When it is picked in winter, it is still fresh and tender. Ruju looks like Rugan. It has hard peel and plump pulp. It is very sour and fragrant. Tajū is big and flat. It has green peel and red pulp. Its section is big and juicy. It becomes even better after spring. Baoju has thin peel and juicy pulp. Its pith is very clear. Mianju is very small. It is delicious, tender and lovely. But its production is limited. Shaju is small, delicious and lovely. Youju has oily and black peel and hard pulp, one of the worst of the kind. Zaohuangju turns red in mid-autumn. Dongju has flowers in the eighth month and bears fruit in winter, which gets ripe in spring. Chuanxinju is big with lustrous peel. It is loose inside and string can penetrate through it. Lizhiju, produced in Hengyang, looks like Lizhi/fructus litchi/lychee. People say if a rat can be buried under the tree, the harvest of Juzi can be doubled.

The book *Wulei Xiangguan Zhi*: When the tree has a dead corpse of animals, it doubles its fruits.

The Classic of Nirvana: When a tangerine tree is nourished by a rat, it bears more fruits.

The book *Zhou Li (Rites of the Zhou Dynasty)*: When a tangerine tree is transplanted to area north of the Huaihe River, it turns into bitter orange. The difference of earth makes it do so. Also see explanations in Gan.

JU SHI

Ripe tangerine

Fructus citri reticulatae

[Quality and Taste]

It is sweet, sour, warm and nontoxic.



非益也。〔原曰〕多食恋膈生痰，滞肺气。〔瑞曰〕同螃蟹食，令人患软痲。

〔主治〕甘者润肺，酸者聚痰藏器。止消渴，开胃，除胸中膈气大明。

〔发明〕〔时珍曰〕橘皮下气消痰，其肉生痰聚饮，表里之异如此，凡物皆然。今人以蜜煎橘充果食甚佳，亦可酱菹也。

黄橘皮

〔释名〕红皮汤液。陈皮食疗。〔弘景曰〕橘皮疗气大胜。以东橘为好，西江者不如。须陈久者为良。〔好古曰〕橘皮以色红日久者为佳，故曰红皮、陈皮。去白者曰橘红也。



Tao Hongjing: Overeating of it will cause accumulation of phlegm. It is not something that is very beneficial to health.

Ning Yuan: Overeating of the fruit causes accumulation of phlegm. It retards the circulation of qi in the Lung.

Wu Rui: If it is eaten together with crab, it cause soft carbuncle.

[Indications]

Chen Cangqi: The sweet fruit moistens the Lung and the sour one helps accumulation of phlegm.

Da Ming: It quenches thirst in diabetes, whets the appetite, and disperses stagnation of qi in the chest.

[Explication]

Li Shizhen: Jupi brings down adverse ascending gas and eliminates phlegm. Juzi helps produce phlegm and accumulation of fluid retention. The peel and pulp of the same fruit are so different in their therapeutic functions. This is also true to other things. Now, people preserve Jupi with honey and take it as a tidbit. It is a good thing. It can also be processed into a kind of paste.

HUANGJUPI

Yellow tangerine peel
Pericarpium citri reticulate

[Explanation of Names]

HONGPI

— *Tangye Bencao*.

CHENPI

— *Shiliao Bencao (Meng Xian's Dietetic Materia Medica)*.

Tao Hongjing: Jupi is a very good drug in regulating the circulation of qi. Jupi produced in the east is the best. That produced in Xijiang is not so good. The long-stored drug is even better.

Wang Haogu: Jupi that is red in color after long storage is the best. So, it is called Hongpi (“red peel”) and Chenpi (“long-stored peel”). Jupi that



〔修治〕〔斆曰〕凡使勿用柚皮、皱子皮，二件用不得。凡修事，须去白膜一重，锉细，以鲤鱼皮裹一宿，至明取用。〔宗奭曰〕本草橘柚作一条，盖传误也。后世不知，以柚皮为橘皮，是贻无穷之患矣。此乃六陈之一，天下日用所须。今人又多以乳柑皮乱之，不可不择也。柑皮不甚苦，橘皮极苦，至熟亦苦。或以皮之紧慢分别，又因方土不同。亦互有紧慢也。〔时珍曰〕橘皮纹细色红而薄，内多筋脉，其味苦辛。柑皮纹粗色黄而厚，内多白膜，其味辛甘。柚皮最厚而虚，纹更粗，色黄，内多膜无筋，其味甘多辛少。但以此别之，即不差矣。橘皮性温，柑、柚皮性冷，不可不知。今天下多以广中来者为胜，江西者次之。然亦多以柑皮杂之。柑皮犹可用，柚皮则悬绝矣。凡橘皮入和中理胃药则留白，入下气消痰药则去白，其说出于圣济经。去白者，以白汤入盐洗润透，刮去筋膜，晒干用。亦有煮焙者，各随本方。



is peeled of its Juluo/vascular aurantii/tangerine pith is called Juhong/exocarpium citrirubrum/tangerine peel.

[Preparation]

Lei Xiao: Youpi/exocarpium citri grandis/pomelo peel and Zhouzipi cannot be used as substitute. First, peel off the white membrane inside. File the drug into small pieces. Wrap the drug with skin of carp and leave it overnight. The drug can be used the next morning.

Kou Zongshi: In *Shen Nong Bencao Jing*, Juzi and Youzi are included in the same clause. This is a distortion that occurred over time. Later people did not know this and took Youpi as Jupi. This has caused a lot of trouble. Jupi is one of the six “long-stored” drugs, something that is used daily. But now, people used Ganpi/pericarpium citri chachiensis/peel of mandarin orange to replace it. You have to be careful to make a differentiation. The way to differentiate them: Ganpi is not very bitter, but Jupi is still very bitter even if when ripe. Some people try to differentiate the two by the texture of its peel. This is not very reliable as the peel may differ due to its origin.

Li Shizhen: The texture of Jupi is fine. It is red and thin with veins inside. It is bitter and pungent. Ganpi has a coarse texture. It is yellow and thick, and covered with white membrane inside. It is pungent and sweet. Youpi is the thickest with loose quality and coarse texture. It is yellow, has a thick membrane. And there is no vein. It is mainly sweet with a little pungent taste. They can be easily differentiated by the above differences. Jupi is warm in quality. Ganpi and Youpi are cold in quality. Now, Jupi from Guangdong and Guangxi is considered the best. That from Jiangxi is only next to it. But it is always mixed with Ganpi. Nonetheless, Ganpi can be used as a substitute. But Youpi is a different thing. When Jupi is used in drugs that are designed to harmonized the interior and regulate the Stomach, its white membrane should be reserved. When it is used to bring down the adverse ascending gas and eliminate the phlegm, the white thing should be peeled off. This is recorded in the book *Shenji Jing*. The way to take off the white membrane is to soak the drug in hot water with salt. Scrub off the white thing and dry the drug in the sun. The other way is to stew the drug



〔气味〕苦、辛，温，无毒。

〔主治〕胸中瘕热逆气，利水谷。久服去臭，下气通神本经。下气，止呕咳，治气冲胸中，吐逆霍乱，疗脾不能消谷，止泄，除膀胱留热停水，五淋，利小便，去寸白虫别录。清痰涎，治上气咳嗽，开胃，主气痢，破癥瘕痞甄叔。疗呕哕反胃嘈杂，时吐清水，痰痞痲症，大肠闼塞，妇人乳痛。入食料，解鱼腥毒时珍。

〔发明〕〔杲曰〕橘皮薄味厚，阳中之阴也。可升可降，为脾、肺二经气分药。留白则补脾胃，去白则理肺气。同白术则补脾胃，同甘草则补肺。独用则泻肺损脾。其体轻



and bake it dry. It should be processed in accordance with need.

[Quality and Taste]

It is bitter, pungent, warm and nontoxic.

[Indications]

It disperses hard mass in chest with fever and adverse gas. It facilitates digestion of cereals and water. Long-term use eliminates bad odor. It is good for bringing down adverse ascending gas. It strengthens intelligence.

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

It brings down adverse ascending gas rushing up to chest and stops coughing and nausea. It stops cholera with vomiting and dyspnoea. It helps the Spleen to digest food. It stops diarrhea. It disperses fluid retention in Urinary Bladder with Heat. It treats five types of stranguria, facilitates urination and kills tapeworm.

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

Zhen Quan: It clears phlegm and saliva, treats coughing with dyspnoea. It whets the appetite. It is good for treating dysentery with flatus. It dissolves hard mass and a lump in the abdomen.

Li Shizhen: It is good for treating regurgitation with gastric distress, retching and nausea and spitting of saliva. It is also good for treating phlegm accumulation, stagnation of qi and pertinacious malaria. It disperses constipation. It treats acute mastitis. It can be added into food seasonings to detoxify toxin of fish and fishy food.

[Explication]

Li Gao: Jupi is thin in quality and thick in taste, a drug of Yin in the Yang. It can ascend and descend. It is a drug functioning on the qi system of the Spleen Channel of Foot Initial Yin and Lung Channel of Hand Initial Yin. If the white membrane is not taken off, the drug is good for tonifying the Spleen and Stomach. If the white membrane is taken off, it regulates the qi in the Lung. Used together with Baizhu/rhizome *atractylodis macrocephalae*/rhizome of large head *atractylodes*, it tonifies the spleen and stomach. When it is used together with Gancao/radix *glycyrrhizae*/liquorice



浮，一能导胸中寒邪，二破滞气，三益脾胃。加青皮减半用之去滞气，推陈致新。但多用久服，能损元气也。〔原曰〕橘皮能散能泻，能温能补能和，化痰治嗽，顺气理中，调脾快膈，通五淋，疗酒病，其功当在诸药之上。〔时珍曰〕橘皮，苦能泄能燥，辛能散，温能和。其治百病，总是取其理气燥湿之功。同补药则补，同泻药则泻，同升药则升，同降药则降。脾乃元气之母，肺乃摄气之籥，故橘皮为二经气分之药，但随所配而补泻升降也。洁古张氏云，陈皮、枳壳利其气而痰自下，盖此义也。同杏仁治大肠气阏，同桃仁治大肠血阏，皆取其通滞也。详见杏仁下。按方勺泊宅编云：橘皮宽膈降气，消痰饮，极有殊功。他药贵新，惟此贵陈。外



root, it tonifies the Lung. If it is used independently, it purges the Lung and damages the Spleen. It is a drug that is light and floating. It leads out the pathogenic Cold resting in the chest. It disperses stagnation of qi and it is beneficial to the Spleen and Stomach. When the drug is used together with half a dose of Qingpi/pericarpium citri reticulatae viride/green tangerine peel, it disperses stagnation of qi, pushes away the old and ushers in the new. But long-term use with big dosage will consume the Yuanqi (Primordial Vital Energy).

Ning Yuan: Jupi is dispersing and purging, warming, tonifying and harmonizing. It dissolves phlegm and stops coughing, facilitates the flow of qi and regulates the interior, harmonizes the Spleen and facilitates the diaphragm. It is good for treating five types of stranguria and detoxify alcoholism. It is a drug with superior therapeutic functions.

Li Shizhen: Jupi is bitter, so it purges and dries. As it is pungent, it also disperses. It is warm and harmonizing. It is a drug that is good for a hundred diseases. It is a drug that regulates the qi and dries Humidity. When it is used together with a tonic, it becomes one itself. While accompanying a purgative, it purges, too. Used together with a drug with ascending tendency, it ascends, too. When working together with a drug of descending tendency, it flows downward, too. The Spleen is the mother of Yuanqi and the Lung is the key that controls the qi. As Jupi is a drug functioning on both Channels, it functions as an assistant to drugs of any function: ascending and descending, tonifying and purging.

Zhang Jiegu: Chenpi and Zhiqiao/fructus aurantii/bitter orange bring down phlegm accumulation by facilitating the flow of qi. Used together with Xingren/semen armeniacae amarum/bitter apricot seed, the drug is good for dredging through constipation with pent-up qi. Used together with Taoren/semen persicae/peach seed, the drug is good for dredging through constipation with pent-up blood. The above application shows the dispersing function of Jupi. For details see the drug Xingren.

The book *Bozhai Bian* by Fang Shao: Jupi relieves epigastric distention and brings down the qi. It dissolves phlegm retention. It is a very effective drug. When other drugs are used, new and fresh drugs are always chosen. But for this drug, the long-stored one is better. Here is a case: Mo Qian-



舅莫强中令丰城时得疾，凡食已辄胸满不下，百方不效。偶家人合橘红汤，因取尝之，似相宜，连日饮之。一日忽觉胸中有物坠下，大惊目瞪，自汗如雨。须臾腹痛，下数块如铁弹子，臭不可闻。自此胸次廓然，其疾顿愈，盖脾之冷积也。其方：用橘皮去穰一斤，甘草、盐花各四两，水五碗，慢火煮干，焙研为末，白汤点服。名二贤散，治一切痰气特验。世医徒知半夏、南星之属，何足以语此哉？珍按：二贤散，丹溪变之为润下丸，用治痰气有效。惟气实人服之相宜，气不足者不宜用之也。

〔附方〕旧八，新二十。（略）



zhong, my uncle, was suffering from a disease while he was still in office as governor of Fengcheng city. After each meal, he felt full and distended in the chest, which could not be cured by any means. Then, in the family soup of Juhong/exocarpium citri rubrum/tangerine peel was prepared. He tried some and felt a little better. So, he began to have the soup in the following days. One day he felt something was dropping from his chest. His eyes became staring, and he had spontaneous profuse perspiration and abdominal pain. Several pieces of hard feces with a bad smell were defecated. After that, he felt very comfortable in the chest. Finally his ailment was cured completely. This is a case caused by cold accumulation in the Spleen. Prescription:

One *jin* of Jupi (without white membrane),
four *liang* of Gancao/radix glycyrrhizae/licuorice root, and
four *liang* of salt.

Stew in five bowls of water until the water is completely consumed. Bake the drugs and grind them into powder. Take a little of the powder with rice soup or hot water. This prescription is named Erxian San, which is good for dispersing all kinds of phlegm accumulation. Normally, a mediocre doctor will add Tiannanxing/rhizome arisaematis/jack-in-the-pulpit tuber and Banxia/rhizoma pinelliae/pinellia tuber. They cannot understand the pharmacological reasoning of the above prescription. Li Shizhen's comment: Doctor Zhu Danxi changed the Erxian San into another prescription called Runxia Wan (Pills to Purge by Moistening), which is an effective prescription in treating phlegm retention. But it is only good for patients who are strong and not applicable to the weak.

[Prescriptions]

Eight prescriptions collected previously, and
20 prescriptions collected recently.

QINGJUPI

Green tangerine peel
Pericarpium citri reticulatae viride



青橘皮

〔修治〕〔时珍曰〕青橘皮乃橘之未黄而青色者，薄而光，其气芳烈。今人多以小柑、小柚、小橙伪为之，不可不慎辨之。入药以汤浸去瓢，切片醋拌，瓦炒过用。

〔气味〕苦、辛，温，无毒。

〔主治〕气滞，下食，破积结及膈气颂。破坚癖，散滞气，去下焦诸湿，治左胁肝经积气元素。治胸膈气逆，胁痛，小腹疝痛，消乳肿，疏肝胆，泻肺气时珍。

〔发明〕〔元素曰〕青橘皮气味俱厚，沉而降，阴也。入厥阴、少阳经，治肝胆之病。〔杲曰〕青皮乃足厥阴引经之药，能引食入太阴之仓。破滞削坚，皆治在下之病。有滞



[Preparation]

Li Shizhen: This is the tangerine peel that is not ripe. It is still green, thin and lustrous with strong fragrant odor. But now, merchants use small Youpi, small Ganpi or small Chenpi as a substitute. You have to differentiate them carefully. First, soak the drug in hot water and then peel off the white membrane. Cut it into slices. Blend it with vinegar and stir-fry it in a pottery pot.

[Quality and Taste]

It is bitter, pungent, warm and nontoxic.

[Indications]

Su Song: It helps digestion, eliminates accumulation and stagnation of qi.

Zhang Yuansu: It disperses hard mass and stagnation of qi. It eliminates invading pathogenic factors resting with the Xiajiao (the lower-jiao, the lower warmer). It also disperses accumulation of qi of the Liver Channel in the left hypochondrium.

Li Shizhen: It is good to bring down the adverse ascending gas in the chest and diaphragm with costal pain, and hernia in the lower abdomen. It dissolves swelling of the breast. It facilitates circulation of qi of the Liver and Gall Bladder. It purges the qi in the Lung.

[Explication]

Zhang Yuansu: Qingpi is a drug with thick quality and taste. It has a sinking and descending tendency, a drug of Yin. It functions on the Greater Yin and Lesser Yang Channels. It is good for treating diseases of the Liver and Gall Bladder.

Li Gao: Qingpi is the guiding drug functioning on the Liver Channel of Foot Greater Yin. It can lead food to enter the house of the lesser Yin. It disperses accumulation and stagnation and dissolves hardness. It is generally good for treating diseases at the Xiajiao (the lower-jiao, the lower warmer). It can disperse stagnation of qi. If there is no such stagnation, it will consume the Zhenqi (original Vital Energy).

Wang Haogu: Chenpi functions on the upper part of the body; Qingpi functions on the lower part. Like Zhiqiao/fructus aurantii/bitter orange, it



气则破滞气，无滞气则损真气。〔好古曰〕陈皮治高，青皮治低，与枳壳治胸膈，枳实治心下同意。〔震亨曰〕青皮乃肝胆二经气分药，故人多怒有滞气，胁下有郁积，或小腹疝疼，用之以疏通二经，行其气也。若二经实者，当先补而后用之。又云：疏肝气加青皮，炒黑则入血分也。〔时珍曰〕青橘皮古无用者，至宋时医家始用之。其色青气烈，味苦而辛，治之以醋，所谓肝欲散，急食辛以散之，以酸泄之，以苦降之也。陈皮浮而升，入脾、肺气分。青皮沉而降，入肝、胆气分。一体二用，物理自然也。小儿消积多用青皮，最能发汗，有汗者不可用。说出杨仁斋直指方，人罕知之。〔嘉谟曰〕久疟热甚，必结癖块，宜多服清脾汤。内有青皮疏利肝邪，则癖自不结也。



is good for treating diseases resting in the chest and diaphragm and *Zhishi/fructus aurantii immaturus*/immature bitter orange in treating ailments in the epigastrium.

Zhu Zhenheng: Qingpi functions on the qi system of the Liver and Gall Bladder Channels. When a person gets angry, qi will become stagnant and form a kind of accumulation in the hypochondrium, or with hernia and abdominal pain. The drug is used to dredge through the Liver and Gall Bladder Channels to facilitate the flow of qi. If the two Channels are in excessive condition,* tonics should be given first. Then Qingpi can be given. Some say: If the Liver qi is to be facilitated, Qingpi should be added into the prescription. If the drug is stir-fired until it turns black, it is good to function on the blood system.

Li Shizhen: Qingpi was not used in ancient times. Only in the Song Dynasty (960-1279) did doctors begin to use it. It is green, with a strong smell, and bitter and pungent taste. It should be processed with vinegar. As the classic says: If the Liver qi is to be dispersed, a drug of pungent taste should be given, assisted by a drug of sour taste to purge it and drug of bitter taste to bring it down. In comparison, Chenpi is floating and ascending and functions on the qi system of the Spleen and Lung. Qingpi is a sinking and descending type and functions on the qi system of the Liver and Gall Bladder. The same drug in different condition (the ripe and raw peel) functions differently. Qingpi can be used to dissolve infantile indigestion. It can also induce perspiration. Those having sweats should not take it. This is recorded in the book *Zhizhi Fang* by Yang Renzhai. This is not known yet to scholars.

Chen Jiamo: After one has had malaria for a long time, heat will develop and hard mass will form. Qingpi Tang, a decoction to clear the Spleen, should be served regularly. In this prescription, Qingpi is used. If the decoction is taken regularly, hard mass will not form.

JU HE

Tangerine seed

Semen citri reticulata

*Excessive condition: Should be “deficient condition.”



橘核

〔修治〕〔时珍曰〕凡用须以新瓦焙香，去壳取仁，研碎入药。

〔气味〕苦，平，无毒。

〔主治〕肾疰腰痛，膀胱气痛，肾冷。炒研，每温酒服一钱，或酒煎服之大明。治酒齁风鼻赤。炒研，每服一钱，胡桃肉一个，搗酒服，以知为度宗爽。小肠疝气及阴核肿痛。炒研五钱，老酒煎服，或酒糊丸服，甚效时珍。

〔发明〕〔时珍曰〕橘核入足厥阴，与青皮同功，故治腰痛疝疝在下之病，不独取象于核也。和剂局方治诸疝痛及



[Preparation]

Li Shizhen: First bake the seed on a new tile until it emits a good smell. Break the capsule and get the kernel; grind into powder.

[Quality and Taste]

It is bitter, plain and nontoxic.

[Indications]

Da Ming: It is good for relieving lumbago due to invading pathogenic Humidity to the Kidney and pain in the Urinary Bladder due to disorder of qi. Stir-fry the drug and grind it into powder. Take one *qian* with warm wine each time. Or, stew the drug in wine to make a decoction.

Kou Zongshi: It is good for treating rosacea due to invading pathogenic Wind. Stir-fry the drug and then grind it into powder. Grind one *qian* together with one piece of Hutao/semen juglandis/seed of English walnut and wine. Continue until it works.

Li Shizhen: It is good for treating hernia and swelling and pain of the testes. Stir-fry five *qian* of the drug and then grind it into powder. Stew the powder with long stored wine. Or, make pills with wine and wheat flour. It works very effectively.

[Explication]

Li Shizhen: Juhe functions on the Liver Channel of Foot Greater Yin. It has similar therapeutic functions as Qingpi. It is good for treating lumbago and Kuishan (swelling scrotum with purulent secretion) and other disease resting in the Xiajiao (the lower-jiao, the lower warmer). It is not only effective to treat diseases of the testes.* In Taiping Huimin Heji Jufang (*Pre-*

*It is understood that the shape of the drug determines its function to the internal organs. It has an interrelationship between them. For example, the seed of a plant is related to the heart or testes of the human body, as they look like each other. Here, the sentence means that the drug is not only effective to treat diseases of the testes (which look like the seed), but also effective for other diseases.

内瘕，卵肿偏坠，或硬如石，或肿至溃，有橘核丸，用之有效。品味颇多，详见本方。





scriptions from State Dispensary of Peaceful Benevolence), it is recorded that the drug is good for treating hernia with internal purulent secretion or smelling of the scrotum with unilateral descending, or the scrotum is as hard as stone, or with swelling and ulceration. There is a prescription called *Juhe Wan** (*Juhe Pills*), which is effective.

**Juhe Wan*:

Juhe,

Haizao/sargassum/seaweed,

Kunbu/thallus laminariae/kelp/tangle,

Haidai/herba zosteræ marinae/herb of common eelgrass,

Chuanlianzi/fructus toosendan/fruit of Szechwan chinaberry,

Taoren/semen persicæ/peach seed,

Houpo/cortex magnoliae officinalis/bark of officinal magnolia,

Tongcao/caulis aristolochiae manshuiensis/stem of Manchurian dutchman's pipe,

Zhishi/fructus aurantii immaturus/immature bitter orange,

Yuanhu/rhizome corydalis/yanhusuo,

Guixin/cortex xinnamomi/inner bark of cassia, and

Muxiang/radix aucklandiae/costus root.

枸橼 音矩员。（宋图经）

【释名】

香橼俗作圆。佛手柑

〔时珍曰〕义未详。佛手，取象也。

【集解】

〔时珍曰〕枸橼产闽广间。木似朱栾而叶尖长，枝间有刺。植之近水乃生。其实状如人手，有指，俗呼为佛手柑。有长一尺四五寸者。皮如橙柚而厚，皱而光泽。其色如瓜，生绿熟黄。其核细。其味不甚佳而清香袭人。南人雕镂花鸟，沱蜜煎果食。置之几案，可供玩赏。若安芋片于蒂而以湿纸围护，经久不瘪。或捣蒜罨其蒂上，则香更充溢。异物志云：浸汁浣葛纹，胜似酸浆也。



JUYUAN

Citron

Citrus medica L.,

Citrus wilsonii Tanaka.

—*Tujing Bencao (Illustrated Materia Medica)*.

[Explanation of Names]

XIANGYUAN

FOSHOUGAN

Li Shizhen: The origin of the names Juyuan and Xiangyuan are not known. The name Foshougan (“Buddha’s hand mandarin orange”) is given to depict the shape of the fruit.

[Previous Explanations]

Li Shizhen: Juyuan is produced in Fujian, Guangdong and Guangxi. The tree looks like Pomelo, but its leaf is long with a pointed tip. Thorns are found among the twigs. It should be planted in places close to water. Its fruit looks like human palm with tips like fingers. It is therefore colloquially called Foshougan (“Buddha’s hand mandarin orange”). The big fruit can be as big as one *chi* and four to five *cun* long. Its peel looks like Chengpi or Youpi. It is creased and lustrous. It is in the color of a melon. It is green first and then turns yellow when ripe. Its seed is fine. Its taste is not very good, but its odor is very fragrant. People in the south carve flowers or birds with it and place it on table as ornament. The fruit can be preserved with honey. If a slice of Yutou/rhizoma colocasiae esculentae/tuber of dasheen can be placed on its base and the fruit can be wrapped with wet paper, the fruit can keep its good shape for a long time. Or, pound garlic and wrap the base with the garlic sauce. In this way, its order is even more fragrant.

The book *Yiwu Zhi*: Soak the drug to get juice and use in the washing





皮瓢

〔气味〕辛、酸，无毒。〔弘景曰〕性温。〔恭曰〕性冷。陶说误矣。〔藏器曰〕性温不冷。

〔主治〕下气，除心头痰水藏器。煮酒饮，治痰气咳嗽。煎汤，治心下气痛时珍。

of fiber of lobed kudzu vine or ramie. It works even better than Suanjiang/
herba physalis/herb of franchet ground cherry.

JUYUAN PI and RANG

Peel and pulp of citron fruit
Pericarpium et endosperm citri

[Quality and Taste]

It is pungent, sour and nontoxic.

Tao Hongjing: It is warm in quality.

Su Gong: It is cold in quality. What Tao Hongjing said is wrong.

Chen Cangqi: It is warm. It is not cold.

[Indications]

Chen Cangqi: It brings down adverse ascending gas. It eliminates fluid and phlegm retention in the epigastrium.

Li Shizhen: Stew the drug in wine. Take the wine to treat coughing with phlegm. Stew the drug in water to make a decoction. Take the decoction to relieve pain due to stagnation of qi in the epigastrium.



枇杷（别录中品）

【释名】

〔宗奭曰〕其叶形似琵琶，故名。

【集解】

〔时珍曰〕案郭义恭广志云：枇杷易种，叶微似栗，冬花春实。其子簇结有毛，四月熟，大者如鸡子，小者如龙眼，白者为上，黄者次之。无核者名焦子，出广州。又杨万里诗云：大叶耸长耳，一枝堪满盘。荔支分与核，金橘却无酸。颇尽其状。注文选者以枇杷为卢橘，误矣。详金橘。





PIPA

Loquat

Eriobotrya japonica (Thunb.) Lindl.

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

[Explanation of Names]

Kou Zongshi: As the leaf of the tree looks like Pipa,* so it is named.

[Previous Explanations]

Li Shizhen: The book *Guang Zhi* by Guo Yigong — It is easy to plant the tree. Its leaf is a bit similar to that of chestnut. A flower blooms in winter and the fruit is borne in the spring. Fruits flock together and are covered with hair. They get ripe in the fourth month. The big ones are as big as egg and the small ones are like Longyan/longan. The white fruit is of top quality, followed by the yellow one. The seedless one is called Jiaozi, which is produced in Guangzhou. Yang Wanli described the fruit vividly in his poem:

The big leaves like long ears,
Fruits on one twig can fill up a plate,
Looking like lychee, but kernel is not the same,
Looking like Jinju, but not so sour.

Annotators of the book *Wen Xuan* thought Pipa was simply Luju, which is wrong. See the clause of Jinju/fructus fortunellae margaritae/fruit of ovar kumquat.

PIPA SHI

Loquat fruit

*Pipa: A plucked string musical instrument with a fretted fingerboard.



实

〔气味〕甘、酸，平，无毒。〔志曰〕寒。〔洗曰〕温。多食发痰热，伤脾。同炙肉及热面食，令人患热毒黄疾。

〔主治〕止渴下气，利肺气，止吐逆，主上焦热，润五脏大明。

叶

〔修治〕〔恭曰〕凡用须火炙，以布拭去毛。不尔射人肺，令咳不已。或以粟秆作刷刷之，尤易洁净。〔斲曰〕凡采得秤，湿叶重一两，干者三叶重一两，乃为气足，堪用。粗布拭去毛，以甘草汤洗一遍，用绵再拭干。每一两以酥二钱半涂上，炙过用。〔时珍曰〕治胃病以姜汁涂炙，治肺病以蜜水涂炙，乃良。



Fructus eriobotryae

[Quality and Taste]

It is sweet, sour, plain and nontoxic.

Ma Zhi: It is cold in quality.

Meng Xian: It is warm. Overeating of it leads to accumulation of phlegm and Heat and damage to the Spleen. If it is eaten together with fried meat or hot noodle, it triggers onset of pyogenic infection and jaundice.

[Indications]

Da Ming: It quenches thirst and brings down adverse ascending gas. It facilitates flow of qi (Vital Energy) in the Lung. It stops vomit and dyspnoea. It eliminates pathogenic Heat resting with the Shangjiao (the upperjiao, the upper warmer). It moistens the Five Viscera.

PIPA YE

Loquat leaf

Folium eriobotryae

[Preparation]

Su Gong: It should be exposed to fire and then its hair can be rubbed off with a piece of cloth. Otherwise, the drug will stimulate the Lung causing incessant coughing. Or, brush off the hair with a brush made of millet straw. In this way, the hair is easily removed.

Lei Xiao: If one fresh leaf weighs one *liang*, after drying, three leaves will weigh the same. This is the correct ratio of weight between the fresh and dried leaves. Rub off the hair with a piece of coarse cloth. Wash it with decoction of liquorice root. Then wipe it dry with silk fabric. Spread 2.5 *qian* of butter on one *liang* of the leaf and stir-fry it.

Li Shizhen: If it is wished to use the drug to treat Stomach disease, juice of fresh ginger should be applied onto the leaf and then stir-fried. If it is going to be used in treatment of Lung disease, honey water should be applied before it is stir-fried.



〔气味〕苦，平，无毒。〔叔曰〕甘、微辛，〔弘景曰〕煮汁饮之，则小冷。

〔主治〕卒碗不止，下气，煮汁服别录。〔弘景曰〕若不暇煮，但嚼汁咽，亦瘥。治呕哕不止，妇人产后口干大明。煮汁饮，主渴疾，治肺气热嗽，及肺风疮，胸面上疮洗。和胃降气，清热解暑毒，疗脚气时珍。

〔发明〕〔时珍曰〕枇杷叶气薄味厚，阳中之阴。治肺胃之病，大都取其下气之功耳。气下则火降痰顺，而逆者不逆，呕者不呕，渴者不渴，咳者不咳矣。〔宗奭曰〕治肺热嗽甚有功。一妇人患肺热久嗽，身如火炙，肌瘦将成劳。以



[Quality and Taste]

It is bitter, plain and nontoxic.

Zhen Quan: It is sweet and slightly pungent.

Tao Hongjing: When it is stewed in water to make a decoction, it is slightly cold.

[Indications]

It is good for treating sudden onset of incessant retching. It brings down adverse ascending gas. Stew the drug to make a decoction.

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

Tao Hongjing: In an urgent case and there is no time to stew the drug, let the patient chew the leaf and swallow the juice. It also works.

Da Ming: It is good for treating incessant nausea and retching. It moistens parched mouth of woman in puerperium.

Meng Xian: Stew the drug to make a decoction to quench thirst. It relieves coughing due to invading pathogenic Heat in the Lung. It treats rosacea and sore on face and chest.

Li Shizhen: It harmonizes and brings downs the Stomach qi. It eliminates pathogenic Heat and toxin of summer heat. It treats beriberi.

[Explication]

Li Shizhen: Pipaye has thin quality and thick taste. It is the Yin in the Yang. When it is used to treat Lung and Stomach diseases, its function of bringing down the adverse ascending gas is considered. Once the adverse ascending gas is brought down, Fire will go down and the phlegm will be smoothed. In this way, adverse ascending, nausea, thirst and coughing will all be tackled.

Kou Zongshi: The drug is very good for treating coughing due to invading pathogenic Heat in the Lung. Here is a case: A woman was once suffering from chronic coughing due to invading pathogenic Heat in the Lung. There was a scorching body fever. The patient was terribly emaciated. A consumptive disease was about to set in. Treatment:

Equal amounts of:

枇杷叶、木通、款冬花、紫菀、杏仁、桑白皮各等分，大黄减半，如常治讫，为末，蜜丸樱桃大。食后、夜卧各含化一丸，未终剂而愈矣。

〔附方〕新七。（略）



Pipaye/folium eriobotryae/loquat leaf,
Tongcao/caulis aristolochiae manshuriensis/stem of Manchurian dutch-
man's pipe,

Kuandonghua/flos farfarae/flower of common coltsfoot,

Ziwan/radix asteris/root of tartarian aster,

Xingren/semen armeniaca amarum/bitter apricot seed,

Sangbaipi/cortex mori radice/root-bark of white mulberry, and

Half dose of Dahuang/radix et rhizome rhei/rhubarb.

Grind into powder and make pills with honey the size of a cherry. Hold one pill in the mouth after meal and before sleep. Before the whole dosage is finished, the syndrome is gone.

[Prescriptions]

Seven prescriptions collected recently.



银杏（日用）

【释名】

白果日用。鸭脚子

〔时珍曰〕原生江南，叶似鸭掌，因名鸭脚。宋初始入贡，改呼银杏，因其形似小杏而核色白也。今名白果。梅尧臣诗：鸭脚类绿李，其名因叶高。欧阳修诗：绛囊初入贡，银杏贵中州。是矣。

【集解】

〔时珍曰〕银杏生江南，以宣城者为胜。树高二三丈。





YINXING

Ginkgo

Ginkgo biloba L.

— *Riyong Bencao (Materia Medica for Daily Use)*.

[Explanation of Names]

BAIGUO

— *Riyong Bencao (Materia Medica for Daily Use)*.

YAJIAOZI

Li Shizhen: The plant was first found in area south of the Yangtze River. Its leaf looks like the claw of duck web. So it was called Yajiao (meaning “duck web”). At early times of Song Dynasty (960-1279) the fruit began to be attributed to the emperor (as a native produce). The name was changed into Yinxing (meaning “silver apricot”). It is so named as the fruit looks like apricot and its seed is white. Now it is called like apricot and its seed is white. Now it is called Baiguo (meaning “white fruit”). Mei Yaochen described in his poem:

Yajiao looks like green apricot.
It is thus named due to the leaf,
That is high hanging on the tree.

Ouyang Xiu also had his verse:

Kept in silk sack,
The ginkgo became very precious,
At the time when it first reached the capital.

[Previous Explanations]

Li Shizhen: Yinxing/fructus ginkgo/ginkgo fruit is produced in area south of the Yangtze River. That produced in Xuancheng is the best. The



叶薄纵理，俨如鸭掌形，有刻缺，面绿背淡。二月开花成簇，青白色，二更开花，随即卸落，人罕见之。一枝结子百十，状如楝子，经霜乃熟烂，去肉取核为果。其核两头尖，三棱为雄，二棱为雌。其仁嫩时绿色，久则黄。须雌雄同种，其树相望，乃结实：或雌树临水亦可；或凿一孔，内雄木一块泥之亦结。阴阳相感之妙如此。其树耐久，肌理白腻。术家取刻符印，云能召使也。文选吴都赋注：平仲果，其实如银。未知即此果否？

核仁【气味】

甘、苦，平，涩，无毒。

〔时珍曰〕熟食，小苦微甘，性温有小毒。多食令人腹胀。〔瑞曰〕多食壅气动风。小儿食多昏霍，发惊引疳。同鳊鱼食，患软风。



tree is 20 to 30 *chi* tall. Leaf is thin and with vertical veins. It is in the shape of a duck web. Edge is covered with saw tooth. Front is green and the back is light in color. In the second month, flowers bloom and flock together. The flower is of blue-green and white color. It blooms at early mid night and withers very soon. It is very difficult for people to see it. More than 100 fruits are borne on one twig, which look like Kulianzi/fructus meliae azedarach/fruit of chinaberry. After frost fall, fruit begins to ripen and wither. Peel off the fruit and collect the seed. The seed is pointed at both ends. That with three edges is a male seed and that with two edges is female. The tender kernel is green and turns yellow after a long time. One male and one female seed should be planted together. In this way the male and female trees grow along each other. In this way it is expected that the tree may bear fruit. Or plant one female tree close to water and dig a hole in the trunk. Insert one piece of log from a male tree. Seal it with clay. In this way the tree also bears fruit. This is a subtle phenomenon of nature between male and female plants. The wood of the tree is white with fine texture and lasts a long time. Alchemists carve chops with the wood saying that such thing is good to summon the spirits. The article “Wudu Fu” in the book *Wen Xuan* recorded: The fruit of Pingzhongguo is similar to Yin (silver). It is not known whether this is referring to the same fruit.

YINXINGHEREN

Seed of ginkgo

Semen ginkgo

[Quality and Taste]

It is sweet, bitter, plain, astringent and nontoxic.

Li Shizhen: When it is stir-fried, it is slightly bitter and sweet. It is warm and slightly toxic. Overeating causes abdominal distention.

Wu Rui: Overeating causes stagnation of qi and triggers rampage of pathogenic Wind. If an infant eats too much of the seed, he will suffer dimness, convulsions and malnutrition. If the seed is served together with eel, it induces paralysis due to attack of pathogenic Wind.



【主治】

生食引疝解酒，熟食益人李鹏飞。熟食温肺益气，定喘嗽，缩小便，止白浊。生食降痰，消毒杀虫。嚼浆涂鼻面手足，去黧疱黥黯皴皱，及疥癬疔蠹阴虱时珍。

【发明】

〔时珍曰〕银杏宋初始著名，而修本草者不收。近时方药亦时用之。其气薄味厚，性涩而收，色白属金。故能入肺经，益肺气，定喘嗽，缩小便。生捣能浣油腻，则其去痰浊之功，可类推矣。其花夜开，人不得见，盖阴毒之物，故又能杀虫消毒。然食多则收令太过，令人气壅膈胀昏顿。故物类相感志言银杏能醉人，而三元延寿书言白果食满千个者死。又云：昔有饥者，同以白果代饭食饱，次日皆死也。

【附方】

新十八。（略）



[Indications]

Li Pengfei: If fresh seed is eaten, it induces malnutrition and can detoxify alcoholism. But the stir-fried seed is beneficial to health.

Li Shizhen: The stir-fried seed is good for warming the Lung and reinforcing the qi. It oppresses asthma and coughing, controls urination, and clears whitish and turbid urine. The fresh seed is good for bringing down ascending phlegm, detoxifying toxin and killing worms. Chew the seed into paste and apply it to the face, nose and extremities to eliminate freckles and acne, scabies and tinea, eczema and ulcer.

[Explication]

Li Shizhen: Yinxing became known to the public in the early Song Dynasty (960-1279), but Bencao works did not record it. Now, doctors sometimes use it in making up a prescription. It is thin in quality and thick in taste. It is astringent and restraining. It is white and pertains to the Metal element. So, it functions on the Lung Channel of Hand Initial Yin. It reinforces the Lung qi, pacifies asthma and coughing, and controls urination. When the fresh drug is pounded, it has the function of cleaning oily dirt. From this, it can be inferred that the drug has the function of clearing phlegm and turbidity. Its flower only blooms at night. So, it is something of Yin nature and toxic property good to kill worms and detoxify toxin. But overdosing will have too strong an astringing function, thus causing stagnation of qi, abdominal distention and dimness. The book *Wulei Xianggan Zhi* says that Yinxing has the function of intoxication. The book *Sanyuan Yanshou Shu* says that eating 1,000 Baiguo/semens ginkgo/ginkgo seed would kill a person. There is a record saying that once there was a famine. People had to eat Yinxing to allay their hunger. But the next day all were dead.

[Prescriptions]

Eighteen prescriptions collected recently.

胡桃 (宋开宝)

【释名】

羌桃名物志。核桃

〔颂曰〕此果本出羌胡，汉时张骞使西域始得种还，植之秦中，渐及东土，故名之。〔时珍曰〕此果外有青皮肉包之，其形如桃，胡桃乃其核也。羌音呼核如胡，名或以此。或作核桃。梵书名播罗师。

【集解】

〔时珍曰〕胡桃树高丈许。春初生叶。长四五寸，微似大青叶，两两相对，颇作恶气。三月开花如栗花，穗苍黄色。结实至秋如青桃状，熟时沤烂皮肉，取核为果。人多以





HUTAO

English walnut

Juglans regia L.

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

[Explanation of Names]

QIANGTAO

— *Mingwu Zhi*.

HETAO

Su Song: This originated in the Qiang and Hu areas. In the Han Dynasty (206 BC-220 AD), imperial envoy Zhang Qian went to the Western Regions and brought back the seed. It was first planted in the Qin area and then it spread all over the eastern land. So, it is named Hutao (Hu=area to the west of the country).

Li Shizhen: The fruit is covered with green peel. It looks like a peach. In the peel there is the Hutao/semens *juglandis*/seed of English walnut. In Qiang area the He (kernel) is called Hu. So, it is named Hutao. Or, it is also called Hetao. In Sanskrit classics the thing is called Boluoshi (a transliteration).

[Previous Explanations]

Li Shizhen: The walnut tree is about 10 *chi* tall. In early spring, a leaf begins to grow, which is four to five *cun* long. It looks a bit like *Daqingye*/ *folium isatidis*/leaf of indigo woad. Two leaves grow in opposition. It smells badly. In the third month, a flower like that of chestnut blooms. The spike is yellow. Fruit is borne and becomes something similar to a green peach. When it gets ripe, it is soaked or buried so that its peel will decay. The seed inside is cleaned and kept for use. People use beech or willow as stock for grafting.



榉柳接之。案刘恂岭表录异云：南方有山胡桃，底平如槟榔，皮厚而大坚，多肉少穰。其壳甚厚，须椎之方破。然则南方亦有，但不佳耳。

核仁

〔气味〕甘，平、温，无毒。〔颂曰〕性热，不可多食。〔思邈曰〕甘冷滑。多食动痰饮，令人恶心、吐水、吐食物。〔志曰〕多食动风，脱人眉。同酒食，多令人咯血。〔颖曰〕多食生痰，动肾火。

〔发明〕〔震亨曰〕胡桃属土而有火，性热。本草云甘平，是无热矣。然又云动风脱人眉，非热何以伤肺耶？〔时珍曰〕胡桃仁味甘气热，皮涩肉润。孙真人言其冷滑，误矣。近世医方用治痰气喘嗽醋心及痲风诸病，而酒家往往醉



The book *Lingbiao Luyi* by Liu Xun: There is a kind of Shanhutao (mountain walnut) in the south. The bottom of the walnut is flat and the thing looks like Binlang/semen arecae/areca seed. It is big with a hard and thick capsule. It has plump pulp and little separation. As the capsule is very thick, it can only be cracked by a hammer. The plant is also found in the south, but it is not a good species.

HUTAOHEREN

Kernel of English walnut

Semen juglandis

[Quality and Taste]

It is sweet, plain, warm and nontoxic.

Su Song: It is hot in quality. It should not be eaten too much.

Sun Simiao: It is sweet, cold and slippery. Overeating triggers phlegm retention causing nausea, and the vomiting of fluid and food.

Ma Zhi: Overeating of the drug triggers the rampage of pathogenic Wind. It promotes the falling out of the eyebrow. If eaten together with wine, it causes hemoptysis.

Wang Ying: Overuse induces phlegm accumulation. It stirs up pathogenic Fire in the Kidney.

[Explication]

Zhu Zhenheng: Hutao pertains to the Earth element as well as Fire. It is something hot. But in *Bencao* works it says it is sweet and plain. According to this, the drug is not hot in quality. But it says it stirs up pathogenic Wind and promotes the falling out of the eyebrow. Such pathological changes show the damaged condition of the Lung. If there is no Fire in Hutao, how can the Lung be damaged?

Li Shizhen: Hutao is sweet in taste and hot in quality. Its capsule is astringent and its pulp is moistening. What Sun Simiao mentioned about its cold and slippery quality is not correct. In recent times, doctors use the drug to treat asthma, coughing and acid regurgitation due to phlegm retention and leprosy. Alcoholics would like to eat the thing after drinking. It is



后嗜之。则食多吐水吐食脱眉，及酒同食咯血之说，亦未必尽然也。但胡桃性热，能入肾肺，惟虚寒者宜之。而痰火积热者，不宜多食耳。

〔主治〕食之令人肥健，润肌，黑须发。多食利小便，去五痔。捣和胡粉，拔白须发，内孔中，则生黑毛。烧存性，和松脂研，傅瘰疬疮开宝。食之令人能食，通润血脉，骨肉细腻洗。治损伤、石淋。同破故纸蜜丸服，补下焦颂。补气养血，润燥化痰，益命门，利三焦，温肺润肠，治虚寒喘嗽，腰脚重痛，心腹疝痛，血痢肠风，散肿毒，发痘疮，制铜毒时珍。



recorded that, if it is eaten together with wine, it causes hemoptysis. Such records are not always reliable. Anyhow, Hutao is hot in quality and functions on the Lung and Kidney. So, only people who are weak and suffering from internal Cold should have it. People suffering from accumulation of phlegm and Fire should not eat too much of the drug.

[Indications]

Eating of the drug makes one plump and healthy. It moistens the muscle and blackens the hair. Overdose facilitates urination and treats five types of hemorrhoid. Pound the drug together with Hufen/lead carbonate and blend it into the hair and beard. In this way, the white hair and beard will fall off. Insert the thing into the hole left after the white hair is taken away, and black hair will grow. Burn the drug together with Songzhi/colophonium/colophony and apply to treat scrofula.

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

Meng Xian: It whets the appetite, dredges through flow of blood. It gives one fine and lustrous skin.

Su Song: It is good for treating physical damage age and stranguria caused by urinary stone. Make pills together with Poguzhi/fructus psoraleae/fruit of malaytea scurfpea and honey. Take the pill to tonify the Xiajiao (the lower-jiao, the lower warmer).

Li Shizhen: It tonifies the qi and nourishes the blood, moistens the Dryness and dissolves phlegm. It reinforces the Mingmen (Gate of Life) and facilitates the Sanjiao (the three-jiao, the three warmers, the three portions of body cavity), warms the Lung and moistens the Intestine. It is good to stop asthma and coughing due to debilitated and cold condition. It relieves pain and heaviness of waist and leg. It treats hernia and abdominal pain, bloody dysentery and hematochezia due to attack of pathogenic wind into the Intestine. It disperses pyogenic infection, accelerates the development of smallpox, and detoxifies the toxin of Tong/cuprum/copper.

YOUHUTAO

Oily English walnut



油胡桃

〔气味〕辛，热，有毒。

〔主治〕杀虫攻毒，治痈肿、疔风、疥癣、杨梅、白秃诸疮，润须发时珍。

【发明】

〔韩悉曰〕破故纸属火，能使心包与命门之火相通。胡桃属木，主润血养血，血属阴，阴恶燥，故油以润之。佐破故纸，有木火相生之妙。故古有云：黄檗无知母，破故纸无胡桃，犹水母之无虾也。〔时珍曰〕三焦者，元气之别使。命门者，三焦之本原。盖一原一委也。命门指所居之府而名，为藏精系胞之物。三焦指分治之部而名，为出纳腐熟之司。盖一以体名，一以用名。其体非脂非肉，白膜裹之，在七节之旁，两肾之间。二系著脊，下通二肾，上通心肺，贯属于脑。为生命之原，相火之主，精气之府。人物皆有之，



[Quality and Taste]

It is pungent, hot and toxic.

[Indications]

Li Shizhen: It kills worms, and detoxifies toxin. It is good for treating carbuncle and swelling, leprosy, scabies and tinea, tinea capitis and sores. It moistens the beard and hair.

[Explication]

Han Mao: The drug Poguzhi/fructus psoralee/fruit of malaytea scurf-pea pertains to the Fire element and can join the Fire of the Pericardium Channel to the Fire of the Mingmen (Gate of Life). Hutao pertains to the Wood element. It moistens and nourishes the blood. Blood pertains to Yin and Yin hates Dryness. When Hutao, which is oily and moistening, is used together with Poguzhi, they work in a way with balanced Fire and Water that promote each other. The old saying goes, when Huangbai/cortex phellodendri/bark of Chinese cork tree is to be used, Zhimu/rhizome anemarrhenae/rhizome of common anemarrhena should accompany it. When Hutao is to be adopted, Poguzhi must be used. If they are not used in such ways, it is like the case when jelly-fish is prepared: without shrimp, it loses its flavor.

Li Shizhen: Sanjiao is the messenger of the Yuanqi (Primordial Vital Energy). Mingmen (Gate of Life) is the origin of Sanjiao. It is the origin and its manifestation. Mingmen is a Bowel where Jing (Vital Essence) is stored and the fetus is to be attached. Sanjiao may indicate the three portions in the body. It is a location where food and cereal are digested and transmitted. So both Sanjiao and Mingmen indicate the location and function of the body. It is not the fat or the flesh. It is wrapped by white membrane. Mingmen is located by the side of the seventh thoracic vertebrae. It is between the two Kidneys. It is attached to the vertebrae with two veins. To the lower part, it is linked with the two Kidneys. To the upper part, it is linked to the Heart and the Lung. It also links itself to the brain. It is the source of life, dominator of the Xianghuo (the ministerial Fire) and house of the Jing. Both humans and other creatures have this Mingmen.



生人生物，皆由此出。灵枢本脏论已著其厚薄缓急直结之状。而扁鹊难经不知原委体用之分，以右肾为命门，谓三焦有名无状。而高阳生伪撰脉诀，承其谬说，以误后人。至朱肱南阳活人书、陈言三因方论、戴起宗脉诀刊误，始著说辟之，而知之者尚鲜。胡桃仁颇类其状，而外皮水汁皆青黑。故能入北方，通命门，利三焦，益气养血，与破故纸同为补下焦肾命之药。夫命门气与肾通，藏精血而恶燥。若肾、命不燥，精气内充，则饮食自健，肌肤光泽，肠腑润而血脉通。此胡桃佐补药，有令人肥健能食，润肌黑发固精，治燥调血之功也。命门既通则三焦利，故上通于肺而虚寒喘嗽者宜之，下通于肾而腰脚虚痛者宜之，内而心腹诸痛可止，外而疮肿之毒可散矣。洪氏夷坚志止言胡桃治痰嗽能敛肺，盖不知其为命门三焦之药也。油胡桃有毒，伤人咽肺，而疮科



Reproduction relies on it. The Chapter Benzang Lun of *Huangdi Neijing: Lingshu (Canon of Medicine of the Yellow Emperor: Miraculous Pivot)* described the shape and condition of the thing. But in the book *Nanjing (Difficult Classic)* by Bian Que, the origin and function of both organs were not discussed, saying that the right Kidney is Mingmen and Sanjiao was just a name of a Bowel without concrete shape. Gao Yangsheng wrote a book *Mai Jue* (book about pulses) in which Bian Que's analysis was inherited. In this way, later doctors all were overwhelmed by the above erroneous knowledge. Up until the time when the books *Nanyang Huoren Shu* of Zhu Gong and *Sanyin Fang (Prescriptions Assigned to the Three Categories of Pathogenic Factors of Diseases)* by Chen Yan and *Maijue Kanwu* by Dai Qizhong were published, the matter was again discussed and corrections were made. But, it seemed that very few people knew all about that. Hutao is something that resembles it [Mingmen and Sanjiao]. As the peel is blue-green and its juice is black, (which pertains to the north), it is a drug with the function of facilitating the Sanjiao and Mingmen, reinforcing the qi and nourishing the blood. Like Poguzhi, both are drugs that tone up the Kidney and Mingmen. As the qi of Mingmen is linked with that of the Kidney, it is also storing the Jing and blood and it hates Dryness. If the Kidney and Mingmen are not dry and filled with Jing, the person will have good appetite, and elastic and lustrous skin. The Intestine is always moistened and the blood is in good condition of circulation. When Hutao is used as an assistant drug to tonics, it has the function of whetting the appetite, helping to put on weight, moistening the muscle, blackening the hair and stabilizing the Jing. It is good for moistening the Dryness and harmonizing the blood. Once Mingmen is well regulated, Sanjiao will be in good condition, too. Thus, the Lung is also reinforced. Consequently, asthma and coughing due to invading pathogenic Cold under a debilitated condition can be relieved. When it is linked to the Kidney at the lower position, pain and soreness of waist and leg can be reduced, too. All internal ailments such as epigastric and abdominal pain can be eliminated and external lesions such as sores and swelling can be detoxified. Hong Mai in his work *Yijian Zhi* mentioned only the function of Hutao in stopping coughing and dissolving phlegm by astringing the Lung. But he did not know Hutao is a drug functioning on



取之，用其毒也。胡桃制铜，此又物理之不可晓者。洪迈云：迈有痰疾，因晚对，上遣使谕令以胡桃肉三颗，生姜三片，卧时嚼服，即饮汤两三呷，又再嚼桃、姜如前数，即静卧，必愈。迈还玉堂，如旨服之，及旦而痰消嗽止、又溧阳洪辑幼子，病痰喘，凡五昼夜不乳食。医以危告。其妻夜梦观音授方，令服人参胡桃汤。辑急取新罗人参寸许，胡桃肉一枚，煎汤一蚬壳许，灌之，喘即定。明日以汤剥去胡桃皮用之，喘复作。仍连皮用，信宿而廖。此方不载书册，盖人参定喘，胡桃连皮能敛肺故也。

【附方】

旧五，新二十七。（略）



the Mingmen and Sanjiao. Youhutao is toxic and damages the throat and Lung. That is why it is only used to treat sores. Hutao also has the function of controlling Tong/cuprum/copper (in alchemical processing). The reason is unknown. Hong Mai recorded a case: I was once suffering from phlegm retention syndrome. When the emperor knew of this, he sent an envoy bringing a prescription to me. The prescription was:

Three Hutao, and
Three slices of fresh ginger

Chew the above drugs before sleep. Wash it down with two to three sips of hot water. Do that again after a short while. Then, lie in bed quietly.

I had the medication accordingly and the next morning I felt much better. Coughing with phlegm was gone.

Another case: The youngest son of Hong Ji, a native of Liyang, was suffering from asthma and coughing. The baby could not have milk or any other food for five consecutive days. After examining the baby, the doctor told the mother that her son was in very critical condition. At night the mother had a dream in which Guanyin, the Goddess of Mercy, appeared, leaving her a recipe of Renshen Hutao Tang:

One *cun* of Renshen/radix ginseng/ginseng root from Xinluo, and one Hutao.

Stew the above drugs to get a little decoction (as much as a shell can hold). The decoction was force-fed and the asthma soon subsided. The next day, the same decoction was prepared, although the capsule of Hutao was peeled off. But, it did not seem to work. There was a relapse. The following day the decoction was prepared and the capsule of Hutao was retained. After two nights of treatment, the syndrome was totally gone. This prescription was not recorded in medical books. Hutao with capsule is good to astringe the Lung qi, thus controlling asthma and coughing.

[Prescriptions]

Five prescriptions collected previously, and
28 prescriptions collected recently.

荔枝（宋开宝）

【释名】

离枝纲目。丹荔

〔颂曰〕按朱应扶南记云：此木结实时，枝弱而蒂牢，不可摘取，必以刀斧斲其枝，故以为名。斲（音利）与荔同。〔时珍曰〕司马相如上林赋作离支。按白居易云：若离本枝，一日色变，三日味变。则离支之名，又或取此义也。

【集解】

〔时珍曰〕荔枝炎方之果，性最畏寒，易种而根浮。其木甚耐久，有经数百年犹结实者。其实生时肉白，干时肉红。日晒火烘，卤浸蜜煎，皆可致远。成朵晒干者谓之荔





LIZHI

Lychee

Litchi chinensis Sonn.

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

[Explanation of Names]

LIZHI(荔枝)

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

DANLI

Su Song: The book *Funan Ji* by Zhu Ying — when the fruit is borne, the twig is weak, but the base is strong. It can not be picked up easily. It should be cut off with scissors or a knife.

Li Shizhen: In the article *Shanglin Fu* by Sima Xiangru, the drug was written as 离支 (Lizhi). Bai Juyi, the great poet of the Tang Dynasty (618-907AD), explained the term this way: When the fruit is taken off the twig, its color changes after one day. Its taste is changed on the third day. So, the meaning Lizhi (离支) is given to express this idea. Lizhi (离支) means “leaving the twig”.

[Previous Explanations]

Li Shizhen: Lizhi is a fruit produced in the hot south. It cannot survive cold weather. It is easy to plant. It has protruding roots. Its wood is very solid and long lasting. It is reported that one piece of lychee wood was found to be still solid after several hundred years. The fresh pulp is white and it turns red when dried. It can be dried in the sun, by the fire, soaked in Lujian/crystallus bitter/bittern crystal and honey. All such ways ensure it is well preserved and can be transported afar. Sun-dried whole fruit is called Lijin.

The work *Lizhi Tu Xu* by Bai Juyi: Lychee grows in the Ba and Shaan



锦。按白居易荔枝图序云：荔枝生巴、峡间。树形团团如帷盖，叶如冬青。花如橘而春荣，实如丹而夏熟。朵如蒲桃，核如枇杷。壳如红缯，膜如紫绡。瓤肉洁白如冰雪，浆液甘酸如醴酪。大略如彼，其实过之。若离本枝，一日而色变，二日而香变，三日而味变，四五日外，色香味尽去矣。又蔡襄荔枝谱云：广、蜀所出，早熟而肉薄，味甘酸，不及闽中下等者。闽中惟四郡有之，福州最多，兴化最奇，泉、漳次之。福州延亘原野，一家甚至万株。兴化上品，大径寸余，香气清远，色紫壳薄，瓤厚膜红，核如丁香母。剥之如水精，食之如绛雪。荔枝以甘为味，虽百千树莫有同者，过甘与淡，皆失于中。若夫厚皮尖刺，肌理黄色，附核而赤，食之有渣，食已而涩，虽无酢味，亦自下等矣。最忌麝香，触之花、实尽落也。又洪迈夷坚志云：莆田荔枝名品，皆出天



areas. The crown of the tree is like a big umbrella. Its leaf is similar to *Dongqingye/folium ilicis purpureae/leaf of purple flower holly*. Its flower flourishes in spring, and looks like tangerine flower. The fruit is red and gets ripe in summer. Its pulp looks like *Putao/fructus vitis viniferae/fruit of European grape*. Its kernel resembles a loquat kernel. Its capsule looks like red silk fabric. Its membrane looks like purple raw silk. The pulp inside is as white as ice and snow. The syrup is sweet and sour similar to sweet wine and junket. The fruit is more or less like what is described, or even better than that. When the fruit is picked off the twig, it changes its color after one day. After two days, its fragrance is reduced and after three days, its flavor is not so good. After four to five days, the color, fragrance and taste of the fruit are all gone.

The book *Lizhi Pu (Collection of Lychees)* by Cai Xiang: Lizhi produced in Guangdong, Guangxi and Sichuan gets ripe earlier. But it has thin pulp with a sweet and sour taste. It is not as good as that of inferior quality produced in Fujian. In Fujian, only four prefectures produce the fruit, let by Fuzhou. That produced in Xinhua is of top quality. And that produced in Quanzhou and Zhangzhou is next. In Fuzhou, lychee orchards spread all over. In a private orchard, there can be as many as ten thousand trees. The top quality lychee produced in Xinghua can be as big as one *cun* in diameter. It emits a kind of profound and fragrant odor. The capsule is purple and thin. The pulp is thick, wrapped with red membrane. The kernel looks like clove. When the pulp is peeled off, it looks like a crystal. It tastes very sweet and cool. Sweet taste is the original taste of lychee. But each fruit is slightly different from the other. One thousand trees produce one thousand different tastes. If it is too sweet or too light, it is not the best fruit. Lychee of inferior quality may have thick and thorny capsule, with a yellow pulp that turns red at the kernel, where it is attached. Dregs may remain after chewing. After eating the fruit, one feels a kind of astringent flavor left in the mouth. Even if it is not sour at all, it is still a kind of fruit of inferior quality. If the flower or fruit is exposed to *Shexiang/moschus/musk*, they fall off right away.

The book *Yijian Zhi* by Hong Mai: Lizhi produced in Putian is of top quality. Even if the same seed is planted in the same way in other places, it



成，虽以其核种之，亦失本体，形状百出，不可以理求也。沈括笔谈谓焦核荔枝，乃土人去其大根，燔焦种成者，大不然也。

实

〔气味〕甘，平，无毒。〔珣曰〕甘、酸，热。多食令人发虚热。〔李鹏飞曰〕生荔枝多食，发热烦渴，口干衄血。〔颂曰〕多食不伤人。如少过度，饮蜜浆一杯便解也。〔时珍曰〕荔枝气味纯阳，其性畏热。鲜者食多，即龈肿口痛，或衄血也。病齿匿及火病人尤忌之。开宝本草言其性平，苏氏谓多食无伤，皆谬说也。按物类相感志云：食荔枝多则醉，以壳浸水饮之即解。此即食物不消，还以本物消之之意。



does not produce the same thing. It may develop into many varieties. There is no rational explanation to it. Shen Kuo in his book *Mengxi Bitan* said that the Jiaohe Lizhi (Lychee with scorched kernel) was cultivated by the native people by cutting off the big root and burning it, but this is unlikely.

LIZHI SHI

Lychee fruit

Fructus litchi

[Quality and Taste]

It is sweet, plain and nontoxic.

Li Xun: It is sweet, sour and hot. Overeating causes onset of fever of deficient nature.

Li Pengfei: Overeating of fresh lychee causes fever, restlessness, thirst, parched mouth and epistaxis.

Su Song: Overeating does not bring any harm. If one feels as if too much has been consumed, drink one cup of honey water.

Li Shizhen: Lizhi is a fruit of pure Yang quality. It is not good for people having overwhelming Heat condition. If fresh fruit is overeaten, it causes swelling of the gum and pain in the mouth, or epistaxis. People having dental caries or suffering from prevailing Fire should not have the fruit at all. The book *Kaibao Bencao (Materia Medica of Kaibao)* said that the fruit was plain in quality. Su Song said that overeating if the fruit would not bring any harm. Both are incorrect.

The book *Wulei Xianggan Zhi*: If one eats too much lychee, he will get drunk. Detoxification: Soak lychee capsule in water and take the solution. This is a practice based on the understanding that when something is not digested, the same thing in different form should be taken to promote digestion.*

*Another example: when one eats too much rice, take charred rice to help digestion.

〔主治〕止渴，益人颜色开宝。食之止烦渴，头重心躁，背膊劳闷李珣。通神，益智，健气孟诜。治疗疔瘤赘，赤肿疔肿，发小儿痘疮时珍。

〔发明〕〔震亨曰〕荔枝属阳，主散无形质之滞气，故消癥赘赤肿者用之。苟不明此，虽用之无应。

〔附方〕新六。（略）



[Indications]

It quenches thirst and improves complexion.

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

Li Xun: It is good for quenching thirst and eliminate restlessness, heaviness in the head and irritation. It relieves back and arm strain.

Meng Xian: It strengthens one's intelligence and wisdom. It reinforces the qi.

Li Shizhen: It is good for treating scrofula, tumor, furuncle and red swelling. It accelerates the vesticulation of infantile smallpox.

[Explication]

Zhu Zhenheng: Lizhi pertains to the Yang and is good for dispersing the shapeless stagnation of qi. So, it is used to disperse tumor and polyp with red swelling. If a doctor does not understand this, the drug will not function as it should.

[Prescriptions]

Six prescriptions collected recently.



龙眼（本经中品）

【释名】

龙目吴普。圆眼俗名。益智本经。亚荔枝开宝。荔枝奴、骊珠、燕卵、蜜脾、鲛泪、川弹子南方草木状。

〔时珍曰〕龙眼、龙目、象形也。吴普本草谓之龙目，又曰比目。曹宪博雅谓之益智。〔弘景曰〕广州有龙眼，非益智也，恐彼人别名耳。〔志曰〕甘味归脾，能益人智，故名





Longyan

Longan

Euphoria longan (Lour.) Steud.

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

[Explanation of Names]

LONGMU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

YUANYAN

— a colloquial name.

YIZHI

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

YALIZHI

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

LIZHINU

LIZHU

YANLUAN

MIPI

JIAOLEI

CHUANDANZI

— *Nanfang Caomu Zhuang*.

Li Shizhen: The names Longyan and Longmu (both meaning “dragon eye”) are names depicting the shape of the fruit. In *Wu Pu Bencao* it is named Longmu and Bimu. The book *Bo Ya* by Cao Xian calls it Yizhi.

Tao Hongjing: In Guangzhou, there is Longyan. It is not Yizhi.* This may be a local name.

*Yizhi may refer to another drug Yizhi/*fructus alpiniae oxyphyllae*/fruit of sharp-leaf galangal.



益智，非今之益智子也。〔颂曰〕荔枝才过，龙眼即熟，故南人目为荔枝奴。又名木弹。晒干寄远，北人以为佳果，目为亚荔枝。

【集解】

〔时珍曰〕龙眼正圆，别录、苏恭比之槟榔，殊不类也。其木性畏寒，白露后方可采摘，晒焙令干，成朵干者名龙眼锦。按范成大桂海志有山龙眼，出广中，色青，肉如龙眼，夏月实熟可啖，此亦龙眼之野生者欤？

实

〔气味〕甘，平，无毒。〔恭曰〕甘、酸，温。〔李鹏飞曰〕生者沸汤淪过食，不动脾。

〔主治〕五脏邪气，安志厌食。除蛊毒，去三虫。久服



Ma Zhi: It is sweet and functions on the Spleen. It reinforces wisdom. So, it is called Yizhi (“reinforce wisdom”). It is not the drug with same name (fruit of sharp leaf galangal).

Su Song: After Lizhi/fructus litchi/lychee is harvested, Longyan/alillus longyan/longyan pulp gets ripe. So that is why people in the south called Longyan as Lizhinu (“servant of lychee”). It is also called Mudan. People dry the fruit in the sun and send it to friends afar as a native produce. People in the north cherish it a lot next to Lizhi.

[Previous Explanations]

Li Shizhen: Longyan is round. But the book *Mingyi Bielu* and Su Gong compared it to Binlang. This is not reasonable at all. The tree of Longyan cannot stand cold weather. The fruits should be collected after the solar term of the White Dew (September 8). The fruit can be dried either by airing in the sun or by baking. The whole piece of fruit after drying is called Longyanjin.

The book *Guihai Zhi* by Fan Chengda: There is a kind of Shanlongyan (“mountain longan”) produced in Guangdong and Guangxi. Its pulp is similar to Longyan and is edible in summer. Is this the wind species?

LONGYAN SHI

Longan fruit

Fructus Longan

[Quality and Taste]

It is sweet, plain and nontoxic.

Su Gong: It is sweet, sour and warm.

Li Pengfei: Boil the fresh fruit briefly in hot water. In this way the fruit will not harm the Spleen.

[Indications]

It disperses invading pathogenic factors to the Five Viscera. It pacifies the willpower and whets appetite. It is good for treating Gudu (disease due to noxious agents produced by various parasites) and kills Three Worms

强魂聪明，轻身不老，通神明本经。开胃益脾，补虚长智时珍。

〔发明〕〔时珍曰〕食品以荔枝为贵，而资益则龙眼为良。盖荔枝性热，而龙眼性和平也。严用和济生方，治思虑劳伤心脾有归脾汤，取甘味归脾、能益人智之义。



(ascariasis, teniasis and oxyuriasis). Long-term use enhances the soul and enlightens wisdom. It makes the person feel happy and vigorous. It strengthens one's intelligence.

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

Li Shizhen: It whets the appetite and reinforces the Spleen, tonifies deficiency and strengthens wisdom.

[Explication]

Li Shizhen: Among the fruit, Lizhi is the best. But, talking about its property, Longyan is even better, as Lizhi is hot in quality and Longyan is mild and plain. Guipi Tang recorded in the book *Jisheng Fang* by Yan Yonghe, is good for treating overstrain and consumptive disease due to excessive melancholy. This is a prescription good for reinforcing the Spleen and enlightening wisdom as the drug is sweet and functions on the Spleen.





橄榄（宋开宝）

【释名】

青果梅圣俞集。忠果记事珠。谏果出农书。

〔时珍曰〕橄榄名义未详。此果虽熟，其色亦青，故俗呼青果。其有色黄者不堪，病物也。王禎云：其味苦涩，久之方回甘味。王元之作诗，比之忠言逆耳，世乱乃思之，故人名为谏果。

【集解】

〔时珍曰〕橄榄树高，将熟时以木钉钉之，或纳盐少许



GANLAN

Fruit of white canary tree

Canarium album (Lour.) Raeusch.

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

[Explanation of Names]

QINGGUO

— *Mei Shengyu Ji*.

ZHONGGUO

— *Jishi Zhu*.

JIANGUO

— *Nongshu* (*Book of Agriculture* by Wang Zhen).

Li Shizhen: The meaning of the name Ganlan is not known. The fruit still remains green even if it is ripe. So, it is colloquially called Qingguo (“green fruit”). Fruit with yellow color is no good. It must be diseased.

Wang Zhen: The fruit is better and astringent. After a long time of holding the fruit in the mouth, one begins to feel its sweet taste. Wang Yuanzhi symbolized the fruit in his poem as “faithful advice.”* Faithful advice is unpleasant to the ear. Only in times of trouble could one recalled it and find its value. So it is also called Jianguo (“fruit of good advice”).

[Previous Explanations]

Li Shizhen: The tree of Ganlan is tall. When the fruit is ripe, pin a nail into the trunk or insert a little salt into the bark and the fruits will fall off

*As an idiom goes, “good advice jars on the ear.” As the fruit is bitter and astringent, it is like good advice that is not pleasant to the ear. But as time goes on, when the advice is proven faithful, one begins to feel the real taste of it (it becomes sweet).



于皮内，其实一夕自落，亦物理之妙也。其子生食甚佳，蜜渍、盐藏皆可致远。其木脂状如黑胶者，土人采取，蒸之清烈，谓之榄香。杂以牛皮胶者，即不佳矣。又有绿榄，色绿。乌榄，色青黑，肉烂而甘。取肉捶碎干放，自有霜如白盐，谓之榄酱。青榄核内仁干小。惟乌榄仁最肥大，有文层叠如海蝶蛸状而味甘美，谓之榄仁。又有一种方榄，出广西两江峒中，似橄榄而有三角或四角，即是波斯橄榄之类也。

实

〔气味〕酸、甘，温，无毒。〔宗爽曰〕味涩，良久乃甘。〔震亨曰〕味涩而甘，醉饱宜之。然性热，多食能致上壅。〔时珍曰〕橄榄盐过则不苦涩，同栗子食甚香。按延寿书云：凡食橄榄必去两头，其性热也。过白露摘食，庶不病疔。



the next day. This is very subtle. Its fresh fruit can be taken and it tastes delicious. When the fruit is preserved with honey or salt, it can be sent to friends afar. Local people collect the black resin and burn it as incense as it emits a fragrant odor. It is called Lanxiang (incense made of Ganlan). But when the resin is blended with ox glue, it is no longer good. There is a kind of Lulan, which produces green fruit. Wulan is a fruit of green and black color. The pulp is soft and sweet. Pound the pulp and dry it naturally. Then, a kind of frost-like salt will appear. Such a thing is called Lanjiang (paste of Ganlan). The seed of a green Ganlan is small and dry. But Wulan (green and black Ganlan) has a big, plump seed. It looks like Haipiaoxiao/os sepiellae seu sepieae/cuttlefish bone with multi layers. It tastes sweet and delicious. It is called Lanren (Ganlan kernel). There is one species that is called Fanglan (square Ganlan). It grows in the mountain vally of minorities in the Liangjiang area in Guangxi. The fruit looks like Ganlan, but it has three or four angles. It is said this is a species originated from Persia.

GANLAN SHI

Fruit of white canary tree

Fructus canarii

[Quality and Taste]

It is sour, sweet, warm and nontoxic.

Kou Zongshi: It tastes astringent. After holding it in mouth for a long time, it begins to taste sweet.

Zhu Zhenheng: It is astringent and sweet. After one has a good meal and wine, it is nice to keep one piece in the mouth. But it is something hot. Overeating brings up the Heat.

Li Shizhen: After preserving Ganlan with salt, it is no longer bitter and astringent. It tastes even better if it is eaten together with Lizi/semen castaneae/seed of hairy chestnut.

The book *Yanshou Shu*: Before eating Ganlan, cut off both tips of the fruit. In this way, the fruit is no longer hot. Pick up the fruit after the solar term of the White Dew (September 8). Such fruit won't harm health.



〔主治〕生食、煮饮，并消酒毒，解鲙鲐鱼毒开宝。嚼汁咽之，治鱼鲠宗爽。生啖、煮汁，能解诸毒苏颂。开胃下气，止泻大明。生津液，止烦渴，治咽喉痛。咀嚼咽汁，能解一切鱼、鳖毒时珍。

〔发明〕〔志曰〕鲙鲐鱼，即河豚也。人误食其肝及子，必迷闷至死，惟橄榄及木煮汁能解之。其木作舟楫，拨着鱼皆浮出，故知物有相畏如此者。〔时珍曰〕按名医录云：吴江一富人，食鲙鱼被鲠，横在胸中，不上不下，痛声动邻里，半月余几死。忽遇渔人张九，令取橄榄与食。时无此果，以核研末，急流水调服，骨遂下而愈。张九云：我父老相传，橄榄木作取鱼棹篦，鱼触着即浮出，所以知鱼畏橄榄也。今人煮河豚，团鱼，皆用橄榄，乃知橄榄能治一切鱼、鳖之毒也。

〔附方〕新四。（略）



[Indications]

Eat the fresh fruit or stew it to get a decoction. Take the thing to detoxify alcoholism and toxin of Hetun/musculus fugu/globefish muscle.

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

Kou Zongshi: Chew the fruit and swallow the juice to dissolve fish bone stuck in the throat.

Su Song: Eat the fresh fruit or stew it to get a decoction. Take it to detoxify all kinds of toxin.

Da Ming: It whets the appetite, brings down adverse ascending gas and stop diarrhea.

Li Shizhen: It helps produce Jinye (body fluid), relieves restlessness and quenches thirst. It is good for relieving throat pain. Chew the fruit and swallow the juice to detoxify toxin of all kinds of fish and turtles.

[Explication]

Ma Zhi: If the liver and roe of Hetun is taken by mistake, one will lose consciousness and be near death. The way to detoxify it is to stew Ganlan and its wood to make a decoction. When a boat oar made of the wood of canary tree is used, a fish that touches it will float to the surface. From this, it is understood fish fear the plant.

Li Shizhen: The book *Mingyi Lu* recorded a case: A rich man in Wujiang was once stuck while he was eating mandarin fish. He felt the bone was obstructing the chest and he cried all day. He was about to die after half a month. Suddenly, Zhang Jiu, a fisherman, came and told the patient to have Ganlan. As there was no fresh fruit at the time, the kernel of the fruit was found. It was ground into powder and washed down with current water. The fish bone was dissolved and the patient got well. The fisherman said: My father told me that fishing utensils made of wood of white canary tree were very effective. Once this thing touches a fish, it will rise to the surface. So, the fruit can be used to detoxify toxin of all kinds of fish and turtles.

[Prescriptions]

Four prescriptions collected recently.

榧实（别录下品）

【释名】

被子音彼，神农。赤果日用。玉榧日用。玉山果

〔时珍曰〕榧亦作排，其木名文木，斐然章采，故谓之榧。信州玉山县者为佳。故苏东坡诗云：彼美玉山果，粲为金盘实。被子见下。〔瑞曰〕土人呼为赤果，亦曰玉榧。

【集解】

〔时珍曰〕榧生深山中，人呼为野杉。按罗愿尔雅翼云：被似杉而异于杉。彼有美实而木有文采，其木似桐而叶似杉，绝难长。木有牝牡，牡者华而牝者实。冬月开黄





FEISHI

Grand torreyia

Torreya grandis Fort.

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

[Explanation of Names]

BIZI

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

CHIGUO

— *Riyong Bencao* (*Materia Medica for Daily Use*).

YUFEI

— *Riyong Bencao* (*Materia Medica for Daily Use*).

YUSHANGUO

Li Shizhen: The wood of the tree is called Wenmu. It is a very beautiful and colorful wood. The drug produced in the Yushan Mountain in Xinzhou is of top quality, so, it is called Yushanguo (“fruit from Yushan Mountain”).

The Song poet Su Dongpo wrote:

Beautiful as it is the fruit from Yushan Mountain,
Showing its splendor in a golden plate.

The origin of the name Bizi is explained below.

Wu Rui: Local people called it Chiguo, or Yufei.

[Previous Explanations]

Li Shizhen: Feizi grows in the deep mountain. Local people call it Yeshan (“wild fir”).

The book *Er Ya Yi* by Luo Yuan: Bizi looks like China fir. But it is not the same. Bizi has delicious fruit and its wood has beautiful veins. Its wood looks like Tong/tungoil tree and its leaf is similar to China fir. It is a tree



圆花，结实大小如枣。其核长如橄榄核，有尖者、不尖者，无棱而壳薄，黄白色。其仁可生啖，亦可焙收。以小而心实者为佳，一树不下数十斛。陶氏不识被子，惟苏恭能辨为一物也。

榧实别录

〔气味〕甘，平，涩，无毒。〔瑞曰〕性热，同鹅肉食，生断节风，又上壅人，忌火气。〔时珍曰〕按物类相感志云：榧煮素羹，味更甜美。猪脂炒榧，黑皮自脱。榧子同甘蔗食，其渣自软。又云：榧子皮反绿豆，能杀人也。

〔主治〕常食，治五痔，去三虫蛊毒，鬼疰恶毒别录。食之，疗寸白虫弘景。消谷，助筋骨，行营卫，明目轻身，



that grows very slowly. There are male and female trees. The male has a flower and the female one bears fruit. A yellow and round flower blooms in winter. Its fruit is similar to a date. Its seed is long and looks like that of Ganlan. Some are with tips, some not. There is no prism. The seed coat is thin. It is yellow-white. Its fresh kernel can be served as a tidbit, or it can be baked. That with a small and solid kernel is a good fruit. One crop of a tree may weigh as much as several dozen *hu*. Tao Hongjing did not know what Bizi was. Su Gong knew that all of them were the same thing.

FEISHI

Seed of grand torreya

Semen torreya

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

[Quality and Taste]

It is sweet, plain, astringent and nontoxic.

Wu Rui: It is hot in quality. If it is taken together with goose meat, it induces Duanjiefeng (arthritis). It brings a blocking-up sensation in the chest. It should not be processed with fire.

Li Shizhen: The book *Wulei Xianggan Zhi* — When Feizi is added into the preparation of vegetable soup, it makes it sweet and delicious. After stir-frying Feizi with pig lard, the black coat will fall off automatically. When Feizi is eaten together with Ganzhe/caulis saccharum sinensis/sweet cane stem, the dregs will become soft. It is also recorded that Feizi contradicts Lüdou/semen phaseoil radiate/green gram. Serving them together may kill a person.

[Indications]

Take the drug frequently. It treats five type of hemorrhoid. It kills Three Worms and treats Gudu, Guizhu and pyogenic infection.

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

Tao Hongjing: It kills tapeworm.

Meng Xian: It helps digest cereals, reinforces tendon and bone, facilitates circulation of Ying (nutrient essence in blood) and Weiqi (body



令人能食。多食一二升，亦不发病孟诜。多食滑肠，五痔人宜之宗爽。治咳嗽白浊，助阳道生生编。

被子本经。旧作彼。

〔气味〕甘，温，有毒。

〔主治〕腹中邪气，去三虫，蛇螫蛊毒，鬼疰伏尸本经。

〔发明〕〔震亨曰〕榧子，肺家果也。火炒食之，香酥甘美。但多食则引火入肺，大肠受伤尔。〔原曰〕榧子杀腹间大小虫，小儿黄瘦有虫积者宜食之。苏东坡诗云：驱除三



resistance). It brightens the eye and makes one feel happy and vigorous. It whets the appetite. Even if one or two more *sheng* of food is eaten, the person will not suffer from indigestion.

Kou Zongshi: Overdosing smoothes the Intestine, so it is good for people suffering from hemorrhoid.

It relieves coughing. It clears whitish and turbid urine. It enhances male sexuality.

— *Shengsheng Bian*.

BIZI

Seed of grand torreyia

Semen torreyae

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

[Quality and Taste]

It is sweet, warm and toxic.

[Indications]

It disperses invading pathogenic factors in abdomen. It kills Three Worms. It detoxifies toxin of snakebite. It treats Gudu, Guizhu and Fushi (syncope due to hidden pathogen).

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

[Explication]

Zhu Zhenheng: Feizi is a fruit of the Lung. Stir-fry the fruit and take it as a tidbit. It is sweet and delicious. But overdosing will lead pathogenic Heat to invade the Lung, causing damage to the Large Intestine.*

Ning Yuan: Feizi kills big and small worms in the abdomen. An infant with pallid complexion and emaciation should have the drug as the infant must have worms. Su Dongpo, the Song Dynasty (960-1279) poet wrote:

*This is because the Lung and the Large Intestine are internally-externally interrelated.

彭虫，已我心腹疾，是矣。〔时珍曰〕榧实、被子治疗相同，当为一物无疑。但本经被子有毒，似有不同，亦因其能杀虫盖尔。汪颖似粗榧为被子，终是一类，不甚相远也。

〔附方〕旧一，新五。（略）



Once the three worms are driven off,
My epigastric and abdominal troubles are gone.

Li Shizhen: As Feishi and Bizi have the same therapeutic functions, they should be the same therapeutic functions, they should be the same thing. But in *Shen Nong Bencao Jing*, it is recorded that Bizi is toxic. This is different from the other record. Just as it is toxic, it can kill worms. Wang Ying thought that Cufei was just Bizi. But, anyway, they are of the same category without too much difference.

[Prescriptions]

One prescription collected previously, and
five prescriptions collected recently.



海松子（宋开宝）

【释名】

新罗松子

【集解】

〔时珍曰〕海松子出辽东及云南，其树与中国松树同，惟五叶一丛者，球内结子，大如巴豆而有三棱，一头尖尔，久收亦油。马志谓似小栗，殊失本体。中国松子大如柏子，亦可入药，不堪果食，详见木部松下。按段成式酉阳杂俎云：予种五鬣松二株，根大如碗，结实与新罗、南诏者无别。其三鬣者，俗呼孔雀松。亦有七鬣者。或云：三针者为栝子松，五针者为松子松。





HAISONGZI

Korean pine

Pinus koraiensis Sieb. et Zucc.

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

[Explanation of Names]

XINLUOSONGZI

[Previous Explanations]

Li Shizhen: Haisongzi is produced in Liaodong and Yunnan. The tree is the same as Chinese pine. But the difference is that Haisongzi has five leaves flocking together and the seeds are found in the cone. The seed is as big as Badou, but it is triangular. There is one sharp tip. After long storage, it may become oily. Ma Zhi said the seed looked like small chestnut. This is, of course, not accurate. Songzi produced in China is as big as Baiziren and can also be used as a drug. But it is not served as a tidbit.

The book *Youyang Zaju* by Duan Chengshi: I planted two pines with five leaves flocking together. Its root is as thick as a bowl. The seeds are the same as that from Silla and Nanzhao. The tree with three leaves flocking together is colloquially called Kongquesong (“peacock pine”). There is also a species that has seven leaves flocking together. Some say that the three leaves pine is called Guazisong and that with five leaves is called Songzisiong.

HAISONGZI REN

Kernel of Korean pine seed

Semen pini koraiensis



仁【气味】

甘，小温，无毒。

〔珣曰〕新罗松子甘美大温，去皮食之甚香，与云南松子不同（云南松子似巴豆，其味不及），与卑占国偏桃仁相似。多食发热毒。〔时珍曰〕按医说云：食胡羊肉不可食松子；而物类相感志云：凡杂色羊肉入松子则无毒。其说不同，何哉？

【主治】

骨节风，头眩，去死肌，变白，散水气，润五脏，不饥开宝。逐风痹寒气，虚羸少气，补不足，润皮肤，肥五脏大明。主诸风，温肠胃。久服，轻身延年不老李珣。润肺，治燥结咳嗽时珍。同柏子仁，治虚秘宗爽。



[Quality and Taste]

It is sweet, slightly warm and nontoxic.

Li Xun: Haisongzi is sweet, delicious and very hot in quality. Take off the capsule and eat the kernel. It is a real delicacy. It is not the same as Songzi produced in Yunnan, which looks like Badou. It does not taste as good as the former. It is something similar to Biantao* produced in Beizhan country.** Overdosing may trigger onset of pyogenic infection due to excessive Heat.

Li Shizhen: The book *Yi Shuo* — When eating mutton of sheep from the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times), Songzi should not be served simultaneously. But in the book *Wulei Xiang'an Zhi*, it said that when eating mutton of miscellaneous sheep, Songzi should be added in the preparation for detoxification purposes. The above quotations contradict each other. Why is this?

[Indications]

It is good for treating arthralgia due to invading pathogenic Wind. It relieves vertigo, eliminates dead muscle, turns gray hair black, disperses fluid retention, moistens the Five Viscera and kills hunger.

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

Da Ming: It disperses invading pathogenic Wind and Cold that has caused arthralgia. It tonifies a condition of general debility with shortness of breath. It is a general tonic. It moistens the skin and consolidates the Five Viscera.

Li Xun: It is good for treating diseases caused by invasion of pathogenic Wind. It warms the Intestine and Stomach. Long-term use makes one feel happy and vigorous and able to enjoy a long life.

Li Shizhen: It treats coughing due to stagnation of Dryness by moistening the Lung.

Kou Zongshi: Take the drug together with Baiziren to treat constipation under a deficient condition.

*Meaning “flat peach”.

**Modern name of the country is unknown.



【发明】

〔时珍曰〕服食家用子皆海松子。曰：中国松子，肌细力薄，只可入药耳。按列仙传云：偃佺好食松实，体毛数寸，走及奔马。又犊子少在黑山食松子、茯苓，寿数百岁。又赤松子好食松实、天门冬、石脂，齿落更生，发落更出，莫知所终。皆指此松子也。

[Explication]

Li Shizhen: Whenever Taoists talk about Songzi, they always mean Haisongzi. They say that Songzi produced in China is weak in function and can only be used by doctors as a drug.

The book *Liexian Zhuan (Biographies of the Immortals)*: Wo Quan, an immortal, liked to eat Songzi. His body hair was several *cun* long. He could run as fast as a horse. Du Zi, another immortal, was eating Songzi and Fuling/porial/Indian bread in Heishan Mountain while he was young. This led him to survive several hundred years. Chisong Zi, the famous immortal, was addicted to Songzi, Tianmendong/radix aspagi/root of cochineal Chinese asparagus and Shizhi/halloysitum/halloysite. His teeth fell out but grew again later, as well as loss and replacement of hair. Nobody knew how long he lived as he disappeared after living a long time. The Songzi mentioned above is actually Haisongzi.





槟榔 (别录中品)

【释名】

宾门李当之药对。仁频音宾。洗瘴丹

〔时珍曰〕宾与郎皆贵客之称。稽含南方草木状言：交广人凡贵胜族客，必先呈此果。若邂逅不设，用相嫌恨。则槟榔名义，盖取于此。雷敦炮炙论谓尖者为槟，圆者为榔，亦似强说。又颜师古注上林赋云：仁频即槟榔也。

【集解】

〔时珍曰〕槟榔树初生若笋竿积硬，引茎直上。茎干颇似桄榔、椰子而有节，旁无枝柯，条从心生。端顶有叶如甘蔗，条派开破，风至则如羽扇扫天之状。三月叶中肿起一房，因自拆裂，出穗凡数百颗，大如桃李。又生刺重累于下，以护卫其实。五月成熟，剥去其皮，煮其肉而干之。皮



BINLANG

Areca, Betel

Areca catechu L.

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

[Explanation of Names]

BINMEN

— *Lei Gong Yaodui* (*Lei Gong's Pharmaceutical Studies*).

RENBIN

XIZHANGDAN

Li Shizhen: Bin and Lang both mean “distinguished guest.”

The book *Nanfang Caowu Zhuang* by Ji Han: When a noble guest arrives, people entertain him with Binlang. If this is not prepared, the guest will feel annoyed. So, the drug is thus named. According to *Lei Gong Paozhi Lun* (*Lei Gong's Treatises on Preparation of Drugs*) by Lei Xiao, the seed with pointed tip is called Lang. It is, nevertheless, one explanation. Yan Shigu in his annotation to the article *Shanglin Fu* said Renbin was simply Binlang.

[Previous Explanations]

Li Shizhen: At first when an areca tree grows, it looks like *Zhunsun/gemma bambusae*/bamboo shoot. It gradually becomes hard and grows upward. Its trunk looks like *Guanglang/gomuti* sugar palm and coconut tree. But it has nodes. There is no branch on the trunk. On top of the trunk, leaves similar to *Ganzhe/caulis saccharum sinensis*/sweet cane stem spread about. When wind blows, the leaves move in a way as if huge fans are sweeping the sky. In the third month, a protruding ovary appears in the leaf. Then, it cracks and several hundred tassels appear like a peach or Japanese



皆筋丝，与大腹皮同也。按汉喻益期与韩康伯笺云：槟榔，子既非常，木亦特异。大者三围，高者九丈。叶聚树端，房构叶下。华秀房中，子结房外。其擢穗似禾，其缀实似谷。其皮似桐而厚，其节似竹而概。其内空，其外劲。其屈如伏虹，其申如缁绳。本不大，末不小。上不倾，下不斜。调直亭亭，千百如一。步其林则寥朗，庇其阴则萧条。信可长吟远想。但性不耐霜，不得北植。必当遐树海南，辽然万里。弗遇长者之目，令人恨深也。又竺法真罗山疏云：山槟榔一名蒟子，生日南，树似拼榈而小，与槟榔同状。一丛十余干，一干十余房，一房数百子。子长寸余，五月采之，味近苦甘。观此，则山槟榔即蒟子，猪槟榔即大腹子也。苏颂以味甘者为山槟榔，涩者为猪槟榔，似欠分明。



plum. Plenty of spikes appear under them, protecting the fruits. In the fifth month, the fruit is ripe. Peel it off and stew it in water. Then, dry the fruit in the sun. The seed is covered with fibers, which is similar to Dafupi. In the letter given by Yu Yiqi to Han Bokang during the Han Dynasty (206 BC-220AD), the following is recorded: Binlang is an extraordinary fruit. Its tree is also special. The big tree can be 90 *chi* tall and three arm spans thick. Leaves flock at top of the tree, and ovary from under the leaves. The flower blooms within the ovary and the seed is formed outside the ovary. The tassels look like the ear of millet and its seeds look like millet grain. Its bark looks like that of a tungoil tree, but it is thicker. Its node looks like that of bamboo. The trunk is hollow inside, but it is strong. The big leaf is curled, resembling a rainbow. The trunk is upright, resembling a hanging noose. The base of the tree is not very big, but its trunk (handles of leaf) is not small. The trunk stands upright. In a forest of the plant, hundreds and thousands of them stand there in the same way. Walking in such an environment, one will not find a dense forest. It does not give good shade. It is a place where people can let their imagination run wild and murmur their poems. The plant cannot resist frost; therefore, it cannot be planted in the north. In the vast plain on Hainan Island that extends to ten thousand *li*, the plant is found. It is a pity that elderly people cannot travel so far to enjoy such a forest. What a pity!

The book *Zhu Fazhen Luofushan Shu*: Shanbinlang is also named Nazi. It is found in Rinan. Its tree looks like a windmill palm. It is the same as an areca tree. In one tussock, more than ten trunks flock together. On each trunk, there are more than ten ovaries. In each ovary, there are several hundred seeds. The seed is about one *cun* long. Collect it in the fifth month of the year. It is bitter and sweet. From this we understand that Shanbinlang is just Nazi and Zhubinlang is just Dafuzi. Su Song thought that the sweet fruit was Shanbinlang and the fruit that tastes astringent was Zhubinlang. He failed to give a clear differentiation of the two.

BINLANGZI

Areca seed

Semen arecae



槟榔子

【**修治**】〔**斆曰**〕头圆矮毗者为榔，形尖紫文者为槟。槟力小，榔力大。凡使用白槟及存坐稳正、心坚有锦文者为妙。半白半黑并心虚者，不入药用。以刀刮去底，细切之。勿令经火，恐无力。若熟使，不如不用。〔**时珍曰**〕近时方药亦有以火煨焙用者。然初生白槟榔，须本境可得。若他处者，必经煮熏，安得生者耶？又槟榔生食，必以扶留藤、古贲灰为使，相合嚼之，吐去红水一口，乃滑美不涩，下气消食。此三物相去甚远，为物各异，而相成相合如此，亦为异矣。俗谓“槟榔为命赖扶留”以此。古贲灰即蛎蚌灰也。贲乃蚌字之讹。瓦屋子灰亦可用。

【**气味**】

苦、辛，温，涩，无毒。

〔**甄权曰**〕味甘，大寒。〔**大明曰**〕味涩。〔**弘景曰**〕交州者味甘，广州者味涩。〔**珣曰**〕白者味甘，赤者味苦。〔**元素曰**〕味辛而苦，纯阳也。无毒。〔**诜曰**〕多食亦发热。



[Preparation]

Lei Xiao: The seed that is round and short is Lang. The seed that is pointed with purple vein is Bin, which is not as strong as Lang. The seed that is white and in good shape with solid quality and colored vein is considered top quality. The seed that is half white and half black with loose quality is not used as a drug. Scrub off the bottom of the seed and cut it into fine slices. Do not process the drug with fire. If it is prepared, it loses its therapeutic function and can no longer be used as a drug.

Li Shizhen: Recently, Binlang that is baked or roasted is also used as a drug. The unprepared white Binlang can only be found in its place of origin. If the drug is supplied from a long distance, it must have been stewed or smoked. Where can we find the unprepared fresh drug? When fresh Binlang is taken, it should be taken together with Fuliuteng (Jujiang/spica piperis betlis/fruit-spike of betel pepper) and ash of Gubenhui (ash of Bangfen/caro anodonate/meat powder of fresh water clam). Chew the drug together with the other two things. Spit out the red fluid and then the fruit becomes slippery and delicious, and no longer astringent. It is strange that the three things are so different from each other, but can produce such a wonderful taste if they are eaten together. An idiom goes: Binlang relies on Fuliuteng heavily. Gubenhui is simply ash of Bangfen. Ash of Walengzi/concha arcae/ark shell is also good.

[Quality and Taste]

It is bitter, pungent, warm, astringent and nontoxic.

Zhen Quan: It is sweet and very cold.

Da Ming: It is astringent.

Tao Hongjing: That produced in Jiaozhou is sweet and that produced in Guangzhou is astringent.

Li Xun: The white seed is sweet and the red one is bitter.

Zhang Yuansu: It is pungent and bitter, a drug of pure Yang. It is nontoxic.

Meng Xian: Overdosing helps accumulation of pathogenic Heat.



【主治】

消谷逐水，除痰癖，杀三虫、伏尸，疗寸白别录。治腹胀，生捣末服，利水谷道。傅疮，生肌肉止痛。烧灰，傅口吻白疮苏恭。宣利五脏六腑壅滞，破胸中气，下水肿，治心痛积聚甄权。除一切风，下一切气，通关节，利九窍，补五劳七伤，健脾调中，除烦，破癥结大明。主贲豚膀胱诸气，五膈气，风冷气，脚气，宿食不消李珣。治冲脉为病，气逆里急好古。治泻痢后重，心腹诸痛，大小便气秘，痰气喘急，疗诸疟，御瘴疠时珍。

【发明】

〔元素曰〕槟榔味厚气轻，沉而降，阴中阳也。苦以破滞，辛以散邪，泄胸中至高之气，使之下行，性如铁石之沉



[Indications]

It helps digest cereals and disperses fluid retention. It eliminates phlegm accumulation in the hypochondrium. It kills Three Worms. It treats syncope due to hidden pathogen. It kills tapeworm.

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

Su Gong: It is good for relieving abdominal distention. Pound the drug into powder and apply it to treat sores. It relieves pain and helps muscle growth. Burn the drug into ash. Apply it to treat white aphtha.

Zhen Quan: It disperses stagnation and accumulation occurring to the Five Viscera and Six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao). It dissolves stagnation of gas in the chest, and eliminates puffy edema. It is good for treating heart pain, and dissolve abdominal mass.

Da Ming: It disperses all kinds of invading pathogenic Wind, brings down all kinds of adverse ascending gas. It facilitates the function of joints and orifices. It tonifies five overstrains and seven impairments, replenishes the Spleen and harmonizes the interior. It relieves restlessness and dissolves hard mass.

Li Xun: It relieves Bentun (upward ascending of gas like a running piglet) and rushing up gas from the Urinary Bladder. It smoothes the accumulation of gas in the diaphragm and stagnation of Wind and Cold. It also treats beriberi and indigestion.

Wang Haogu: It is good for treating diseases related to the Chong Channel (Penetrating Vessel) with dyspnoea and adverse ascending gas.

Li Shizhen: It is good for treating dysentery with tenesmus, epigastric and abdominal pain, dysuria and constipation with passing of flatus. It relieves asthma due to accumulation of phlegm. It also treats malaria of various types. It prevents attacks of miasma and epidemics.

[Explication]

Zhang Yuansu: Binlang is thick in taste and light in quality. It is sinking and descending, a drug of Yang in the Yin. Bitter as it is, it is able to disperse accumulation and stagnation. Pungent as it is, it disperses invading pathogenic factors. It is good to purge the stagnation of gas resting high



重，能坠诸药至于下极，故治诸气、后重如神也。〔时珍曰〕按罗大经鹤林玉露云：岭南人以槟榔代茶御瘴，其功有四：一曰醒能使之醉，盖食之久，则熏然颊赤，若饮酒然，苏东坡所谓“红潮登颊醉槟榔”也。二曰醉能使之醒，盖酒后嚼之，则宽气下痰，余醒顿解，朱晦庵所谓“槟榔收得为祛痰”也。三曰饥能使之饱。四曰饱能使之饥。盖空腹食之，则充然气盛如饱；饱后食之，则饮食快然易消。又且赋性疏通而不泄气，禀味严正而更有余甘，有是德故有是功也。又按吴兴章杰瘴说云：岭表之俗，多食槟榔，日至十数。夫瘴疠之作，率因饮食过度，气痞积结，而槟榔最能下气消食去痰，故人狃于近利，而暗于远患也。夫岭南地热，四时出汗，人多黄瘡，食之则脏器疏泄，一旦病瘴，不敢发散攻下，岂尽气候所致，槟榔盖亦为患，殆未思尔。又东阳卢和云：闽广人常服槟榔，云能祛瘴。有瘴服之可也，无瘴



up in the chest. It is a drug similar to iron and stone, heavy enough to bring down all drugs to descend to the lowest portion of body. So, it is especially good to regulate the qi and treat tenesmus.

Li Shizhen: The book *Helin Yulu* by Lou Dajing — People living in area south of the Five Ridges take Binlang in the same way as tea to prevent attacks of miasma. The drug has the following four therapeutic functions:

1. It makes people drunk. After eating the drug for a long time, one will feel as if a lot of wine has been drunk. Su Dongpo said that, “red cheeks tell of overeating of areca seed.”

2. It awakens a drunkard. After one gets intoxicated from wine, chewing of areca is good to bring down the adverse ascending gas and dissolve phlegm. One will recover from the intoxicated condition. Zhu Hui’an commented: “Areca is collected and taken to disperse phlegm.”

3. To kill hunger in a hungry person.

4. To make a person with a full belly to feel hungry.

This is because, when one is empty, the eating of areca makes one’s stomach full. After one has eaten his full, eating of Binlang helps digestion. It is a drug that dredges through the obstruction. But it does not purge the qi. It is a drug with a bitter taste accompanied by a lingering sweet taste. Zhang Jie said in his work *Zhang Shuo (On the Study of Miasma)* that people living in the area south of the Five Ridges like to eat too much, his qi will be obstructed, and accumulation and mass will form. In such a condition, miasma and epidemic can attack. Binlang is a drug that brings down the adverse ascending gas, helps digestion and disperses phlegm. So, people like to eat it to relieve a bit of their trouble. But they forget its long-term of their trouble. But they forget its long-term harm. People are generally emaciated with pale complexion. After eating a lot of Binlang, the internal organs are purged and emptied. Once such people suffer from miasma, doctors dare not use drugs with strong function. It makes it more difficult to treat such diseases. It is not only because the weather is too hot. The eating of Binlang is a cause, too. Lu He, a native of Dongyang said that: People in Fujian and Guangdong and Guangxi always eat Binlang, believing the drug is good for preventing an attack of miasma. If one is suf-

而服之，宁不损正气而有开门延寇之祸乎？南人喜食此果，故备考诸说以见其功过焉。又朱晦庵槟榔诗云：忆昔南游日，初尝面发红。药囊知有用，茗碗讵能同？蠲疾收殊效，修真录异功。三彭如不避，糜烂七非中。亦与其治疾杀虫之功，而不满其代茶之俗也。

【附方】

旧十一，新十五。（略）



fering from such an attack, eating of the drug is good. But if one is not suffering from miasma, why should he take Binlang only to open the door for the invasion of pathogens and to exhaust his Zhengqi (vital resistance)? As people in the south like to have this drug, records of different sources are collected for reference, Zhu Hui'an in his poem of areca wrote:

At first when I tried areca,
I began to have a rosy cheek.
Areca is a thing belonging to the drug box,
But how could it be compared to tea for daily use?
It works miraculously in dispersing a disease,
And it is cherished by people practicing life prolongation.
But if the diseases are not tackled,
The internal organs are hustled.

This is a comment of the therapeutic functions of Binlang. But the poet was not satisfied with the local habit of eating areca as a daily tidbit.

[Prescriptions]

Eleven prescriptions collected previously, and
15 prescriptions collected recently.





蜀椒（本经下品）

【释名】

巴椒别录。汉椒日华。川椒纲目。南椒炮炙论。唐蔎唐毅。点椒

〔时珍曰〕蜀，古国名。汉，水名。今川西成都、广汉、潼川诸处是矣。巴亦国名，又水名。今川东重庆、夔州、顺庆、阆中诸处是矣。川则巴蜀之总称，因岷、沱、黑、白四大水，分东、西、南、北为四川也。

【集解】

〔时珍曰〕蜀椒肉厚皮皱，其子光黑，如人之瞳人，故谓之椒目。他椒子虽光黑，亦不似之。若土椒，则子无光彩矣。



SHUJIAO

Chinese prickly ash from Sichuan

Pericarpium zanthoxyli

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

[Explanation of Names]

BAJIAO

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

HANJIAO

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

CHUANJIAO

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

NANJIAO

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

TANGYI

DIANJIAO

Li Shizhen: Shu is the name of an ancient country in Sichuan. Han is the name of a river. It is also the name of places like Chengdu, Guanghan and Tongchuan in western Sichuan. Ba is also the name of an ancient country. It is still the name of places like Chongqing, Kuizhou, Shunqing, and Langzhong in eastern Chongqing. Chuan is a general name of Ba and Shu. Sichuan is generally divided into four areas of northern, southern, eastern and western Sichuan by four rivers: the Min, Tuo, Hei and Bai.

[Previous Explanations]

Li Shizhen: Shujiao has a thick and creased capsule. Its seed is black and lustrous, which is similar to the human pupil. So, it is also called Jiaomu



【修治】

〔斆曰〕凡使南椒须去目及闭口者，以酒拌湿蒸，从巳至午，放冷密盖，无气后取出，便入瓷器中，勿令伤风也。

〔宗奭曰〕凡用秦椒、蜀椒，并微炒使出汗，乘热入竹筒中，以梗捣去里面黄壳，取红用，未尽再捣。或只炒热，隔纸铺地上，以碗覆，待冷碾取红用。

椒红

〔气味〕辛，温，有毒。〔别录曰〕大热。多食，令人乏气喘促。口闭者杀人。〔诜曰〕十月食椒，损气伤心，令人多忘。〔李鹏飞曰〕久食，令人失明，伤血脉。〔之才曰〕杏仁为之使，得盐味佳，畏款冬花、防风、附子、雄



(“prickly ash eye”). The prickly ash produced in other places does not resemble the “eye,” although it may be black and lustrous. Some native prickly ash can only bear a black and lusterless seed.

[Preparation]

Lei Xiao: When Huajiao produced in the south is to be used, first pick away the seed and those without an opening. Blend the fruit with wine and then steam it from Sishi (9-11 hours) to Wushi (11-13 hours). Cover the container with a lid and leave it there until there is no vapor. Then, keep the fruit in a porcelain container. Do not expose it to wind.

Kou Zongshi: Whenever Huajiao or Shujiao are to be used, stir-fry them until they sweat. Keep it in a bamboo bucket and pound it when is hot so as to get rid of the yellow seed. Use the red capsule only. If there are still seeds, pound the drug again. Another way of preparation: Spread a big piece of paper on the ground. Stir-fry the drug until it becomes hot and spread it over the paper. Cover the drug with a big bowl. When it cools down, squeeze the drug to get rid of seed. Use the capsule only.

JIAOHONG

Chinese prickly ash from Sichuan
Pericarpium zanthoxyli

[Quality and Taste]

It is pungent, warm and toxic.

It is very hot. Overuse brings shortness of breath and asthma. Fruit without opening may kill a person.

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

Mengxian: Eating prickly ash in the tenth month brings damage to the Heart and exhausts the *qi*. It brings amnesia, too.

Li Pengfei: Long-term use of the drug may end in blindness. It hurts the blood.

Xu Zhicai: Xingren/semen armeniacae amarum/bitter apricot seed can be used as its guiding drug. Used together with salt, it gives better taste. It is mutually inhibiting to Kuandonghua/flos farfarae/flower of common



黄。可收水银。中其毒者，凉水、麻仁浆解之。

〔主治〕邪气咳逆，温中，逐骨节皮肤死肌，寒湿痹痛，下气。久服头不白，轻身增年本经。除六腑寒冷，伤寒温疟大风汗不出，心腹留饮宿食，肠澼下痢，泄精，女子字乳余疾，散风邪痼结，水肿黄疸，鬼疰蛊毒，杀虫、鱼毒。久服开腠理，通血脉，坚齿发，明目，调关节，耐寒暑，可作膏药别录。治头风下泪，腰脚不遂，虚损留结，破血，下诸石水，治咳嗽，腹内冷痛，除齿痛甄叔。破癥结开胸，治



coltsfoot, Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia, Fuzi/radix aconiti lateralis/daughter root of common monkshood and Xionghuang/realgar/red orpiment. It controls Shuiyin/hydragyrum/mercury in the processing of alchemical drug. Drugs to detoxify prickly ash: cold water, juice of Maren/semen cannabis/hemp seed.

[Indications]

It brings down coughing with dyspnoea due to attack of pathogenic factors. It warms the interior. It eliminates dead muscle among bone joints and skin. It treats arthralgia due to invading pathogenic Cold and Humidity. It brings down adverse ascending gas. Long-term use of the drug keeps the hair from turning gray. It makes one feel happy and vigorous and enjoy a long life.

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

It disperses cold in the six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao). It treats febrile disease, pyrexial malaria without perspiration and leprosy. It disperses fluid retention and indigestion in the epigastrium and abdomen. It treats dysentery and hematochezia with projectile bleeding. It stops seminal emission. It is good for treating ante and postpartum diseases. It disperses stagnation of pathogenic Wind, and dissolves hard mass in the abdomen. It treats puffy edema and jaundice. It also treats Guizhu (consumptive disease of unknown reason) and Gudu (disease due to noxious agents produced by various parasites). It kills worms and detoxifies toxin of fish. Long-term use opens the Couli (striae of the skin and muscle, the interstices) and facilitates blood circulation. It consolidates the teeth and hair, brightens the eye, and smoothes the movement of joints. It makes one more resistant to cold and hot weather. It can be added in the making of medicinal ointment.

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

Zhen Quan: It is good for treating severe intermittent headache with shedding of tears. It treats paralysis of waist and feet. It tonifies a condition of general debility with stagnation and accumulation. It removes blood stasis and dissolves indurate edema. It brings down coughing, and relieves abdominal pain with cold feeling. It relieves toothache.



天行时气，产后宿血，壮阳，疗阴汗，暖腰膝，缩小便，止呕逆大明。通神去老，益血，利五脏，下乳汁，灭癥，生毛发孟诜。散寒除湿，解郁结，消宿食，通三焦，温脾胃，补右肾命门，杀蛔虫，止泄泻时珍。

〔发明〕〔颂曰〕服食方，单服椒红补下，宜用蜀椒乃佳。段成式言椒气下达，饵之益下，不上冲也。〔时珍曰〕椒纯阳之物，乃手足太阴、右肾命门气分之药。其味辛而麻，其气温以热。禀南方之阳，受西方之阴。故能入肺散寒，治咳嗽；入脾除湿，治风寒湿痹，水肿泻痢；入右肾补火，治阳衰溲数，足弱久痢诸证。一妇人七十余，病泻五年，百药不效。予以感应丸五十九丸投之，大便二日不行。再



Da Ming: It dissolves abdominal hard mass and relieves chest obstruction. It is good for treating epidemics. It removes blood stasis in puerperium. It enhances male sexuality. It treats perspiration of Yin nature. It warms the waist and knee. It shrinks urination and stops nausea and retching.

Meng Xian: It makes one enjoy a long life and enlightenment. It reinforces the blood and tonifies the Five Viscera. It promotes lactation. It eliminates cicatrix and helps hair growth.

Li Shizhen: It disperses invading pathogenic Cold and Humidity. It dissolves stagnation and accumulation, helps digestion, dredges through the Sanjiao (the Three-Jiao, the Three Warmers, the Three Portions of the Body Cavity), and warms the Spleen and Stomach. It tonifies the right Kidney and the Mingmen (Gate of Life). It kills roundworm and stops diarrhea and dysentery.

[Explication]

Su Song: Prickly ash can be used as a tonic. It tonifies the lower portion. Chuanjiao is the best.

Duan Chengshi: Prickly ash has a tendency of descending, so it is good for tonifying the lower portion. It does not rush up.

Li Shizhen: Prickly ash is a drug of pure Yang. It is a drug functioning on the qi system on the Lung Channel of Hand Initial Yin, Spleen Channel of Foot Initial Yin, and the right Kidney and Mingmen (Gate of Life). It is pungent and tingling. It is warm and hot in quality. It is enriched by the Yang of the south and Yin of the west. Therefore it is good to function on the Lung to disperse the Cold and stop coughing. As it functions on the Spleen and disperses the Humidity, it treats arthralgia due to invading pathogenic Wind, Cold and Humidity. It also treats edema, diarrhea and dysentery. As it functions on the right Kidney and Mingmen and tonifies the Fire, it treats frequent micturation due to evanescence of Yang. It also treats weak feet and chronic dysentery. Here is a case: A woman over 70 years old had been suffering from diarrhea that lasted five years and could not be cured after repeated treatments. After diagnosing the patient, I prescribed Ganying Wan. Fifty pills were given. But, there was no stool within



以平胃散加椒红、茴香，枣肉为丸与服，遂瘳。每因怒食举发，服之即止。此除湿消食，温脾补肾之验也。按岁时记言：岁旦饮椒柏酒以辟疫疠。椒乃玉衡星精，服之令人体健耐老；柏乃百木之精，为仙药，能伏邪鬼故也。吴猛真人服椒诀云：椒禀五行之气而生，叶青、皮红、花黄、膜白、子黑。其气馨香，其性下行，能使火热下达，不致上薰，芳草之中，功皆不及。时珍窃谓椒红丸虽云补肾，不分水火，未免误人。大抵此方惟脾胃及命门虚寒有湿郁者相宜。若肺胃素热者，大宜远之。故丹溪朱氏云：椒属火，有下达之能。服之既久，则火自水中生。故世人服椒者，无不被其毒也。又上清诀云：凡人吃饭伤饱，觉气上冲，心胸痞闷者，以水吞生椒一二十颗即散。取其能通三焦，引正气，下恶气，消



two days. The second treatment was adoption of Pingwei San adding Jiaohong, Huixiang/fructus foeniculi/fennel fruit and date pulp. Pills were made and served. The syndrome was gone. When the patient had a temper or ate too much, there was a relapse. Then, the same drug was served. It worked effectively every time. The success of the above treatment shows that diarrhea can be treated by dispersing the Humidity, helping digestion, warming the Spleen and tonifying the Kidney.

The book *Suishi Ji*: “In the morning of New Year’s Day, drink Jiao Bai Jiu (wine of Chuanjiao and Baimu/lignum phellodendri/wood of Chinese cork tree) to prevent the attack of epidemics and infectious diseases. As prickly ash is the essence of the Alioth star, it gives one a strong build and makes one able to enjoy a long life. Baimu is the best ting among all woods. So, the wine is a kind of thing of the immortals, suppressing devils and evils.” Wu Meng Taoist master, said: Prickly ash is enriched by the five Elements, so its leaf is blue-green, its capsule is red, its flower is yellow, its membrane is white and its seed is black.* It is a drug with pungent taste and fragrant smell and has the tendency of descending.

So, it leads the pathogenic Fire and Heat to descend without fumigation to the upper portion. Among the fragrant drugs, nothing can be compared with it. Prescription see below. Li Shizhen’s comment: Jiaohong Wan (Pill of Jiaohong) is said to be able to tonify the Kidney. But, the pathological condition of the patient has to be differentiated: Whether it is due to excessive Fire or Water. If this is not differentiated, adoption of the prescription may not be beneficial. Actually this prescription is only good for treating a patient with cold and debilitated condition of the Spleen, Stomach and Mingmen, with accumulation of pathogenic Humidity. If it is given to

*The five colors correspond to the Five Elements as follows:

Blue-green leaf corresponds to the Wood element;

Red capsule corresponds to the Fire element;

Yellow flower corresponds to the Earth element;

White membrane corresponds to the Metal element;

Black seed corresponds to the Water element.

宿食也。又戴原礼云：凡人呕吐，服药不纳者，必有蛔在膈间。蛔闻药则动，动则药出而蛔不出。但于呕吐药中，加炒川椒十粒良，盖蛔见椒则头伏也。观此，则张仲景治蛔厥乌梅丸中用蜀椒，亦此义也。许叔微云：大凡肾气上逆，须以川椒引之归经则安。

〔附方〕旧十二，新二十三。（略）





a patient with prevailing Heat in the Lung and Stomach, it can only cause trouble. That is why Zhu Danxi commented: Prickly ash pertains to the Fire element and flows downward. After long-term use, pathogenic Fire will be germinating in the Water (the Kidney). Therefore, people taking Chuanjiao regularly as a tonic are generally intoxicated.

The book *Shangqing Jue*: “When there is an indigestion with a rushing gas and stuffy chest due to overeating, 10 to 20 fresh Chuanjiao can be washed down. This will help the digestion. This is because the drug is good to dredge through the Sanjiao, strengthen the Zhengqi (vital resistance), bring down the vicious agent and help the digestion.”

Dai Yuanli: When a patient has nausea and vomiting, and vomits the decoction, there must be ascaris in the diaphragm. Once the drug is taken, they will be stirred up, rejecting the intake of drug. The treatment is to add 10 Chuanjiao in the decoction designed to treat nausea and vomiting. This will work, as Chuanjiao is good to control roundworms. From this we understand that in Master Zhang Zhongjing’s prescription of Wumei Wan (Pill of Wumei/fructus mume/smoked plum), which was designed to treat colic caused by ascaris, why Shujiao was added. Xu Shuwei commented: Whenever there is upward rushing of the Kidney qi, Chuanjiao should be added to lead the other drugs to function on the Channel. In this way, the decoction works more effectively.

[Prescriptions]

Twelve prescriptions collected previously, and
23 prescriptions collected recently.



胡椒 (唐本草)

【释名】

味履支

〔时珍曰〕胡椒，因其辛辣似椒，故得椒名，实非椒也。

【集解】

〔时珍曰〕胡椒，今南番诸国及交趾、滇南、海南诸地皆有之。蔓生附树及作棚引之。叶如扁豆、山药辈。正月开黄白花，结椒累累，缠藤而生，状如梧桐子，亦无核，生青熟红，青者更辣。四月熟，五月采收，曝干乃皱。今遍中国食品，为日用之物也。

实【气味】

辛，大温，无毒。



HUJIAO

Black pepper

Piper nigrum L.

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

[Explanation of Names]

WEILÜZHI

Li Shizhen: Hujiao is as pungent as prickly ash. It is named Jiao (prickly ash), but, actually, it is not prickly ash.

[Previous Explanations]

Li Shizhen: Hujiao is now produced in countries in the Nanfan area and also in Jiaozhi, southern Yunnan and Hainan. It is a creeping herb developing along a tree. Alternatively, a frame is made to let it develop. Its leaf is similar to that of a hyacinth bean or common yam. In the first month, a yellow and white flower blooms. Then, fruits in large number are borne. They grow along the vine and look like parasol seed. There is kernel in the fruit. It is blue-green at first and turns red when ripe. The blue-green one is even more pungent. The fruit gets ripe in the fourth month. Collect the fruit in the fifth month. After being dried in the sun, its capsule begins to become creased. Now, it has become a very common spice and is used in daily life all over the country.

HUJIAO SHI

Black pepper fruit

Fructus piperis

[Quality and Taste]

It is pungent, warm and nontoxic.



〔时珍曰〕辛热纯阳，走气助火，昏目发疮。〔珣曰〕多食损肺，令人吐血。

【主治】

下气温中去痰，除脏腑中风冷唐本。去胃口虚冷气，宿食不消，霍乱气逆，心腹卒痛，冷气上冲李珣。调五脏，壮肾气，治冷痢，杀一切鱼、肉、蟹、蕈毒大明。去胃寒吐水，大肠寒滑宗奭。暖肠胃，除寒湿，反胃虚胀，冷积阴毒，牙齿浮热作痛时珍。

【发明】

〔宗奭曰〕胡椒去胃中寒痰，食已则吐水甚验。大肠寒滑亦可用，须以他药佐之，过剂则走气也。〔震亨曰〕胡椒属火而性燥，食之快膈，喜之者众，积久则脾胃肺气大伤。凡病气疾人，益大其祸也。牙齿痛必用胡椒、荜茇者，散其中浮热



Li Shizhen: It is pungent and hot, a drug of pure Yang. It stirs up qi and reinforces the Fire. It brings dim vision and triggers eruption of sores.

Li Xun: Overuse causes lung damage, which will result in hematemesis.

[Indications]

It brings down adverse ascending gas, warms the interior and disperses pathogenic Wind and Cold resting with the Viscera and Bowels.

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

Li Xun: It disperses the invading pathogenic Cold in the Stomach under general debility. It helps dissolve indigestion. It also treats cholera with vomiting and retching. It relieves sudden onset of epigastric and abdominal pain and brings down the rushing up of cold gas.

Da Ming: It harmonizes the Five Viscera, reinforces the Kidney *qi*. It treats cold dysentery. It detoxifies toxin of all kinds of fish, meat, turtle and mushroom.

Kou Zongshi: It treats vomiting of fluid due to invading pathogenic Cold in the Stomach and stops diarrhea due to prevalence of Cold in the Large Intestine.

Li Shizhen: It warms the Intestine and Stomach, disperses pathogenic Cold and Humidity. It treats regurgitation with distention under general debility. It dissolves stagnation of Cold and Yindu (toxin of Yin and cold nature). It relieves toothache due to floating Heat.

[Explication]

Kou Zongshi: Hujiao is good for dissolving cold phlegm in the Stomach and vomiting of fluid after eating. It works very effectively. It is also good for treating diarrhea due to prevalence of Cold in the Large Intestine. But, it should be assisted by other drugs. If it is used in too big a dosage, it will consume the qi badly.

Zhu Zhenheng: Hujiao pertains to the Fire. It is dry in quality. It relieves chest obstruction. That is why many people like to eat it very much. But Long-term use may cause damage to the Spleen, Stomach and Lung. People suffering from qi disorder will be more severely damaged. To treat



也。〔时珍曰〕胡椒大辛热，纯阳之物，肠胃寒湿者宜之。热病人食之，动火伤气，阴受其害。时珍自少嗜之，岁岁病目，而不疑及也。后渐知其弊，遂痛绝之，目病亦止。才食一二粒，即便昏涩。此乃昔人所未试者。盖辛走气，热助火，此物气味俱厚故也。病咽喉口齿者，亦宜忌之。近医每以绿豆同用，治病有效。盖豆寒椒热，阴阳配合得宜，且以豆制椒毒也。按张从正儒门事亲云：噎膈之病，或因酒得，或因气得，或因胃火。医氏不察，火里烧姜，汤中煮桂；丁香未已，豆蔻继之；荜茇未已，胡椒继之。虽曰和胃，胃本不寒；虽曰补胃，胃本不虚。况三阳既结，食必上潮，止宜汤丸小小润之可也。时珍窃谓此说虽是，然亦有食入反出、无火之证，又有痰气郁结、得辛热暂开之证，不可执一也。



toothache, Hujiao and Biba/fructus piperis longi/long pepper must be used. This is because both drugs can disperse the floating Heat that causes the ache.

Li Shizhen: Hujiao is very hot and pungent, a drug of pure Yang. It is especially good for those with prevalence of pathogenic Cold and Humidity. People suffering from prevalence of pathogenic Heat should not take the drug, lest Yin will be badly damaged. While I was young, I love to eat Hujiao. But, after a year, I began suffering from eye disease. I continued eating Hujiao, but when I eventually realized the connection and stopped, the eye disease began to subside. After some time, when I tried one or two grains of Hujiao, immediately I began to feel uneasiness in the eye. People had not tried this in the past. This is because the pungent taste functions on the qi system and its hot quality reinforces the Fire. People suffering from a sore throat and toothache should not have Hujiao. Recently, doctors use lüdou/semen phaseoli radiati/green gram together with Hujiao whenever the latter is necessary in a prescription. In this way, the drug works better. This is because Lüdou is cold in quality and can just balance the Heat of Hujiao, and Yin and Yang are well balanced. Also Lüdou is good to detoxify the toxin of Hujiao.

The book *Rumen Shiqin (Confucian Doctors' Duties to Their Parents)* by Zhang Congzheng: "Dysphagia is a syndrome caused either by alcoholism, or by disorder of qi, or by excessive pathogenic Heat in the Stomach. But, some doctors, without analyzing the real pathological condition, prescribe Paojiang/rhizome zingiberis praeparata/prepared ginger, or Rougui/cortex cinnamomi/cassia bark, or Dingxiang/flos caryophylli/clove, or Doukou/seminal alpiniae katsumadai/seed of katsumade galangal, or Biba/fructus piperis longi/long pepper, or Hujiao to warm the Stomach. Actually, there is no Cold in the Stomach. Neither is it under a deficient condition. When the three Yang are accumulating, it will bring Fire to the upper part (the throat). In that case, the treatment should be sipping a decoction little by little, or by serving small pills to moisten the affected part. What Zhang Congzheng said above is reasonable. But there are also cases caused by stagnation of phlegm. The patient may vomit out food he has just taken. There is no prevalence of Heat in the Stomach. In this case, a pungent and

【附方】

旧二，新二十三。（略）



hot drug like Hujiao can be given to open up the pent-up condition. So a doctor should analyze the concrete condition repectively.”

[Prescriptions]

Two prescriptions collected previously, and
23 prescriptions collected recently.

