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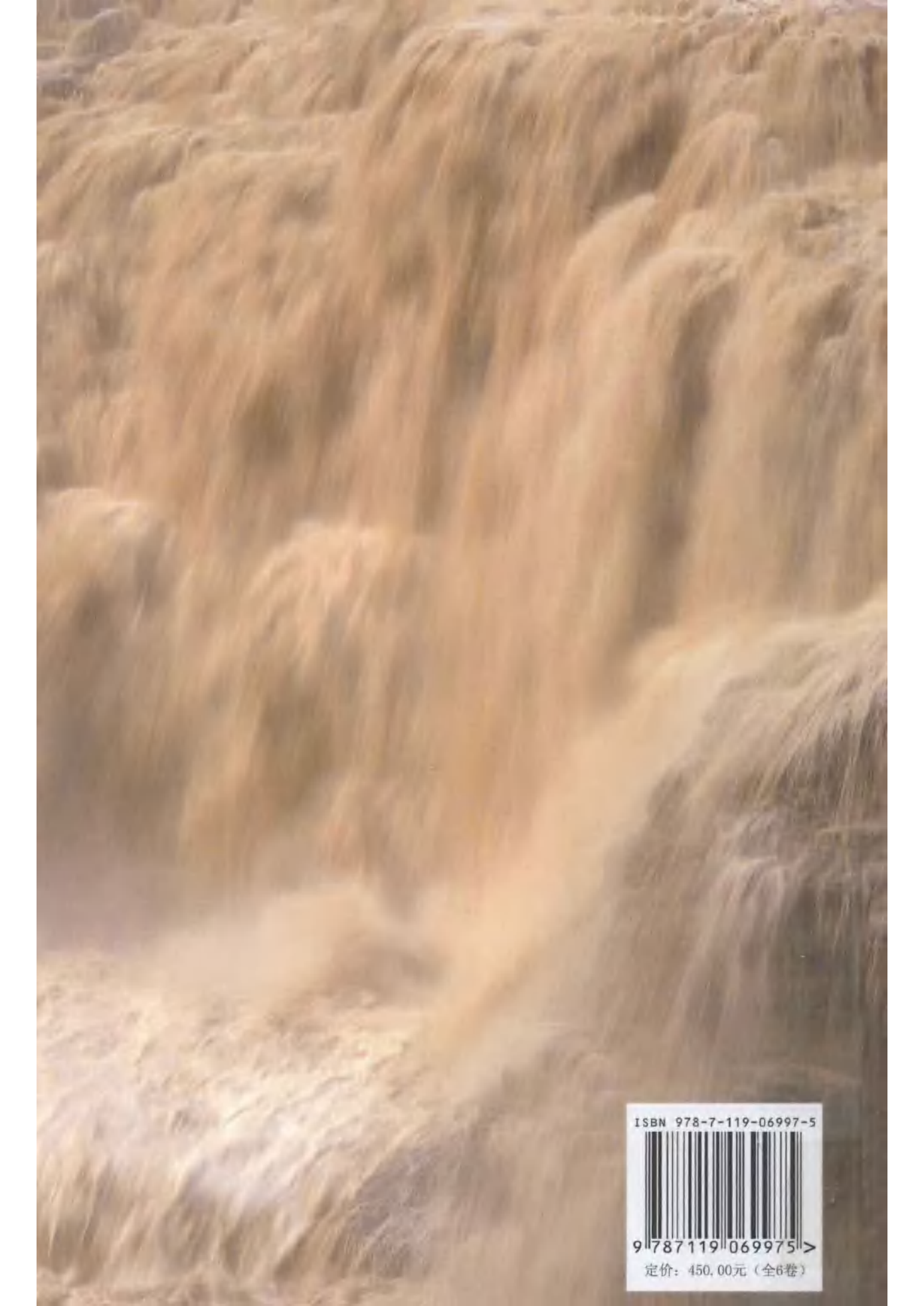
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CONDENSED COMPENDIUM
OF MATERIA MEDICA

VI



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Chinese-English

本草纲目选

CONDENSED COMPENDIUM OF MATERIA MEDICA

VI



(明) 李时珍 著

李经纬 编校

罗希文 英译

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吴茱萸 (本经中品)

【释名】

〔藏器曰〕茱萸南北总有，入药以吴地者为好，所以有吴之名也。〔时珍曰〕茱萸二字义未详。萸有俞，由二音。

【集解】

〔时珍曰〕茱萸枝柔而肥，叶长而皱，其实结于梢头，累累成簇而无核，与椒不同。一种粒大，一种粒小，小者入药为胜。淮南万毕术云：井上宜种茱萸，叶落井中，人饮其水，无瘟疫。悬其子于屋，辟鬼魅。五行志云：舍东种白杨、茱萸，增年除害。

【修治】

〔斲曰〕凡使去叶梗，每十两以盐二两投东流水四斗中，分作一百度洗之，自然无涎，日干入丸散用之。若用醋



WUZHUYU

Medicinal evodia

Evodia rutaecarpa (Juss.) Benth.,

Evodia rutaecarpa (Juss.) Benth Var. *officinalis* (Dode) Huang.

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

[Explanation of Names]

Chen Cangqi: Zhuyu is found both in the north and in the south. But that produced in the Wu area is the best. So, it is named Wuzhuyu.

Li Shizhen: The origin of the two pronunciations of the character Yu: Yu and you.

[Previous Explanations]

Li Shizhen: The twig of evodia is soft and plump. The leaf is long and creased. Fruits are borne on top of the twig. They flock together. The fruit is seedless. It does not look like prickly ash. One species has big fruit and the other small fruit. For medical use, the smaller one is better.

The book *Huainan Wanbi Shu*: “The Evodia tree should be planted over a drinking well. When the leaves fall into the well, the water will be good to prevent epidemics. Hang the fruits in the room. In this way, an invasion of devils and evils is prevented.”

The book *Wuxing Zhi*: “Planting Baiyang/populus davidiana dode/david poplar and Wuzhuyu to the east of the house will prevent attacks of vicious agents and people living in the house will enjoy good health.”

[Preparation]

Lei Xiao: Pick off leaf and twig. Wash the fruit with slat (ratio: 10:2) in four *dou* of east-running water and wash on hundred times. In this way, the



煮者，每十两用醋一盞，煮三十沸后，入茱萸熬干用。〔宗奭曰〕凡用吴茱萸，须深汤中浸去苦烈汁七次，始可焙用。

【气味】

辛，温，有小毒。

〔权曰〕辛、苦，大热，有毒。〔好古曰〕辛、苦，热。气味俱厚，阳中阴也。半浮半沉，入足太阴经血分，少阴、厥阴经气分。〔思邈曰〕陈久者良，闭口者有毒。多食伤神，令人起伏气，咽喉不通。〔时珍曰〕辛热，走气动火，昏目发疮。〔之才曰〕蓼实为之使。恶丹参、消石、白堊，畏紫石英。

【主治】

温中下气，止痛，除湿血痹，逐风邪，开腠理，咳逆寒热本经。利五脏，去痰冷逆气，饮食不消，心腹诸冷绞痛，



saliva will be cleaned away. Dry the drug in the sun; then, it can be used in the preparation of pills or powder. Another way of preparation: Stew each 10 *liang* of the fruit in one *yi* (20-24 *liang*) of vinegar. First stew the vinegar for 30 boilings and then add in Wuzhuyu and stew until the vinegar is totally consumed. Then, the drug is good for medical use.

Kou Zongshi: Before the drug is used, first soak it in plenty of water to get rid of its bitter juice. Do that seven times. Then, bake it.

[Quality and Taste]

It is pungent, warm and slightly toxic.

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

Wang Haogu: It is pungent, bitter and hot, a drug with both thick quality and taste, a drug of Yin in the Yang. It has both the floating and sinking tendencies. It functions on the blood system of Spleen Channel of Foot Initial Yin and the qi system of Kidney Channel of Foot Lesser Yin and Liver Channel of Foot Greater Yin.

Sun Simiao: The longer the drug is stored, the better it works. That without an opening is toxic. An overdose causes spiritual damage. It stirs up hidden gas and causes obstruction of the throat.

Li Shizhen: It is pungent and hot. It stirs gas and fire, brings dim vision and triggers eruption of sore.

Xu Zhicai: Liaoshi/fructus polygoni hydropiperis/fruit of red-knees can be used as its guiding drug. It is mutually inhibiting to Danshen/radix salviae miltiorrhizae/root of danshen, Xiaoshi/sal nitri/niter and Bai'e/chalk. It is incompatible to Zishiying/fluoritum/fluorite.

[Indications]

It warms the interior and brings down adverse ascending gas. It relieves pain, arthralgia due to stagnation of blood and invading pathogenic Humidity. It disperses invading pathogenic Wind, opens up Couli (striae of skin and muscle, the interstices). It treats coughing with dyspnoea, chill and fever.

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

It facilitates the function of the Five Viscera, disperses phlegm, cold and adverse ascending gas. It helps dissolve indigestion. It relieves colic with cold



中恶心腹痛别录。霍乱转筋，胃冷吐泻腹痛，产后心痛，治遍身痲痹刺痛，腰脚软弱，利大肠壅气，肠风痔疾，杀三虫甄权。杀恶虫毒，牙齿虫龋，鬼魅疰气藏器。下产后余血，治肾气、脚气水肿，通关节，起阳健脾大明。主痢，止泻，厚肠胃，肥健人孟诜。治痞满塞胸，咽膈不通，润肝燥脾好古。开郁化滞，治吞酸，厥阴痰涎头痛，阴毒腹痛，疝气血痢，喉舌口疮时珍。

【发明】

〔颂曰〕段成式言椒气好下，茱萸气好上。言其冲膈，不可为服食之药，故多食冲眼又脱发也。〔宗奭曰〕此物下气最速，肠虚人服之愈甚。〔元素曰〕气味俱厚，浮而降，



feeling in the epigastrium and abdomen. It treats nausea with abdominal pain.

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

Zhen Quan: It treats cholera with spasms, vomiting and diarrhea due to prevalence of Cold in the Stomach and abdominal pain. It also treats Heart pain in puerperium. It relieves stabbing pain and numbness all over the body with debilitated and weak waist and feet. It dredges through stagnation of gas in the Large Intestine. It treats hematochezia due to attack of pathogenic Wind into the Intestine and hemorrhoid. It kills Three Worms (ascariasis, teniasis and oxyuriasis).

Chen Cangqi: It kills vicious worms and worms that cause dental caries. It treats Guizhu.

Da Ming: It disperses blood stasis after labor. It treats disorder of the Kidney, beriberi and puffy edema. It facilitates movement of joints. It enhances male sexuality. It replenishes the Spleen.

Meng Xian: It stops diarrhea and dysentery. It strengthens the function of Intestine and Stomach. It helps one to put on weight.

Wang Haogu: It is good for treating stagnation of qi and stuffy chest. It facilitates the swallowing function of the throat. It moistens the Liver and dries the Spleen.

Li Shizhen: It removes melancholy and dissolves stagnation. It treats acid regurgitation. It relieves headache due to accumulation of phlegm and disorder of the Greater Yin Channel. It also stops abdominal pain due to attack of Yindu (toxin of Yin and cold nature). It is also good for treating hernia and dysentery with bloody discharge. It eliminates aphtha and sores on tongue and throat.

[Explication]

Su Song quoted Duan Chengshi as saying that prickly ash has the tendency of descending and evodia has the tendency of ascending and it is a drug rushing to the diaphragm. It should not be taken regularly as a tonic. Overuse will bring harm to the eye and accelerate the falling out of hair.

Kou Zongshi: Wuzhuyu is a drug that brings down the qi forcibly. It is especially so for a patient suffering from debilitated condition of the Intestion.

Zhang Yuansu: It is a drug with thick quality and taste. It is floating



阳中阴也。其用有三：去胸中逆气满塞，止心腹感寒疼痛，消宿酒，为白豆蔻之使也。〔杲曰〕浊阴不降，厥气上逆，咽膈不通，食则令人口开目瞪，阴寒隔塞，气不得上下。此病不已，令人寒中，腹满膨胀下利。宜以吴茱萸之苦热，泄其逆气，用之如神，诸药不可代也。不宜多用，恐损元气。〔好古曰〕冲脉为病，逆气里急，宜此主之。震、坤合见，其色绿。故仲景吴茱萸汤、当归四逆汤方，治厥阴病及温脾胃，皆用此也。〔时珍曰〕茱萸辛热，能散能温；苦热，能



and sinking, a drug of Yin in the Yang. It has three therapeutic functions: First, it disperses obstruction and stuffiness in chest. Second, it relieves epigastric and abdominal pain due to exposure to cold and third, it dissolves prolonged indigestion due to overdrinking of wine. The drug Baidoukou/fructus amomi cardamomi/fruit of round cardamom can be used as its guiding drug.

Li Gao: The following syndrome can be treated with Wuzhuyu: When the turbid Yin does not descend (as it should) and chaotic gas ascends, causing obstruction of the throat. When food is taken, food will get stuck in the throat, causing obstruction in breathing and making the eyes open wide. When this syndrome is not tackled, it induces invasion of Cold in the middle portion, bringing abdominal distention and diarrhea. Wuzhuyu, bitter and hot, should be given to bring down the adverse ascending gas. It has been proven very effective. No other drugs can be used as a substitute. But it should not be overdosed, lest it consumes the Yuanqi (Primordial Vital Energy).

Wang Haogu: When the Chong Channel (Penetrating Vessel) is diseased, there will be adverse ascending gas and abdominal colic. Wuzhuyu should be given. It is used by Master Zhang Zhongjing in his prescriptions Wuzhuyu Tang* (Decoction of Wuzhuyu) and Danggui Sini Tang**

*Wuzhuyu Tang:

Wuzhuyu,

Renshen/radix ginseng/ginseng root,

Shengjiang/rhizoma zingiberis recens/fresh ginger,

Dazao/fructus jujubae/Chinese date.

**Actually Wuzhuyu is not used in the following Danggui Sini Tang, which is composed of:

Danggui/radix angelicae sinensis/root of Chinese angelica,

Guizhi/ramulus cinnamomi/cassia twig,

Shaoyao/radix paeoniae/peony root,

Xixin/herba asari/herb of Manchurian wild ginger,

Zhigancao/radix glycyrrhizae preparata/licuorice root prepared,

Tongcao/caulis aristolochiae manshuriensis/stem of Manchurian dutchman's pipe,

Dazao/fructus jujubae/Chinese date.



燥能坚。故其所治之症，皆取其散寒温中、燥湿解郁之功而已。案朱氏集验方云：中丞常子正苦痰饮，每食饱或阴晴节变率同，十日一发，头疼背寒，呕吐酸汁，即数日伏枕不食，服药罔效。宣和初为顺昌司禄，于太守蔡达道席上，得吴仙丹方服之，遂不再作。每遇饮食过多腹满，服五七十九便已。少顷小便作茱萸气，酒饮皆随小水而去。前后痰药甚众，无及此者。用吴茱萸（汤泡七次）。茯苓等分，为末，炼蜜丸梧子大。每熟水下五十丸。梅杨卿方：只用茱萸酒浸三宿，以茯苓末拌之，日干。每吞百粒，温酒下。又咽喉口舌生疮者，以茱萸末醋调贴两足心，移夜便愈。其性虽热，



(Decoction of Danggui/radix angelicae sinensis/root of Chinese angelica to warm the extremities) to treat Greater Yin syndrome and to warm the Spleen and Stomach.

Li Shizhen: Wuzhuyu, pungent and hot, is a drug that disperses and warms. It is also bitter and hot, so it dries and consolidates. Hence, it is a drug that is good to disperse the Cold and warm the interior, dry the Humidity and disperse melancholy.

The book *Zhushi Jiyan Fang*: “Chang Zizheng, official title Zhongcheng, was suffering from Tanyin (phlegm and fluid retention). Whenever he ate a little more, or there was a change of weather, there was an attack. About every ten days, he suffered from headache and coldness in the back, and the vomiting of acid fluid. He lay in his bed for a few days, unable to eat anything. Drugs had been given, but he felt no better. Later, in the early years of the reign title Xuanhe, he acted as a Silu (an official post) in Shunchang. One day, when he was invited to a dinner given by governor Cai Dadao, he got a prescription named Wuxian Dan. He prepared the drug and served it. This cured his prolonged ailment. Whenever he felt abdominal distention due to overeating and drinking, he would have 50 to 70 pills of the drug. And this prevented the attack. After a while, the patient would urinate. The urine smelt of evodia. Alcoholism was dispersed along with the urine. He had tried a lot of drugs, but none was as good as this. The prescription:

Wuzhuyu (soaked in hot water seven times),
Fuling/poria/Indian bread.

Grind equal amounts into powder and make pills with refined honey the size of a parasol seed. Take 50 pills each time with boiled water.”

Another prescription provided by Mei Yangqing:

Soak Wuzhuyu in wine for three nights. Blend it with powder of Fuling/poria/indian bread and dry the drug in the sun. Swallow 100 grains of the drug each time and wash them with warm wine.

Wuzhuyu is also good for treating aphatha of the lips and mouth. Treatment: Blend powder of Wuzhuyu with vinegar and apply it to both soles of feet. Do that in the evening and the next day the ailment will be gone. Although it is a drug of hot quality, it is good to lead the pathogenic Heat

而能引热下行，盖亦从治之义；而谓茱萸之性上行不下者，似不然也。有人治小儿痘疮口噤者，啮茱萸一二粒，抹之即开，亦取其辛散耳。

【附方】

旧二十四，新二十二。（略）



to flow downward. This is based on the theory of “treatment contrary to routine.” From this we can see that it is not true to say that Wuzhuyu only has the tendency of ascending, but not vice versa. The drug was once used to treat lockjaw of an infant suffering from smallpox. One or two grains of Wuzhuyu were chewed and applied to the teeth of the infant. His mouth opened right away. This is based on the understanding that a pungent and dispersing drug such as Wuzhuyu can work to open the obstruction.

[Prescriptions]

Twenty-four prescriptions collected previously, and
22 prescriptions collected recently.





茗 (唐草本)

【释名】

苦槩搯、途二音，唐本。櫝尔雅。設音设，莽音舛。
〔颂曰〕郭璞云：早采为茶，晚采为茗，一名莽。蜀人谓之苦茶。陆羽云：其名有五：一茶，二櫝，三設，四茗，五莽。〔时珍曰〕杨慎丹铅录云：茶即古茶字(音途)。诗云“谁谓茶苦，其甘如荠”是也。颜师古云：汉时茶陵，始转途音为宅加切，或言六经无茶字，未深考耳。

【集解】

〔时珍曰〕茶有野生、种生，种者用子。其子大如指顶，正圆黑色。其仁入口，初甘后苦，最戟人喉，而闽人以榨油食用。二月下种，一坎须百颗乃生一株，盖空壳者多故



Ming

Tea

Camellia sinensis O. Ktze.

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

[Explanation of Names]

KUCHA, KUTU.

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

JIA

—*Er Ya*.

SHE

JIE

Su Song: Guo Pu – When the leaf is picked earlier, it is Cha and when it is collected later, it is Ming. It is also called Jie. People in Sichuan call it Kucha.

Lu Yu: There are five names of the same thing: Cha, Jia, She, Ming and Jie.

Li Shizhen: The character Tu was used as Cha (tea) in ancient times. The book *Shi Jing (Book of Songs)* mentioned the name of Tu.

Yan Shigu: In the Han Dynasty (206 BC-AD 220), people began to call the place Tuling as Chaling. Some say there was no such character Cha in the six classics. Further studies are needed.

[Previous Explanations]

Li Shizhen: The tea tree can be wild or can be cultivated. Plant the tree with seed as big as a fingertip. It is round and black. When it is held in mouth, it tastes sweet first and then turns very bitter. It gives stimulus to the throat. People press the seed to get a kind of edible oil. In each location, 100 seeds should be planted, expecting to have one of them develop into a



也。畏水与日，最宜坡地荫处。清明前采者上，谷雨前者次之，此后皆老茗尔。采、蒸、揉、焙、修造皆有法，详见茶谱。茶之税始于唐德宗，盛于宋、元，及于我朝，乃与西番互市易马。夫茶一木尔，下为民生日用之资，上为朝廷赋税之助，其利博哉。昔贤所称，大约谓唐人尚茶，茶品益众。有雅州之蒙顶、石花、露芽、谷芽为第一，建宁之北苑龙凤团为上供。蜀之茶，则有东川之神泉兽目，硤州之碧涧明月，夔州之真香，邛州之火井，思安黔阳之都濡，嘉定之峨眉，泸州之纳溪，玉垒之沙坪。楚之茶，则有荆州之仙人掌，湖南之白露，长沙之铁色，蕲州蕲门之团面，寿州霍山之黄芽，庐州之六安英山，武昌之樊山，岳州之巴陵，辰州之溆浦，湖南之宝庆、茶陵。吴越之茶，则有湖州顾渚之紫荀，福州方山之生芽，洪州之白露，双井之白毛，庐山之云



tree, as many of them are empty seeds. The tree does not like too much water and sunlight. The best place to plant it is on a shady slope. The leaf that is collected before the solar term of the Pure Brightness (April 5) produces the best tea. That collected before the solar term of the Grain Rain (April 20) is of secondary class. After that, only coarse tea can be produced. The collection, steaming, rubbing, baking and processing are described in details in the book *Cha Pu*. Taxation of tea began during the reign of Emperor Dezong in the Tang Dynasty (618-907). Tea production flourished in the Song Dynasty (960-1279) and Yuan Dynasty (1271-1368). It continued to flourish in our Ming Dynasty (1368-1644). Merchants exchange tea with people in the Xifan (Western foreign countries) areas for horses. Tea is only a kind of tree. But it has become a daily necessity of the populace. Its taxation becomes a national income. It is really something that contributes a lot to human beings. It is recorded that people in the Tang Dynasty (618-907) cherished tea very much. This brought to us many famous brands of tea, such as tea of Mengding (Mengshan peak) of Yazhou, Shihua tea, Luya tea and Guya tea. Such teas are of first class. The Longfengtuan tea produced in Beiyuan of Jianning is a special supply to the royal family. Among the Sichuan teas, the following are famous: Shenquan Shoumu tea produced in eastern Sichuan, Bijian Mingyue tea produced in Jiazhou, Zhexiang tea produced in Kuizhou, Huojing tea produced in Qiongzhou, Duru tea produced in Si'an and Qianyang, Emei tea produced in Jiading, Naxi tea produced in Luzhou and Shaping tea produced in Yulei. Among the famous teas in the area of Chu, we have the Xianrenzhang tea produced in Jingzhou, Bailu tea produced in Hunan, Tese tea produced in Changsha, the Tuanmian tea produced in Qizhou and Qimen, the Huangya tea of Huoshan mountain produced in Shouzhou, the Yingshan tea of yingshan mountain produced in Luzhou, the Fanshan tea produced in Wuchang, the Baling tea produced in Yuezhou, the Xupu tea produced in Chenzhou, the Baoqing tea and Chaling tea produced in Hunan. Among the famous teas in Wu and Yue areas (Jiangsu, Zhejiang and Fujian), we have Zigou tea of Guzhu produced in Huzhou, the Shengya tea of Fangshan produced in Fuzhou, the Bailu tea produced in Hongzhou, the Baimao tea produced in Shuangjing, the Yunwu tea produced in Lushan mountain, the Yangxian tea produced in



雾，常州之阳羨，池州之九华，丫山之阳坡，袁州之界桥，睦州之鸠坑，宣州之阳坑，金华之举岩，会稽之日铸。皆产茶有名者。其他犹多，而猥杂更甚。按陶隐居注苦菜云。酉阳、武昌、庐江、晋陵皆有好茗，饮之宜人。凡所饮物，有茗及木叶、天门冬苗、菝葜叶，皆益人。余物并冷利。又巴东县有真茶，火煨作卷结为饮，亦令人不眠。俗中多煮檀叶及大皂李叶作茶饮，并冷利。南方有瓜芦木，亦似茗也。今人采楮、栎、山矾、南烛、乌药诸叶，皆可为饮，以乱茶云。

叶

〔气味〕苦、甘，微寒，无毒。〔藏器曰〕苦寒，久食，令人瘦，去人脂，使人不睡。饮之宜热，冷则聚痰。〔胡洽曰〕与榷同食，令人身重。〔李鹏飞曰〕大渴及酒后饮茶，水入肾经，令人腰、脚、膀胱冷痛，兼患水肿、挛痹诸疾。大抵



Changzhou, the Jiuhua tea produced in Chizhou, the Yangpo tea produced in Yashan, the Jieqiao tea produced in Yuanzhou, the Jiukeng tea produced in Muzhou, the Yangkeng tea produced in Xuanzhou, the Juyan tea produced in Jinhua and the Rizhu tea produced in Guiji. All the above teas are famous all over the country. There are numerous other brands of teas. Many of them are just a mixture of miscellaneous teas. Tao Hongjing in his annotation of *Kuca* mentioned that, in youyang, Wuchang, Lujiang and Jinling, good quality tea is produced. Drinking of such tea is good health. Except for the tealeaf, leaves of Tianmendong/cochin Chinese asparagus and Baqi/china root greenbrier are also good for the health if they are served as tea. Other leaves are just cold and slippery. There is a kind of tea called Zhencha produced in Badong county. It is scorched to roll it up. Service of such tea prevents sleep. In some places, people brew tea with the leaf of sandalwood and Zaoli. Such tea is cold and slippery. In the south people use Gaolu. Now people collect paper mulberry leaf, leaf of saw tooth oak, leaf of oriental blueberry and leaf of combined spicebush and serve them in the way of tea. What a multiple spectrum of teas!

MINGYE

Tealeaf

Gemma et folium camelliae

[Quality and Taste]

It is bitter, sweet, slightly cold and nontoxic.

Chen Cangqi: It is bitter and cold. Long-term use brings emaciation, eliminates fat and keeps one awake. It should be served hot. If cold tea is served, it helps the accumulation of phlegm.

Hu Qia: If tea is served together with Feizi/semen torreyae/seed of grand torreya, it causes heaviness in body movement.

Li Pengfei: When tea is served at a time when one is very thirsty or one has drunk wine, Water will be accumulated in the Kidney Channel, causing pain and cold feeling in the waist, feet and the Urinary Bladder. Edema, spasms and arthralgia will ensue. Generally speaking, tea should be served



饮茶宜热宜少，不饮尤佳，空腹最忌之。〔时珍曰〕服威灵仙、土茯苓者，忌饮茶。

〔主治〕瘰疬，利小便，去痰热，止渴，令人少睡，有力悦志神农食经。下气消食。作饮，加茱萸、葱、姜良苏恭。破热气，除瘴气，利大小肠藏器。清头目，治中风昏愤，多睡不醒好古。治伤暑。合醋，治泄痢，甚效陈承。炒煎饮，治热毒赤白痢。同芎藭、葱白煎饮，止头痛吴瑞。浓煎，吐风热痰涎时珍。

〔发明〕〔好古曰〕茗茶气寒味苦，入手、足厥阴经。治阴证汤药内入此，去格拒之寒，及治伏阳，大意相似。经



hot in small quantity. It is best not to drink tea. It is especially prohibited to drink tea on an empty stomach.

Li Shizhen: When drugs Weilingxian/radix clematidis/root of Chinese clematis and Tufuling/rhizome smilacis glabrae/rhizome of glabrous green-brier are taken, tea should be prohibited.

[Indications]

It treats fistula and facilitates urination. It disperses phlegm and invading pathogenic Heat. It quenches thirst, keeps one awake, sharp witted and mighty.

— *Shen Nong Shi Jing*.

Su Gong: It brings down adverse ascending gas and helps digestion. To make a soup, add in Wuzhuyu, fistular onion and fresh ginger.

Chen Cangqi: It disperses invading pathogenic Heat, prevents miasma, and facilitates the function of the Large and Small Intestine.

Wang Haogu: It clears the head and eye. It is good for treating mental confusion due to an attack of apoplexy and lethargy.

Chen Cheng: It treats heatstroke. Blend the drug with vinegar. It is very effective to treat diarrhea and dysentery.

Wu Rui: Stir-fry the drug and stew it in water to get soup. Take the soup to treat dysentery with bloody and whitish discharge and eliminate pyogeni infection. Stew the drug together with Xiongqiong/rhizome chuanxiong/rhizome of szechwan lovage and Congbai/bulbus allii fistulosi/fistular onion stalk to make a decoction. Take it to relieve headache.

Li Shizhen: Stew the drug to make a dense soup. Take it to bring out pathogenic Wind, Heat and phlegm by vomiting.

[Explication]

Wang Haogu: Cha is cold in quality and bitter in taste. It functions on the Heart Channel of Hand Lesser Yin and Liver Channel of Foot Greater Yin. The drug can be added into a prescription designed to treat a Yin syndrome. In this way, the drug will not be resisted. It should also be added



云：苦以泄之。其体下行，所以能清头目。〔杻曰〕头目不清，热熏上也。以苦泄其热，则上清矣。且茶体轻浮，采摘之时，芽蘖初萌，正得春升之气，味虽苦而气则薄，乃阴中之阳，可升可降。利头目，盖本诸此。〔汪颖曰〕一人好烧鹅炙燂，日常不缺。人咸防其生痈疽，后卒不病。访知其人每夜必啜凉茶一碗，乃知茶能解炙燂之毒也。〔杨士瀛曰〕姜茶治痢。姜助阳，茶助阴，并能消暑、解酒食毒。且一寒一热，调平阴阳，不问赤、白、冷、热，用之皆良。生姜细切，与真茶等分，新水浓煎服之。苏东坡以此治文潞公有效。〔时珍曰〕茶苦而寒，阴中之阴，沉也降也，最能降火。火为百病，火降则上清矣。然火有五，火有虚实。若少壮胃健之人，心肺脾胃之火多盛，故与茶相宜。温



into a prescription treating a syndrome with hidden Yang.* A bitter taste moves downward, so Cha can be used to clear the head and eye.

Wang Ji: When one has a muddled head and blurred vision, it shows that pathogenic Heat is ascending. When a drug of bitter taste such as Cha is given, it purges the Heat. So, the upper part (the head and eye) is cleared up. Also, Cha is something with a light and floating quality. This is due to the fact that while the leaf is picked up, it is just the new bud of the tree, being enriched with the ascending spring atmosphere. Although it is a bitter drug, yet it is thin in quality. Therefore, it is a drug that can freely ascend and descend. So, it may first ascend to the head and then bring down the pathogenic Heat to flow downward.

Wang Ying: A man loved roasted food like goose and other things. He had to eat such things every day. People thought he might be attacked by carbuncle and phlegmon. But, after a long time, the person was not having such diseases, so an investigation was made. The person must have a bowl of cold tea every night, proving tea is something that can detoxify the toxin of such hot and roasted foods.

Yang Shiyong: Tea with ginger is good for treating dysentery. This is because fresh ginger is good to reinforce the Yang and Cha reinforces the Yin. Both of them are good to eliminate summer-heat and detoxify toxin of wine and foods. The drugs, one cold and the other hot in quality, are used simultaneously. It has the function of balancing the Yin and Yang. So, ginger tea is good for treating dysentery, no matter if it is with bloody or whitish discharge, or it is due to pathogenic Cold and Heat. Su Dongpo once used this prescription to treat Master Wenlu. The prescription worked.

Li Shizhen: Cha is bitter and cold, a drug of Yin in the Yin. It has the tendency of sinking and descending. It is good to bring down pathogenic Fire. When pathogenic Fire is exuberant, it causes hundreds of diseases. Once it is brought down, the upper portion of body will be cleared. But there are five types of pathogenic Fire, and it can be divided into excessive

*When a drug of hot quality is given to treat a case of cold nature, sometimes there could be a resistance to the drug. A drug of cold quality should be added into the hot-quality decoction so that the drug will not be rejected by the internal cold pathological condition.



饮则火因寒气而下降，热饮则茶借火气而升散，又兼解酒食之毒，使人神思清爽，不昏不睡，此茶之功也。若虚寒及血弱之人，饮之既久，则脾胃恶寒，元气暗损，土不制水，精血潜虚；成痰饮，成痞胀，成痿痹，成黄瘦，成呕逆，成洞泻，成腹痛，成疝瘕，种种内伤，此茶之害也。民生日用，蹈其弊者，往往皆是，而妇姬受害更多，习俗移人，自不觉尔。况真茶既少，杂茶更多，其为患也，又可胜言哉？人有嗜茶成癖者，时时咀嚼不止，久而伤营伤精，血不华色，黄瘁痿弱，抱病不悔，尤可叹惋。晋干宝搜神记载：武官因时病后，啜茗一斛二升乃止。才减升合，便为不足。有客令更进五升，忽吐一物，状如牛脾而有口。浇之以茗，尽一斛二升。再浇五升，即溢出矣。人遂谓之斛茗瘕。嗜茶者观此可以戒矣。陶隐居杂录言丹丘子、黄山君服茶轻身换骨，壶公



Fire and deficient Fire. To a strong and young patient with good stomach condition, pathological Fire prevailing in the Heart, Lung, Spleen and Stomach is generally excessive. So Cha is a good thing for such people. When tea is served warm, pathogenic Fire will be brought down by the cold quality of tea. If very hot tea is served, pathogenic Fire will be dispersed from the upper portion. It also has the function of detoxifying the toxin of alcohol and food, thus making the person sharp-witted without drowsiness and mental confusion. This is the advantage of drinking of tea. But to a debilitated person with cold and blood weakness, drinking tea for a long time will consume the Yuanqi (Primordial Vital Energy), bring cold to the Spleen and Stomach. When the Earth (Spleen and Stomach) is cold and deficient, it fails to control the Water. The Jing (Vital Essence) and blood are both badly consumed. Pathological conditions of interior damage such as Tanyin (phlegm and fluid retention), stagnation of qi and distention, paralysis and arthralgia, emaciation with pallid complexion, watery dysentery, abdominal pain or formation of abdominal hard mass with result. This is the disadvantage brought about by drinking tea. As drinking tea has become a daily practice, its disadvantage is generally neglected. Also, among the teas, genuine tea is only a small portion and most are made of miscellaneous leaves. So, it is not strange that such tea will cause trouble. Some people are addicted to drinking of tea and sip it at all times. Long-term use consumes their Ying (nutrient essence in blood) and Jing (Vital Essence). This will make them emaciated with a dark complexion. Even when they fall into such a condition, they never think this is due to overdrinking of tea. What a pity!

The book *Soushen Ji* by Gan Bao: "After recovering from an epidemic disease, a military officer began to love drinking tea. Each time he had to drink one *hu* and two *sheng* of tea. If the quantity was reduced by even a *sheng* or so, he felt uncomfortable. Once, after he had just drunk enough tea, one of his guests urged him to drink another five *sheng*. So he did. Then, he vomited out a strange thing similar to the spleen of an ox. When tea was poured into it, it swallowed up one *hu* and two *sheng* (the quantity the officer needed each time) of tea. When another five *sheng* were poured in, it flowed out. So people called this strange thing as a 'lump of tea addiction.' People who love drinking tea should learn something from this story.



食忌言苦茶久食羽化者，皆方士谬言误世者也。按唐右补阙母灵代茶饮序云：释滞消拥，一日之利暂佳；瘠气侵精，终身之累斯大。获益则功归茶力，贻患则不谓茶灾。岂非福近易知，祸远难见乎？又宋学士苏轼茶说云：除烦去腻，世故不可无茶，然暗中损人不少。空心饮茶入盐，直入肾经，且冷脾胃，乃引贼入室也。惟饮食后浓茶漱口，既去烦腻，而脾胃不知，且苦能坚齿消蠹，深得饮茶之妙。古人呼茗为酪奴，亦贱之也。时珍早年气盛，每饮新茗必至数碗，轻汗发而肌骨清，颇觉痛快。中年胃气稍损，饮之即觉为害，不痞闷呕恶，即腹冷洞泄。故备述诸说，以警同好焉。又浓茶能令人吐，乃酸苦涌泄为阴之义，非其性能升也。

〔附方〕旧六，新十四。（略）



Tao Hongjing, in his work *Za Lu*, mentioned that Dan Qiuze and Huang Shanjun became immortals by drinking tea.” In the book *Shi Ji (Records of the Historian)* by Hu Gong, it was recorded that long-term consumption of bitter tea would lead one on the road to immortality. But both of them are wrong. Such sayings are only nonsense given by Taoist alchemists that have perplexed a lot of people. In the preface of the work *Daicha Yin* by Mu Jiong, the author said: To disperse stagnation and dissolve carbuncle, tea can be given temporarily. But, if it is given daily all one’s life, it brings troubles, too. When one benefits from the drinking of tea, one would recognize the advantages of tea. But, if troubles are invited, people generally do not realize this is due to overdrinking of tea. People tend to realize the benefit close to them and cannot find what is working in the long run as a harm. The book *Cha Shuo* by Su Dongpo, the famous Song Dynasty (960-1279) scholar, recorded: “To relieve reseedlessness and to eliminate greasy things, tea is a must in daily life. But tea also damages the people in a hidden way. When tea is blended with salt and drunk before meal, it functions on the Kidney Channel and brings cold into the Spleen and Stomach. This is a way to lead a thief into the room. The best way to drink tea is to rinse the mouth with dense tea after eating. In this way, the Spleen and Stomach are not damaged, the teeth are consolidated and worms are killed. This is the best way of drinking tea. Ancient people called tea Laonu, a way of showing their view of the thing. While young, I would drink several bowls whenever I got some new tea. Then, I had a light sweat and felt very comfortable and happy. But when I reached middle age, my stomach was slightly damaged, and I began to feel the harm after tea was taken. I felt stuffy, with nausea and vomiting, or watery diarrhea with cold feeling in the abdomen. So, the above collections of the advantages and disadvantages of tea are collected for my friends. Also, dense tea has the function of bringing up vomit, which is a common phenomena with drugs of sour and bitter taste. It is not due to the fact that tea has a tendency of ascending.”

[Prescriptions]

Six prescriptions collected previously, and
14 prescriptions collected recently.



甜瓜（宋嘉祐）

【释名】

甘瓜唐本。果瓜

〔时珍曰〕瓜字篆文，象瓜在须蔓间之形。甜瓜之味甜于诸瓜，故独得甘、甜之称。旧列菜部，误矣。按王祯云：瓜类不同，其用有二：供果者为果瓜，甜瓜、西瓜是也；供菜者为菜瓜，胡瓜、越瓜是也。在木曰果，在地曰蔬。大曰瓜，小曰瓠。其子曰瓠，其肉曰瓢。其跗曰环，谓脱花处也；其蒂曰窠，谓系蔓处也。礼记为天子削瓜及瓜祭，皆指果瓜也。本草瓜蒂，亦此瓜之蒂也。

【集解】

〔时珍曰〕甜瓜，北土、中州种蒔甚多。二三月下种，延蔓而生，叶大数寸，五六月花开黄色，六七月瓜熟。其类



TIANGUA

Muskmelon

Cucumis melo L.

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

[Explanation of Names]

GANGUA

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

GUOGUA

Li Shizhen: Gua is a seal character. It is a pictograph of a melon on its vine. Tiangua is much sweeter than other melons, so it is named Tiangua and Gangua (sweet melon). In the past it was included in the Category of Vegetables, which is not correct.

Wang Zhen: There are two kinds of melons. One is for consumption as fruit, such as Tiangua and Xigua/citrullus vulgaris/watermelon. The other is consumed as a vegetable, such as Yuegua/fructus cucumidis conomi/muskmelon and Hugua/fructus cucumeris sativa/cucumber. If it grows on a tree, it is called a “fruit,” and when it grows on the ground, it is called a “melon.” The big one is called Gua (melon). The small one is called Die (small melon). Its seed is called Lian. Its pulp is called Rang. The lotus where flower grows is called Huan. Its base where vine is attached, is called Di. The *Li Ji (Record of Rites)* mentioned the peeling of Gua for the emperor or the used of Gua in sacrifice. This is fruit melon. The Guadi/pedicellus melo/muskmelon base in Bencao works also mentions the fruit melon.

[Previous Explanations]

Li Shizhen: Tiangua is planted widely in the north and central part of China. Sow the seed in the second and third months. The vine creeps along the ground, and the leaf is several *cun* wide. In the fifth and sixth months, a



甚繁：有团有长，有尖有扁。大或径尺，小或一捻。其棱或有或无，其色或青或绿，或黄斑、糝斑，或白路、黄路。其瓢或白或红，其子或黄或赤，或白或黑。按王禎农书云：瓜品甚多，不可枚举。以状得名，则有龙肝、虎掌、兔头、狸首、羊髓、蜜筒之称；以色得名，则有乌瓜、白团、黄瓢、白瓢、小青、大斑之别。然其味，不出乎甘香而已。广志惟以辽东、燉煌、庐江之瓜为胜。然瓜州之大瓜，阳城之御瓜，西蜀之温瓜，永嘉之寒瓜，未可以优劣论也。甘肃甜瓜，皮、瓢皆甘胜糖蜜，其皮暴干犹美。浙中一种阴瓜，种于阴处，熟则色黄如金，肤皮稍厚，藏之至春，食之如新。此皆种蓺之功，不必拘于土地也。甜瓜子曝裂取仁，可充果食。凡瓜最畏麝气，触之甚至一蒂不收。



yellow flower blooms. In the sixth and seventh months, the melon gets ripe. There are many varieties: Some are round, some long, some pointed at one end and some flat. The big melon can be one *chi* in diameter and the small one can be as small as a pinch. Some have a prism shape and some do not. Its color can be blue-green or green, with a yellow design, with very small dots, or with a white or yellow stripe. Its pulp can be white, or red. Its seed can be yellow or red, or white, or black.

The *Nongshu* (*Book of Agriculture* by Wang Zhen): “There are too many varieties of melons to numerate. According to its shape, we have the species such as Longgan (dragon liver), Huzhang (tiger claw), Tutou (rabbit head), Lishou (head of leopard cat), Yangsui (sheep marrow) and Mitong (tube full of honey). According to the color of the melon, we have Wugua (black melon), Baituan (white and round), Huangpian (yellow melon), Baipian (white melon), Xiaoqing (small blue-green) and Daban (big dotted). All of them are fragrant and sweet.”

The book *Guang Zhi*: “The best melons are produced in Liaodong, Dunhuang and Lujiang. Melons from the following places are also good: the big melon produced in Guazhou, the Yu melon produced in Yangcheng, the Wen melon produced in western Sichuan and the Han melon produced in Yongjia. There is a kind of sweet melon produced in Gansu, which has sweet pulp as well as peel. It is as sweet as honey. When the peel is dried in the sun, it becomes a very special delicacy. There is a kind of Yin melon produced in Zhejiang that is planted in a shady place. When the melon is ripe, it is as yellow as gold. Its peel is a bit thick, but it can be well kept until the spring, when it is still as tender as new. Farmers cultivate all such good species, and it is not necessarily the difference of land that makes the difference of taste. Dry Tianguazi/semen melo/muskmelon seed in the sun until it cracks. Collect the kernel. It is a good tidbit. All melons are afraid of Shexiang/moschus/musk, as one touch means no fruit will be borne.”

TIANGUARANG

Pulp of muskmelon fruit

Endosperm melo



瓜瓢

〔气味〕甘，寒，滑，有小毒。

〔时珍曰〕张华博物志言：人以冷水渍至膝，可顿啖瓜至数十枚；渍至项，其啖转多，水皆作瓜气也。则水浸消瓜，亦物性也。瓜最忌麝与酒，凡食瓜过多，但饮酒及水服麝香，尤胜于食盐、渍水也。

〔主治〕止渴，除烦热，利小便，通三焦间壅塞气，治口鼻疮嘉祐。暑月食之，永不中暑宗爽。

〔发明〕〔宗爽曰〕甜瓜虽解暑气，而性冷，消损阳气，多食未有不下利者。贫下多食，深秋作痢，最为难治。惟以皮蜜浸收之良，皮亦可作羹食。〔弘景曰〕凡瓜皆冷利，早青者尤甚。熟瓜除瓢食之，不害人。〔时珍曰〕瓜性最寒，曝而食之尤冷。故稽圣赋云：瓜寒于曝，油冷于煎，此物性之异也。王冀洛都赋云：瓜则消暑荡愆，解渴疗饥。



[Quality and Taste]

It is sweet, cold, slippery and slightly toxic.

Li Shizhen: The book *Bowu Zhi* by Zhang Hua — “When one immerses himself in water up to his knee, he will be able to eat as many as several dozen melons. If he soaks himself up to the neck, he may eat even more. The water will emit the smell of melon. But melon is afraid of Shexiang/moschus/musk and wine. When one eats too much melon, the way to help digestion is to drink wine or to have a little Shexiang. It is more efficacious than eating salt or soaking oneself in water.”

[Indications]

It quenches thirst, relieves restlessness and brings down fever. It facilitates urination, dredges through the accumulation of gas in Sanjiao. It treats sores in the oral cavity and on the nose.

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

Kou Zongshi: Eating melon in the hot summer prevents heatstroke.

[Explication]

Kou Zongshi: Tiangua is good to prevent an attack of summer-heat, but it also consumes the Yang Vital Energy. An overdose will cause diarrhea. If one wants to have a loose stool and eats a lot of melon, he will suffer from dysentery in late autumn, which is a syndrome very difficult to treat. The only treatment is to take honey-preserved peel of melon. The peel is also good for making soup.

Tao Hongjing: All melons are cold and slippery. The blue-green one that ripens early is very severe. Eat a ripe melon and take off the seed to ensure it is no longer harmful.

Li Shizhen: Melon is something that is very cold in quality. Even if it is heated in the sun, it is still cold.

The book *Jisheng Fu*: “After being heated in the sun, melon is still cold. Oil remains cold in quality even if it is stir-fried. This is the abnormal quality.*”

*It is generally understood that things will become warm and hot in quality after being heated by different ways.



又奇效良方云：昔有男子病脓血恶痢，痛不可忍。以水浸甜瓜食数枚，即愈。此亦消暑之验也。

瓜子仁

〔修治〕〔斲曰〕凡收得曝干杵细，马尾筛筛过成粉，以纸三重裹压去油用。不去油，其力短也。西瓜子仁同。

〔气味〕甘，寒，无毒。

〔主治〕腹内结聚，破溃脓血，最为肠胃脾内壅要药别录。止月经太过，研末去油，水调服藏器。炮炙论序曰：血泛经过，饮调瓜子。炒食，补中宜人孟诜。清肺润肠，和中止渴时珍。



The book *Luodu Fu* by Wang Ji: “Melon is good for preventing an attack of summer-heat and relieves general fatigue. It quenches thirst and quells hunger.”

The book *Qixiao Liangfang*: “It was reported that, once, there was a man suffering from malignant dysentery with discharge of bloody and purulent discharge and terrible abdominal pain. He was treated in the following way: Soak several pieces of Tiangua in water for a while: then, take all of them. This cured the ailment. This is a proof of its function of preventing an attack of summer-heat.”

TIANGUAZIREN

Kernel of muskmelon

Semen melo

[Preparation]

Dry the drug in the sun and pound it into powder; then, screen it to get fine powder. Wrap the powder with three folds of paper and press it to get rid of oil. If oil is not squeezed off, it does not work as effectively as that without oil. This is also true to Xiguazi/semen citrulli/watermelon seed.

[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

It is good for dispersing abdominal mass. It dissolves bloody pus. It is a very important drug in the treatment of abscess in the Intestine, Stomach and Spleen.

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

Chen Cangqi: It is good for treating menorrhagia. Grind the drug into powder. Squeeze off oil; then, wash it down with water.

The preface of *Lei Gong Paozhi Lun (Lei Gong's Treatises on Preparation of Drugs)*: When menorrhagia occurs, take Tianguazi with water.

Meng Xian: The stir-fried Tianguazi tonifies the interior. It is a healthy

〔附方〕旧，新二。(略)

瓜蒂本经上品

〔释名〕瓜丁千金。苦丁香象形。

〔修治〕〔斲曰〕凡使勿用白瓜蒂，要取青绿色瓜，气足时，其蒂自然落在蔓上。采得，系屋东有风处，吹干用。

〔宗奭曰〕此甜瓜蒂也。去瓜皮用蒂，约半寸许，曝极干，临时研用。〔时珍曰〕按唐瑶云；甜瓜蒂以团而短瓜、团瓜者良。若香甜瓜及长如瓠子者，皆供菜之瓜，其蒂不可用也。





food.

Li Shizhen: It clears the Lung and moistens the Intestine, harmonizes the interior and quenches thirst.

[Prescriptions]

One prescription collected previously, and two prescriptions collected recently.

TIANGUADI

Muskmelon base

Pedicellus melo

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

[Explanation of Names]

GUADING

— *Qianjin Yaofang* (*Essential Prescriptions Worth A Thousand Gold*).

KUDINGXIANG*

[Preparation]

Lei Xiao: Guadi from a white melon is no good. That from a blue-green or green melon is good. When it is fully ripe, the base will fall off on the vine. After collection, fasten and hang under the eastern eaves of the house where there is good ventilation.

Kou Zongshi: Use the base of Tiangua, but not the peel. The base is about half a *cun* in length. Air the drug in the sun until it is very dry. Grind into powder when it is used.

Li Shizhen: Tang Yao: Guadi from a round and flat melon or a round melon is of top quality. Xiangtiangua (fragrant muskmelon) or melon resembling Kuhu/fructus lagenariae makinois/fruit of makino bottle are melons used as vegetable. Their bases are not good for medical use.

*Kudingxiang (“bitter Dingxiang/flos caryophylli/clove”), a name depicting its shape.



〔气味〕苦，寒，有毒。〔大明曰〕无毒。

〔主治〕大水，身面四肢浮肿，下水杀蛊毒，咳逆上气，及食诸果，病在胸腹中，皆吐下之本经。去鼻中瘕肉，疗黄疸别录。治脑塞热髓，眼昏吐痰大明。吐风热痰涎，治风眩头痛，癫痫喉痹，头目有湿气时珍。得麝香、细辛，治鼻不闻香臭好古。

〔发明〕〔张机曰〕病如桂枝证，头不痛，项不强，寸脉微浮，胸中痞硬，气上冲咽喉，不得息者，此为胸中有寒也，当吐之；太阳中喝，身热疼重而脉微弱，此夏月伤冷水，水行皮中也，宜吐之，少阳病，头痛发寒热，脉紧不



[Quality and Taste]

It is bitter, cold and toxic.

Da Ming: It is nontoxic.

[Indications]

It is good for dispersing excessive fluid retention with puffy edema all over the face, body and extremities. It purges fluid retention and treats Gudu (disease due to noxious agents produced by various parasites). It treats coughing with dyspnoea. When one eats too much fruit or melon, he will feel distended in the chest and abdomen. This drug can be served to bring up vomit or a loose stool to disperse the pathological condition.

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

It is good for dissolving polyp in the nostril and eliminate jaundice.

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

Da Ming: It treats nasal sinusitis due to invasion of pathogenic Heat to the brain. It also treats dim vision. It brings up phlegm by vomiting.

Li Shizhen: It disperses pathogenic Wind and Heat, vomits out phlegm and saliva. It relieves vertigo and headache due to an attack of pathogenic Wind. It also treats epilepsy and sore throat. It disperses the invading pathogenic Humidity resting with the head and eye.

Wang Haogu: Used together with Shexiang and Xixin/herba asari/herb of Manchurian wild ginger, it is good for treating loss of sense of smell.

[Explication]

Zhang Ji: The following syndromes should be treated by adoption of emetics: The syndrome resembles a Guizhi/ramulus cinnamomi/cassia twig syndrome. There is no headache, and no stiff neck. The pulse is slightly floating at the Inch position. It feels hard and distended in the chest, with gas rushing up to throat and with difficulty in breathing. This is due to the prevalence of Cold in the chest, which should be brought out by vomiting. Heatstroke of the Initial Yang Channel accompanied by body fever, pain and heaviness and feeble and weak pulse, is due to exposure to cold water in summer. Water circulates under skin. An emetic should be given. The



大，是膈上有痰也，宜吐之；病胸上诸实，郁郁而痛，不能食，欲人按之，而反有浊唾，下利日十余行，寸口脉微弦者，当吐之；懊憹烦躁不得眠，未经汗下者，谓之实烦，当吐之；宿食在上管者，当吐之，并宜以瓜蒂散主之。惟诸亡血虚家，不可与瓜蒂散也。〔成无己曰〕高者越之，在上者涌之。故越以瓜蒂、香豉之苦，涌以赤小豆之酸，酸苦涌泄为阴也。〔时珍曰〕瓜蒂乃阳明经除湿热之药，故能引去胸脘痰涎，头目湿气，皮肤水气，黄疸湿热诸证。凡胃弱人及病后、产后用吐药，皆宜加慎，何独瓜蒂为然。

〔附方〕旧七，新十五。（略）



Lesser Yang syndrome with headache, chills and fever, tense but not a huge pulse, is due to accumulation of phlegm resting above the diaphragm. An emetic should be adopted. Chest pain due to excess is accompanied by anorexia and spit of turbid phlegm, where the patient likes another person to press his chest; the patient also has diarrhea that occurs more than ten times a day. Pulse at Cunkou position is slightly tense. To treat such a case, an emetic should be given. The patient is restless, irritable and cannot sleep. Diaphoretic and purgative are not given yet. This is restlessness of excessive nature. An emetic should be given. If digestion rests with the upper portion, an emetic should be given. All above syndromes should be treated with Guadi San (Powder of Guadi). But this prescription is prohibited to patients suffering from hemorrhage or those in a weak and debilitated condition.

Cheng Wuji: When the pathological condition is high up, vomiting should disperse it. Drugs of bitter taste like Guadi and Douchi/soybean preparatum/fermented soybean and drugs of sour taste like Chixiaodou/soybean phaseoli/rice bean should be adopted.

Li Shizhen: Guadi is a drug that disperses pathogenic Humidity and Heat resting with the Greater Yang Channel, so it is good for dispersing phlegm and saliva resting in the chest and the epigastrium. It is also good for dispersing Humidity from the head and eye, dissolve Water under skin, and treat diseases caused by excessive Humidity and Heat such as jaundice. Whenever an emetic is to be adopted for patients just recovering from a serious disease, or patient with a debilitated Stomach, or woman in puerperium, the cause should always be ascertained. Guadi San (Powder of Guadi) is only one example.

[Prescriptions]

Seven prescriptions collected previously, and
15 prescriptions collected recently.



西瓜 (日用)

【释名】

寒瓜见下。

【集解】

〔瑞曰〕契丹破回纥，始得此种，以牛粪覆而种之。结实如斗大，而圆如匏，色如青玉，子如金色，或黑麻色。北地多有之。〔时珍曰〕按胡峤陷虏记言：峤征回纥，得此种归，名曰西瓜。则西瓜自五代时始入中国，今则南北皆有，而南方者味稍不及，亦甜瓜之类也。二月下种，蔓生，花、叶皆如甜瓜。七八月实熟，有围及径尺者，长至二尺者。其棱或有或无，其色或青或绿，其瓤或白或红，红者味尤胜。其子或黄或红，或黑或白，白者味更劣。其味有甘、有淡、有酸，酸者为下。陶弘景注瓜蒂言，永嘉有寒瓜甚大，可藏



XIGUA

Watermelon

Citrullus vulgaris Schrad

— *Riyong Bencao (Materia Medica for Daily Use)*.

[Explanation of Names]

HANGUA

— See the explanation below.

[Previous Explanations]

Wu Rui: When Qidan (an ethnic minority) conquered Huihe (another ethnic minority), they got the seed. Spread cattle feces on the land and sow the seed. The fruit is as big as a *dou* measure. It is round like *Kuhu/fructus lagenariae makinois/fruit of makino bottle*. It is green jade in color. The seed is golden color, or black with a design. It is produced in the north of the bulk.

Li Shizhen: The book *Xuanlu Ji* by Hu Qiao — “When Hu Qiao conquered Huihe, the seed of Xigua was brought back to the country. So, Xigua was first introduced into China at the time of Five Dynasties (907-960). Now, the fruit is found in both the north and the south. But that produced in the south is not as good as that in the north. It is a kind of fruit similar to Tiangua. Sow the seed in the second month. It is a creeping herb. Its flower and leaf are similar to Tiangua. In the seventh and eighth months, the fruit is ripe. It can be as big as one *chi* in diameter and two to three *chi* in length. Some have a prism and some don’t. It is blue-green or green. Its pulp is white or red. That with red pulp tastes even better. Its seed can be yellow or red, black or white. Melon with a white seed does not taste so good. Some are sweet, some are tasteless, and some are sour. The sour one is not good. Tao Hongjing wrote in his annotation of Guadi: In Yongjia, there is a kind of Hangua that is very big and can be kept until spring. And



至春者，即此也。盖五代之先，瓜种已入浙东，但无西瓜之名，未遍中国尔。其瓜子曝裂取仁，生食、炒熟俱佳。皮不堪啖，亦可蜜煎、酱藏。

瓜瓢

〔气味〕甘、淡，寒，无毒。〔瑞曰〕有小毒。多食作吐利，胃弱者不可食。同油饼食，损脾。〔时珍曰〕按延寿书云：北人禀厚，食之犹惯；南人禀薄，多食易至霍乱，冷病终身也。又按相感志云：食西瓜后食其子，即不噫瓜气。以瓜划破，曝日中，少顷食，即冷如水也。得酒气，近糯米，即易烂。猫踏之，即易沙。

〔主治〕消烦止渴，解暑热吴瑞。疗喉痹汪颖。宽中下



this is Xigua. Before the Five Dynasties (907-960), Xigua was already introduced into eastern Zhejiang, but with a different name. It had not yet spread to the country as a whole. The seed can be dried in the sun and the kernel can be served either stir-fried or unprepared. Its peel is not good for eating. But it can be preserved with honey or Jiang/miscellus amyllum preparatum/paste.”

XIGUARANG

Pulp of watermelon
Endosperm vulgaris

[Quality and Taste]

It is sweet, plain, cold and nontoxic.

Wu Rui: It is slightly toxic, and overeating causes vomiting and diarrhea. People with a debilitated Stomach should not have the fruit. If it is eaten together with fried cake, it causes damage to the Spleen.

Li Shizhen: The book *Yanshou Shu* — “People in the north have strong build and are used to Xigua. But people in the south are generally debilitated and cannot stand too much Xigua. If it is overeaten, it may trigger cholera and the patient will probably be troubled with a cold ailment all his life.”

The book *Xianggan Zhi*: “After eating Xigua, eat the seed of the melon. In this way, retching can be avoided. Cut open Xigua and expose it in the sun. After a short while, the juice is as cool as water. When the melon is exposed to wine or kept close to Nuomi/*oryza glutinosae*/polished glutinous rice, it easily rots. When a cat steps on the melon, its pulp becomes granular.”

[Indications]

Wu Rui: It relieves restless and quenches thirst. It disperses summer-heat.

Wang Ying: It treats a sore throat.

Ning Yuan: It relieves chest obstruction and brings down adverse ascending gas. It facilitates urination. It stops dysentery with bloody dis-



气，利小水，治血痢，解酒毒宁原。含汁，治口疮震亨。

〔发明〕〔颖曰〕西瓜性寒解热，有天生白虎汤之号。然亦不宜多食。〔时珍曰〕西瓜、甜瓜皆属生冷。世俗以为醍醐灌顶，甘露洒心，取其一时之快，不知其伤脾助湿之害也。真西山卫生歌云：“瓜桃生冷宜少飧，免致秋来成疟痢。”是矣。又李鹏飞延寿书云；防州太守陈逢原，避暑食瓜过多，至秋忽腰腿痛，不能举动。遇商助教疗之，乃愈。此皆食瓜之患也，故集书于此，以为鉴戒云。又洪忠宣松漠纪闻言：有人苦目病。或令以西瓜切片暴干，日日服之，遂愈。由其性冷降火故也。



charge. It detoxifies alcoholism.

Zhu Zhenheng: Hold the juice of Xigua in the mouth. It helps dissolve aphtha.

[Explication]

Wang Ying: Xigua is cold in quality and eliminates Heat. It is called a natural Baihu Tang.* But anyway, do not eat too much of it.

Li Shizhen: Both Xigua and Tiangua are cold in quality. People cherish the melon as it is like sweet dew, refreshing one's heart for a time. But people do not know it damages the Spleen as it is strengthening the pathogenic Humidity.

The book *Zhenxishan Weisheng Ge*:

Cold and raw as melons and peaches are,

It should not be consumed too much,

Lest it will bring malaria and dysentery in autumn.

The book *Yanshou Shu* by Li Pengfei: "Chen Fengyuan, governor of Fangzhou, ate too much melon in the hot summer. In autumn, he suddenly felt lumbago and an ache in the legs, making it difficult for him to walk. He was treated accordingly. This shows the damage brought by overeating of melons. So the above information is collected here for your reference."

The book *Songmo Jiwen* by Hong Zhongxuan: "Someone suffered from eye disease and was treated by Xigua. The way of preparation: Cut Xigua into slices and dry them in the sun. Eat the thing everyday. The disease was cured. This is because Xigua is cold in quality and can bring down the excessive Fire (that causes the eye disease)."

*Baihu Tang:

Shigao/gypsum fibrosum/gypsum,

Zhimu/rhizome anemarrhenae/rhizome of common anemarrhena,

Gancao/radix glycyrrhizae/licuorice root,

Jingmi/semen oryzae sativae/polished round-grained non-glutinous rice.

皮

〔气味〕甘，凉，无毒。

〔主治〕口、舌、唇内生疮，烧研噙之震亨。



XIGUAPI

Watermelon peel

Exocarpium citrulli

[Quality and Taste]

It is sweet, cool and nontoxic.

[Indications]

Zhu Zhenheng: It is good for treating aphtha in the oral cavity, tongue and lip. Burn the drug and grind it into powder. Hold the drug in the mouth.





葡萄 (本经上品)

【释名】

蒲桃古字。草龙珠

〔时珍曰〕葡萄汉书作蒲桃，可以造酒，人酺饮之，则醺然而醉，故有是名。其圆者名草龙珠，长者名马乳葡萄，白者名水晶葡萄，黑者名紫葡萄。汉书言张骞使西域还，始得此种，而神农本草已有葡萄，则汉前陇西旧有，但未入关耳。

【集解】

〔时珍曰〕葡萄，折藤压之最易生。春月萌苞生叶，颇似栝楼叶而有五尖。生须延蔓，引数十丈。三月开小花成穗，黄白色。仍连着实，星编珠聚，七八月熟，有紫、白二色。西人及太原、平阳皆作葡萄干，货之四方。蜀中有绿葡



PUTAO

European grape

Vitis vinifera L.

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

[Explanation of Names]

PUTAO (蒲桃)

— Ancient characters.

CAOLONGZHU

Li Shizhen: In *Han Shu* (*History of the Han Dynasty*), the name was recorded as Putao (蒲桃). It can be used to brew wine. People gather together and drink a lot of it. The round one is called Caolongzhu (“herbal dragon pearl”). The longer fruit is called Maruputao (“horse teat grape”). The white one is called Shuijingputao (“crystal grape”) and the black one is called Ziputao (“purple grape”). The *Han Shu* (*History of the Han Dynasty*) recorded that Zhang Qian, imperial envoy of the Han Dynasty (206 BC -AD 220), brought the seed back from the Western Regions. Then, mainland people began to grow the grape. But, in *Shen Nong Bencao Jing*, Putao was already recorded, as it was being grown at that time in the Longxi area. But it was not introduced into the mainland.

[Previous Explanations]

Li Shizhen: Cut a segment of grape vine and bury it in the earth. And this is an easy way to develop a new crop. In spring, a bud appears first and then it grows into a leaf, which is similar to the snake gourd leaf. It has five tips. The vine has tassels and develops as long as several hundred chi. In the third month, small, yellowwhite flowers bloom and form a spike. Fruits flock together like pearls. The fruit gets ripe in the seventh and eighth



萄，熟时色绿。云南所出者，大如枣，味尤长。西边有琐琐葡萄，大如五味子而无核。按物类相感志云：甘草作钉，针葡萄，立死。以麝香入葡萄皮内，则葡萄尽作香气。其爱憎异于他草如此。又言：其藤穿过枣树，则实味更美也。三元延寿书言：葡萄架下不可饮酒，恐虫屎伤人。

实

〔气味〕甘，平，涩，无毒。〔洗日〕甘、酸，温。多食，令人卒烦闷、眼暗。

〔主治〕筋骨湿痹，益气倍力强志，令人肥健，耐饥忍风寒。久食，轻身不老延年。可作酒本经。逐水，利小便别录。除肠间水，调中治淋甄权。时气痘疮不出，食之，或研



month. There are two species: One is purple and the other is white. People living in the west and in Taiyuan and Pingyang dry the fruit to make raisins and sell it in all parts of the country. In Sichuan, there is a kind of green grape, which assumes that color when it gets ripe. The grape produced in Yunnan is as big as a date. It tastes better than those in other places. In the west, there is a kind of grape called Suosuoputao, which is as big as Wuweizi. But it is seedless.

The book *Wulei Xianggan Zhi*: "Make a nail with a segment of Gancao/radix glycyrrhizae/li-quorice root and insert it in the grape vine. In this way, the grape will be dead very soon. Insert a little Shexiang/moschus/musk into the bark of grape vine. The grape produced by this plant becomes very fragrant. This shows its interrelationship to other drugs. It is also recorded that when the grape vine penetrates a date tree, the fruit it bears tastes much better."

The book *Sanyuan Yanshou Shu*: "People should not drink wine under a grape tree. This is for fear that the dung of worms on the tree will fall into the wine cup. And this may harm one's health."

PUTAOSHI

Fruit of European grape
Fructus vitis viniferae

[Quality and Taste]

It is sweet, plain, astringent and nontoxic.

Meng Xian: It is sweet, sour and warm. Over-eating may cause sudden onset of restlessness and stuffiness with dim vision.

[Indications]

It is good for treating arthralgia of the bone and tendon due to invading pathogenic Humidity. It reinforces the qi, strengthens one's physical might and enhances one's willpower. It helps one to put on weight, to be more resistant to hunger, cold and wind. Long-term use makes one feel happy and vigorous and enjoy a long life. It can be used to brew wine.

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

It disperses fluid retention and facilitates urination.



酒饮，甚效苏颂。

〔发明〕〔颂曰〕按魏文帝诏群臣曰：蒲桃当夏末涉秋，尚有余暑，醉酒宿醒，掩露而食。甘而不饴，酸而不酢，冷而不寒，味长汁多，除烦解渴。又酿为酒，甘于曲蘖，善醉而易醒。他方之果，宁有匹之者乎？〔震亨曰〕葡萄属土，有水与木火。东南人食之多病热，西北人食之无恙。盖能下走渗道，西北人禀气厚故耳。

〔附方〕新三。（略）



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

Zhen Quan: It disperses fluid retention in the Intestine, harmonizes the interior and treats stranguria.

Su Song: It promotes retarded eruption of smallpox in an epidemic. Eat the fruit or grind it in wine. It works very effectively.

[Explication]

Su Song: Wendi, Emperor of the Wei State, once talked about grape in the following way: Grape is a fruit that is ripe in late summer and the beginning of autumn. It still has the influence of remaining summer heat. Intoxicated and sleepy, one could enjoy the fruit. It is sweet, but not as greasy as maltose. It is only a little sour. It is cool, but not cold. It has long-lasting taste. It is juicy. It eliminates restlessness and quenches thirst. It can be brewed into wine, which tastes sweeter than wine made of wheat and barley. One will run into intoxicated condition easily by drinking grape wine. But he gets revived easily, too. This is really a very special fruit beyond compare.

Zhu Zhenheng: The grape pertains to the Earth element, also enriched by the Water, Wood and Fire element. People in the southeast would contract febrile disease if they eat (a lot of) them. But people in the northwest would benefit from eating the fruit. This is because grape functions to drain the water duct. People in the northwest (unlike those in the southeast) are of stronger build.

[Prescriptions]

Three prescriptions collected recently.



莲藕（本经上品）

【释名】

其根藕尔雅。其实莲同上。其茎叶荷

〔时珍曰〕尔雅以荷为根名，韩氏以荷为叶名，陆玑以荷为茎名。按茎乃负叶者也，有负荷之义，当从陆说。莖乃嫩藕，如竹之行鞭者。节生二茎，一为叶，一为花，尽处乃生藕，为花、叶、根、实之本。显仁藏用，功成不居，可谓退藏于密矣，故谓之莖。花叶常偶生，不偶不生，故根曰藕。或云藕善耕泥，故字从耦，耦者耕也。茄音加，加于莖上也。遯音遐，远于密也。菡萏，函合未发之意。芙蓉，敷布容艳之意。莲者连也，花实相连而出也。的乃凡物点注之名。蕙犹意也，含苦在内也。古诗云：食子心无弃，苦心生意存。是矣。



LIAN'OU

Lotus

Nelumbo nucifera Gaertn

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

[Explanation of Names]

OU (root)

— *Er Ya*

LIAN (fruit)

— *Er Ya*

HE (rhizome and leaf)

Li Shizhen: In *Er Ya*, He is the name of its root (rhizome). But Han Baosheng said that He is the name of the leaf. Lu Ji called the stalk He. Li Shizhen's comment: As the stalk carries the leaf, so it is correct to call the stalk He. This is because the character He means "carry." So Lu Ji was correct. Mi is the tender stalk. In each stalk, there is one leaf and the other is the flower. To the far end at the bottom, the rhizome develops, which is the base of its flower, leaf, root and fruit. The plant hides itself, so it is called Mi (to hide oneself in secrecy). The flower and leaf are always growing in pairs, so it is called Ou ("double"). Some say the name Ou is due to the fact that the rhizome digs deeply into the mud, so it is called Ou (also meaning "plowing"). Jia (stalk) is above the Mi. Xia (leaf) is far away from the Mi. Handan (flower bud) means something closed but ready to grow. Furong are characters describing the beautiful petals stretching about. Lian means the fruit is connected with the flower. Di is the seed. Yi is the bitter bud inside the seed. An ancient poem goes, "Do not abandon the heart of the lotus seed. Bitter as it is, it embraces a living tendency."



【集解】

〔时珍曰〕莲藕，荆、扬、豫、益诸处湖泽陂池皆有之。以莲子种者生迟，藕芽种者最易发。其芽穿泥成白藕，即密也。长者至丈余，五六月嫩时，没水取之，可作蔬茹，俗呼藕丝菜。节生二茎：一为藕荷，其叶贴水，其下旁行生藕也；一为芰荷，其叶出水，其旁茎生花也。其叶清明后生。六七月开花，花有红、白、粉红三色。花心有黄须，蕊长寸余，须内即莲也。花褪连房成药，药在房如蜂子在窠之状。六七月采嫩者，生食脆美。至秋房枯子黑，其坚如石，谓之石莲子。八九月收之，斫去黑壳，货之四方，谓之莲肉。冬月至春掘藕食之，藕白有孔有丝，大者如肱臂，长六七尺，凡五六节。大抵野生及红花者，莲多藕劣；种植及白花者，莲少藕佳也。其花白者香，红者艳，千叶者不结实。别有合欢（并头者），有夜舒荷（夜布昼卷）、睡莲（花夜入水）、金莲（花黄）、碧莲（花碧）、绣莲（花如



[Previous Explanations]

Li Shizhen: Lotus is found in ponds and marshes in Jingzhou, Yangzhou, Yuzhou and Yizhou. If it is planted by sowing the seed, it grows slowly. It is easier for the plant to develop if the bud of the lotus rhizome is planted. Its bud develops into a white stalk and grows through the mud out of the water. This is Mi, which can grow ten *chi* or more. In the fifth and sixth months, when the stalk is still tender, people dive into water and collect it. The thing is called Ousicai, which can be served as a vegetable. Two stems grow on each node of the stalk. One stem has a leaf above the water and the lotus rhizome is developed in the mud. The other stem has a leaf and a flower. The leaf of lotus begins to grow after the day of the solar term of the Pure Brightness (April 5). The flower blooms in the sixth and seventh months. There are three flower colors: red, white and pink. In the center of the flower there are yellow tassels. The pistil is half a *cun* long. Within the tassels is the flower. After the flower withers, seeds are formed in the seedpod. The seeds and its seed pots look like the nest and its bees. In the sixth and seventh months, collect the tender seedpod. The tender seed is crispy and delicious. In autumn, the seedpod withers and the seed becomes black and hard as stone. So, it is called Shilianzi (“stony lotus seed”). Collect the seed in the eighth and ninth months. After peeling off the black capsule, the seed is sold in all places. It is called Lianrou (“lotus seed pulp”). People dig out the lotus rhizome in winter or spring and serve it as a vegetable. The rhizome is white with holes and fibers inside. The big one can be as big as an arm. It can be six to seven *chi* long with five to six segments. Generally speaking, the wild one and that with red flower has an inferior lotus rhizome, but with more lotus seed. The domestic one, or that with a white flower, has less seed, but a superior rhizome. The white flower is fragrant. The red flower is beautiful; that with multi petals does not bear seed. There are several varieties of lotus:

- HEHUAN (with double flowers);
- YESHUHE: the leaf spreads about at night but curls up in the day;
- SHUILIAN: the flower enters the water at night;
- JINLIAN: with a yellow flower;

绣)。皆是异种，故不述。相感志云：荷梗塞穴鼠自去，煎汤洗穢垢自新。物性然也。

莲实

〔释名〕藕实本经。葍尔雅。藪音吸，同上。石莲子别录。水芝本经。泽芝古今注。

〔修治〕〔弘景曰〕藕实即莲子，八九月采黑坚如石者，干捣破之。〔颂曰〕其葍至秋黑而沉水，为石莲子，可磨为饭食。〔时珍曰〕石莲剥去黑壳，谓之莲肉。以水浸去赤皮、青心，生食甚佳。入药须蒸熟去心，或晒或焙干用。





— BILIAN: with a green flower;

— XIULIAN: flower with designs as if embroidered.

All these are varieties and although they are not explained here.

The book *Xianggan Zhi*: “Insert a lotus stalk in a cave, and all rats will flee away. Scalded pots can be washed anew with a decoction of lotus leaf.”

LIANSHI

Lotus seed

Semen nelumbinis

[Explanation of Names]

OUSHI

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

DI

— *Er Ya*.

XI

— *Er Ya*.

SHILIANZI

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

SHUIZHI

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

ZEZHI

— *Gujin Zhu*.

[Preparation]

Tao Hongjing: Oushi is simply Lianzi/semen nelumbinis/lotus seed. Collect the drug in the eighth and ninth months. It is black and as hard as stone. Pound the dry drug.

Su Song: In autumn, the lotus seed becomes black and sinks into the water. It is called Shilianzi. It can be ground and served as food.

Li Shizhen: Peel off the black capsule and then Lianrou (“lotus pulp”) is obtained. Soak the drug in water and then take off the red peel and green heart. It can be served fresh. It is delicious. For medical use, first steam



亦有每一斤，用豨猪肚一个盛贮，煮熟捣焙用者。今药肆一种石莲子，状如土石而味苦，不知何物也？

〔气味〕甘，平，涩，无毒。〔别录曰〕寒。〔大明曰〕莲子、石莲性俱温。〔时珍曰〕嫩药性平，石莲性温。得茯苓、山药、白术、枸杞子良。〔洗曰〕生食过多，微动冷气胀人。蒸食甚良。大便燥涩者，不可食。

〔主治〕补中养神，益气力，除百疾。久服，轻身耐老，不饥延年本经。主五脏不足，伤中气绝，益十二经脉血气孟诜。止渴去热，安心止痢，治腰痛及泄精。多食令人欢喜大明。交心肾，厚肠胃，固精气，强筋骨，补虚损，利耳



the drug and then take off the heart. Dry the drug in the sun or bake it dry. Another method of preparation: Fill one *jin* of Lianzi in one piece of pig stomach and fasten it. Stew the thing and then pound and bake the drug. There is also a kind of Shilianzi that is sold in pharmacy. It looks like stone or earth and tastes bitter. It is not known what kind of thing it is.

[Quality and Taste]

It is sweet, plain, astringent and nontoxic.

It is cold in quality.

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

Da Ming: Both Lianzi and Shilianzi are warm in quality.

Li Shizhen: The tender lotus seed is plain in quality. Shilianzi is warm in quality. If the drug is used together with either of the following, its therapeutic effect is enhanced:

— Fuling/poria/Indian bread,

— Shanyao/rhizome dioscoreae/rhizome of common yam,

— Baizhu/rhizome atractylodis macrocephalae/rhizome of large head atractylodes,

— Gouqizi/fructus lycii/ripe fruit of barberry wolfberry.

Meng Xian: If fresh ones are eaten too much, they induce abdominal distention with cold gas. It is good if the steamed drug can be taken. But people suffering from constipation should not have it.

[Indications]

It tonifies the interior and keeps one in good mental condition, reinforces the strength and disperses a hundred diseases. Long-term use makes one feel happy and vigorous and able to enjoy a long life. It kills hunger.

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

Meng Xian: It tonifies the insufficient and debilitated condition of the Five Viscera. It also tonifies a condition of interior damage. It reinforces the qi and blood in the 12 Channels.

Da Ming: It quenches thirst and eliminates Heat, pacifies the mind and stops dysentery. It is good for treating lumbago and seminal emission. A heavy dose of the drug keeps one in high spirits.



目，除寒湿，止脾泄久痢，赤白浊，女人带下崩中诸血病
时珍。捣碎和米作粥饭食，轻身益气，令人强健苏颂 出诗
疏。安靖上下君相火邪嘉谟。

〔发明〕〔时珍曰〕莲产于淤泥，而不为泥染；居于水中，而不为水没。根茎花实，凡品难同；清净济用，群美兼得。自藕莖而节节生茎，生叶，生花，生藕；由菡萏而生蕊，生莲，生葇，生蕙。其莲葇则始而黄，黄而青，青而绿，绿而黑，中含白肉，内隐青心。石莲坚刚，可历永久。蕙藏生意，藕复萌芽，展转生生，造化不息。故释氏用为引譬，妙理具存；医家取为服食，百病可却。盖莲之味甘气温而性嗇，禀清芳之气，得稼穡之味，乃脾之果也。脾者黄宫，所以交媾水、火，会合木、金者也。土为元气之母，母气既和，津液相成，神乃自生，久视耐老，此其权舆也。昔人治心肾不交，劳伤白浊，有清心莲子饮；补心肾，



Li Shizhen: It connects the Heart and Kidney, strengthens the function of Stomach and Intestine, stabilizes the Jing (Vital Essence), consolidates tendon and bone, and tonifies general debility. It brightens the eye and sharpens hearing. It disperses pathogenic Cold and Humidity. It stops diarrhea due to Spleen disorder and chronic dysentery. It clears bloody and turbid urine. It is also good for treating women's diseases such as leucorrhea, metrorrhagia and metrostaxis.

Su Song: Pound the drug into small pieces and stew it together with rice to make porridge. One will feel happy and vigorous. It is quoted from the book *Shi Shu*.

Chen Jiamo: It calms the Junhuo (the monarch Fire) and Xianghuo (the ministerial Fire) and disperses pathogenic Fire.

[Explication]

Li Shizhen: Lotus grows in the mud, but it is not stained by the mud. It grows in water, but it is not merged in water. Its root, stem and flower are different from other plants. It is something clean and can be used to serve different purposes. It is also beautiful. From the nodes on the stem, leaf, flower and lotus root are produced. The flower bud will develop into a pistil, seed pod, seed and seed bud. At first, its seed is yellow, before turning blue-green and then green, and finally black. Inside it is white. A green bud hides in the seed. The stone lotus seed is hard and durable, able to be kept for a long time. The seed may develop into a new plant. It can also be developed by planting the bud from the root. It is a plant with everlasting life. So, Buddhists use it as a symbol of subtlety. Medical doctors use it as a drug to treat diseases. Lotus is sweet in taste and warm and astringent in quality. The plant is enriched by lucid and fragrant element and is cultivated by farmers. It is the fruit of the Spleen. The Spleen is the yellow palace where Water and Fire element copulate, Wood and Metal elements join together. The Earth (Spleen) element is the mother of everything. When the "mother" element is in a harmonious condition, Jinye (body fluid) is produced and mental spirit is germinated. Then, the person will be able to resist senility and enjoy a long life. Lotus is the thing that makes it possible. There is an ancient prescription Qingxin Lianzi Yin (Decoction of Lianzi



益精血，有瑞莲丸，皆得此理。〔藏器曰〕经秋正黑，名石莲子，入水必沉，惟煎盐卤能浮之。此物居山海间，经百年不坏，人得食之，令发黑不老。〔洗曰〕诸鸟、猿猴取得不食，藏之石室内，人得三百年者，食之永不老也。又雁食之，粪于田野山岩之中，不逢阴雨，经久不坏。人得之，每旦空腹食十枚，身轻能登高涉远也。

〔附方〕旧四，新十。（略）

藕

〔气味〕甘，平，无毒。〔大明曰〕温。〔时珍曰〕相感志云：藕以盐水共食，则不损口；同油炸面米果食，则无渣。煮忌铁器。



That Clears the Heart), which is good for treating a syndrome of disintegration of the Heart and the Kidney, a consumptive disease with white and turbid urine. There is also another prescription called Ruilian Wan, which is good to tonify the Heart and the Kidney, reinforces the Jing (Vital Essence) and blood. Both the above prescriptions are based on the aforementioned understanding of lotus seed.

Chen Cangqi: In autumn, the lotus seed becomes black. It is then called Shilianzi (stone lotus seed). When it is put into water, it sinks. It keeps afloat only in solution of Lujian/crystallus bittern/bittern crystal. Lotus seed may remain in good condition when it is hidden in the mountain or any other place. If such a seed is found and eaten, one will have black hair and enjoy a long life.

Meng Xian: Birds and monkeys may collect the seed and hide it in rocky caves. If such a seed that has survived 300 years is found, it can be taken as a good tonic that may keep a person from senility forever. If a bird eats the seed and then defecates it in the wild or mountain, and the seed is then kept in a dry place, it may remain in good condition for a long time. Such a seed can be served as tonic. If one eats ten such seeds every morning before meal, he will feel happy and vigorous and may climb a mountain mightily or walk a long distance happily.

[Prescriptions]

Four prescriptions collected previously, and
10 prescriptions collected recently.

OU

Lotus rhizome
Rhizoma nelumbinis

[Quality and Taste]

It is sweet, plain and nontoxic.

Da Ming: It is warm in quality.

Li Shizhen: The book *Xianggan Zhi* — Eat Ou with salt. In this way, it does not damage the mouth. Stir-fry the thing with oil and then grind it into



〔主治〕热渴，散留血，生肌。久服令人心欢别录。止怒止泄，消食解酒毒，及病后干渴藏器。捣汁服，止闷除烦开胃，治霍乱，破产后血闷。捣膏，罨金疮并伤折，止暴痛。蒸煮食之，大能开胃大明。生食，治霍乱后虚渴。蒸食，甚补五脏，实下焦。同蜜食，令人腹脏肥，不生诸虫，亦可休粮盂洗。汁：解射罔毒、蟹毒徐之才。捣浸澄粉服食，轻身益年耀仙。

〔发明〕〔弘景曰〕根入神仙家。宋时太官作血蛸（音勘）。庖人削藕皮误落血中，遂散涣不凝。故医家用以破血



powder. Blend it with flour or rice powder. Serve it as tidbit. In this way there are no dregs. Do not stew it in an iron pot.

[Indications]

It is good for quenching thirst with fever. It removes blood stasis and promotes growth of muscle. Long-term use makes one happy and gay.

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

Chen Cangqi: It pacifies anger. It stops diarrhea. It dissolves indigestion and detoxifies alcoholism. It quenches thirst occurring after one has just recovered from a disease.

Da Ming: Pound the drug into juice. Drink the juice to whet the appetite and disperse restlessness. It is also good for treating cholera. It treats stuffiness due to blood disorder in puerperium. Pound the drug into paste. Apply it to treat incised wound and fracture. It relieves acute pain. Stew or steam the drug and take it as a good appetizer.

Meng Xian: Take the fresh drug to quench thirst of deficient nature after one has just recovered from cholera. Steam the drug and take it to tonify the Five Viscera and to consolidate the Xiajiao. Take the drug together with honey. It helps the Five Viscera to become plump. It prevents germination of worms. It can be served as a substitute for normal food.

Xu Zhicai: It detoxifies toxin of Shewang/extractum aconite/medicinal extract of common monkshood and crab.

Qu Xian: Pound the drug and soak it in water. Filter the water to get powder. Take it to keep one happy and vigorous and able to enjoy a long life.

[Explication]

Tao Hongjing: Ou is used by Taoist alchemists. In the Song Dynasty (960-1279), the imperial cook once prepared a kind of food made of animal blood. By mistake, the cook dropped the peel of Ou into the blood, which did not congeal (as anticipated). So, doctors knew that the drug was good at dissolving blood stasis.

Meng Xian: After giving birth to a baby, cold and raw food should be prohibited generally. But fresh Ou is not prohibited, as it has the function



多效也。蛸者，血羹也。〔诜曰〕产后忌生冷物，独藕不同生冷者，为能破血也。〔时珍曰〕白花藕大而孔扁者，生食味甘，煮食不美；红花及野藕，生食味涩，煮蒸则佳。夫藕生于卑污，而洁白自若。质柔而穿坚，居下而有节。孔窍玲珑，丝纶内隐。生于嫩藕，而发为茎、叶、花，实，又复生芽，以续生生之脉。四时可食，令人心欢，可谓灵根矣。故其所主者，皆心脾血分之疾，与莲之功稍不同云。

〔附方〕旧四，新八。（略）

藕节

〔气味〕涩，平，无毒。〔大明曰〕冷。伏硫黄。

〔主治〕捣汁饮，主吐血不止，及口鼻出血甄叔。消瘀



of dissolving blood stasis.

Li Shizhen: Ou with white flower and flat holes should be taken preferably prepared, as it is sweet. But, when it is stewed, it is no longer good. Ou with red flower and wild lotus rhizome tastes better than stewed. They taste astringent when eat fresh. Ou grows in dirty mud, yet it remains clean and white. It is soft, but with penetrating holes. It stays in mud, but with nodes. It has delicate holes with fibers inside. It starts from a soft stem and stalk, leaf, flower and fruit are developed. Then, a new bud begins again. It keeps the plant growing from time to time. It can be eaten in all four seasons. It makes one feel happy when eating it. It is a delicate food. It has therapeutic functions working on the blood system of the Heart and the Spleen. It has slightly different functions than lotus seed.

[Prescriptions]

Four prescriptions collected previously, and
Eight prescriptions collected recently.

OUJIE

Node of lotus rhizome
Nodus nelumbinis

[Quality and Taste]

It is astringent, plain and nontoxic.
Da Ming: It is cold in quality. It oppresses Liuhuang/sulfur.

[Indications]

Zhen Quan: Pound the drug to get juice to stop incessant hematemesis or hemoptysis and epistaxis.

Da Ming: It dissolves blood stasis, eliminates noxious Heat and stuffiness due to blood disorder in puerperium. Grind the drug together with Di-huang/radix rehmanniae/root of rehmannia to get juice. Blend it in hot wine and Tongniao.

Li Shizhen: It stops hemoptysis, spitting of blood, stranguria with bleeding, hematochezia, dysentery with bloody discharge and metrorrhagia.



血，解热毒。产后血闷，和地黄研汁，入热酒、小便饮大明。能止咳血唾血，血淋溺血，下血血痢血崩时珍。

〔发明〕〔时珍曰〕一男子病血淋，痛胀祈死。予以藕汁调发灰，每服二钱，服三日而血止痛除。按赵潘养疴漫笔云：宋孝宗患痢，众医不效。高宗偶见一小药肆，召而问之。其人问得病之由，乃食湖蟹所致。遂诊脉，曰：此冷痢也。乃用新采藕节捣烂，热酒调下，数服即愈。高宗大喜，就以捣药金杵白赐之，人遂称为金杵白严防御家，可谓不世之遇也。大抵藕能消瘀血，解热开胃，而又解蟹毒故也。



[Explication]

Li Shizhen: Once, I treated a man who was suffering from stranguria with bleeding. He had a terrible distention and even prayed for death. I prescribed for him the following:

Juice of Ou,

Fahui (ash of human hair).

The above drugs were blended together and taken two *qian* each time. After three days the bleeding halted and pain was gone.

The book *Yangke Manbi* by Zhao Jin: Emperor Xiaozong of the Song Dynasty (960-1279) was once suffering from blood stasis while he was still young. After treatment by many doctors, the disease was not gone. Emperor Gaozong, his father, once saw a small pharmacy and enquired about the treatment. Knowing that the ailment was due to overeating of lake crab, the pharmacist made the diagnosis and told the emperor that the prince was having a kind of cold blood stasis. The treatment was to pound some *Ou-jie/nodus nelumbinis rhizomatis/node of lotus rhizome* into paste and wash it down with hot wine. After having several doses, the syndrome was gone. The emperor was very glad and awarded a golden pestle and mortar to the pharmacist. People say such an award was really an honor, a rare chance indeed. Pathology: This is because Ou is good to dissolve blood stasis, eliminate Heat and whet the appetite. It is also good to detoxify crab toxin.

HEYE

Lotus leaf

Folium nelumbinis

[Explanation of Names]

HEQIAN (the tender one. It is a name after its shape. HEQIAN= lotus coin.)

OUHE (afloat on water; under it there is lotus rhizome.)

JIHE (stands out from the water surface; leaf with flower.)

HEBI (the base of the leaf)



荷叶

〔释名〕嫩者荷钱象形。贴水者藕荷生藕者。出水者芰荷生花者。蒂名荷鼻

〔修治〕〔大明曰〕入药并炙用。

〔气味〕苦，平，无毒。〔时珍曰〕畏桐油。伏白银，伏硫黄。

〔主治〕止渴，落胞破血，治产后口干，心肺躁烦大明。治血胀腹痛，产后胎衣不下，酒煮服之。荷鼻：安胎：去恶血，留好血，止血痢，杀菌蕈毒，并煮水服藏器。生发



[Preparation]

Da Ming: Stir-fry the drug when it is going to be used medically.

[Quality and Taste]

It is bitter, plain and nontoxic.

Li Shizhen: It is mutually inhibiting to Tongyou/oleum verniciae fordii seminis/seed-oil of tungoil tree. It oppresses Yin/argentum/silver and Liuhuang/sulfur in the processing of alchemical stone drugs.

[Indications]

Da Ming: It quenches thirst. It promotes dispersion of the placenta and removes blood stasis. It moistens a parched mouth in puerperium. It relieves restlessness and irritation due to disordered Heart and Lung.

Chen Cangqi: It is good for relieving abdominal pain due to blood distention. It promotes dispersion of placenta after delivery. Stew the drug in wine and take the medicated wine. Leaf base: It soothes the fetus, disperses blood stasis but not the fresh blood, stops dysentery with bloody discharge, detoxifies toxin of mushrooms and fungus. Stew in water to make a decoction.

Li Shizhen: It helps germination of Yuanqi (Primordial Vital Energy), reinforces the Spleen and Stomach. It astringes seminal emission, disperses blood stasis, eliminates edema, carbuncle and swelling. It promotes vesiculation of smallpox. It stops hematemesis, hemoptysis and epistaxis, hematochezia, hematuria and stranguria with bleeding and metrorrhagia. It resolves malignant blood stasis after delivery. It disperses blood stasis due to physical damage and injury.

[Explication]

Li Gao: Master Zhang Jiegu, my teacher, told me that in preparing Zhi-zhu Wan,* Heye should be burned together with cooked rice and added into

*Zhizhu Wan:

Baizhu,

Zhishi/fructus aurantii immaturus/immature bitter orange,

Heye,

Cooked rice.



元气，裨助脾胃，涩精滑，散瘀血，消水肿痈肿，发痘疮，治吐血咯血衄血，下血溺血血淋，崩中，产后恶血，损伤败血时珍。

〔发明〕〔杲曰〕洁古张先生口授枳术丸方，用荷叶烧饭为丸。当时未悟其理，老年味之始得。夫震者动也，人感之生足少阳甲胆，是属风木，为生化万物之根蒂。人之饮食入胃，营气上行，即少阳甲胆之气，与手少阳三焦元气，同为生发之气。素问云：履端于始，序则不愆。荷叶生于水土之下，污秽之中，挺然独立。其色青，其形仰，其中空，象震卦之体。食药感此气之化，胃气何由不升乎？用此为引，可谓远识合道矣。更以烧饭和药，与白术协力滋养，补令胃厚，不致内伤，其利广矣大矣。世之用巴豆、牵牛者，岂足



the preparation. At that time, I was not clear why this should be done. But later, when I was getting older, I began to understand this. Let me explain: Zhen, one element of the eight diagrams, indicates to “moving.” Inheriting this, man’s Gall Bladder of the Lesser Yang Channel is produced. It pertains to the Wind and Wood element. This is the basis for the germination of evolution of all things. When man eats food, it is digested in the Stomach into nutrient essence (Yingqi) and moves upward. This is just the qi of the Gall Bladder of the Lesser Yang Channel. Together with the Yuanqi of the Sanjiao Channel of Hand Lesser Yang, they become the qi of germination.

The book *Huangdi Neijing: Suwen*: When evolution starts from the origin, it develops in an orderly way. Lotus grows in the mud under water and comes out straight. It is blue-green in color, and stands upward. It is hollow inside. It is an expression of the Zhen diagram. When such a drug is taken, its property will make the Stomach qi to ascend. So when Heye is used as a guiding drug, it shows that the physician understands such subtle knowledge. When Heye is burned together with Baizhu/rhizome *atractylodis macrocephalae*/rhizome of large head *atractylodes*, it has a strong function of strengthening the Stomach activity. In this way, no harm is brought to the body and works very effectively. Normally doctors prefer to use Badou/*fructus crotonis*/croton seed and Qianniuzi/*semen pharbitidis*/pharbitis seed. How can such doctors be compared with those who understand the subtlety of the aforementioned knowledge.

Li Shizhen: For cooked rice, see the relevant clause in the Category of Cereals. Li Gao explained in his book *Shixiao Fang*: The treatment of a syndrome called thunder-headache with skin eruption on the head and face, chills and fever should not be the adoption of cold drugs with heavy dosage. The syndrome resembles febrile disease caused by Cold. The trouble is with the three Yang Channels. Once I treated a patient suffering from this syndrome. The patient had been treated by many methods, but the syndrome remained. I used Qingzhen Tang:

One Heye,

five *qian* of Shengma/rhizome *cimicifugae*/rhizome of large trifolious bugbane,



语此？〔时珍曰〕烧饭见谷部饭下。按东垣试效方云：雷头风证，头面疙瘩肿痛，憎寒发热，状如伤寒，病在三阳，不可过用寒药重剂，诛伐无过。一人病此，诸药不效，余处清震汤治之而愈。用荷叶一枚，升麻五钱，苍术五钱，水煎温服。盖震为雷，而荷叶之形象震体，其色又青，乃涉类象形之义也。又案闻人规痘疹八十一论云：痘疮已出，复为风寒外袭，则窍闭血凝，其点不长，或变黑色，此为倒靥，必身痛，四肢微厥。但温肌散邪，则热气复行，而斑自出也。宜紫背荷叶散治之。盖荷叶能升发阳气，散瘀血，留好血，僵蚕能解结滞之气故也。此药易得，而活人甚多，胜于人牙、龙脑也。又戴原礼证治要诀云：荷叶服之，令人瘦劣，故单服可以消阳水浮肿之气。

〔附方〕旧四，新二十三。（略）



five *qian* of Cangzhu/rhizome *atractylodis*/*atractylodes* rhizome.

Stew the above drugs in water. Take the warm decoction.

Pathological analysis: The Zhen diagram corresponds to “thunder.” The lotus leaf also resembles the Zhen. The color of the lotus leaf is blue-green. It is a corresponding color. The book *Wen Rengui Douzhen Lun* had 81 treatises on the treatment of smallpox and measles. Here is one of the passages: After vesticulation of smallpox or measles, the patient was exposed to wind and cold. The orifices are shut up and the blood is congealed. The eruption remains as it is or turns black. This is a failure of vesticulation. The patient also has pain in the body and slight coldness over the extremities. The treatment is to warm the muscle and disperse the pathogenic factors. When the physiological Heat resumes its movement, the eruption will continue. It should be treated with Zibeiheye San (Powder of Heye). This is because Heye is a drug that raises the Yang qi and disperses blood stasis (Fresh blood is not tackled). Baijiangcan/bombyx *batryticatus*/*batryticatus* silkworm, the other ingredient, is good to resolve the accumulation of qi. This prescription can easily be filled. But it just works to save lives of numerous people. It works even better than human tooth and Longnao/*borneolum* *syntheticum*/*borneol*.

The book *Zhengzhi Yaojue* by Dai Yuanli: Use of Heye makes one lose weight. Take the drug to eliminate puffy edema of Yang nature.

[Prescriptions]

Four prescriptions collected previously, and
23 prescriptions collected recently.



芡实_{音俭}。（本经上品）

【释名】

鸡头本经。雁喙同雁头古今注。鸿头韩退之。鸡雍庄子。卯菱管子。芡子音唯。水流黄

〔时珍曰〕芡可济俭歉，故谓之芡。鸡雍见庄子徐无鬼篇。卯菱见管子五行篇。扬雄方言云：南楚谓之鸡头，幽燕谓之雁头，徐、青、淮、泗谓之芡子。其茎谓之芡，亦曰菰。郑樵通志以钩芡为芡，误矣。钩芡，陆生草也，其茎可食。水流黄见下。

【集解】

〔时珍曰〕芡茎三月生叶贴水，大于荷叶，皱文如壳，蹙衄如沸，面青背紫，茎、叶皆有刺。其茎长至丈余，中亦



JIANSHI*

Gordon Euryale

Euryale ferox salisb.

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

[Explanation of Names]

JITOU

— Jitou/semen euryales/seed of gordon euryale.

YANHUI

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

YANTOU

— *Gujin Zhu*.

HONGTOU

— *Han Tuizhi*.

JIYONG

— *Zhuang Zi* (*Book of Zhuang Zi*).

MAOLING

— *Guan Zi*.

WEIZI

SHUILIUHUANG

[Previous Explanations]

Li Shizhen: A leaf grows out of the stem in the third month. It keeps afloat on the water. It is bigger than a lotus leaf. It has radiating veins from the center, with a creased surface, resembling the bubbles of boiling water. The surface is blue-green and the back is purple. Thorns cover both

*It is generally pronounced as Qianshi now.



有孔有丝，嫩者剥皮可食。五六月生紫花，花开向日结苞，外有青刺，如猬刺及栗球之形。花在苞顶，亦如鸡喙及猬喙。剥开内有斑驳软肉裹子，累累如珠玑。壳内白米，状如鱼目。深秋老时，泽农广收，烂取芡子，藏至圉石，以备歉荒。其根状如三棱，煮食如芋。

【修治】

〔洗曰〕凡用蒸熟，烈日晒裂取仁，亦可舂取粉用。
〔时珍曰〕新者煮食良。入涩精药，连壳用亦可。案刘歧暇日记云：芡实一斗，以防风四两煎汤浸过用，且经久不坏。

【气味】

甘，平，涩，无毒。

〔弘景曰〕小儿多食，令不长。〔洗曰〕生食多，动风冷气。〔宗奭曰〕食多，不益脾胃，兼难消化。

【主治】

湿痹，腰脊膝痛，补中，除暴疾，益精气，强志，令耳



the stem and the leaf. Its stem can be more than ten *chi* long. It has holes and fibers in the stem. When it is tender it can be used as a vegetable. Peel the stem. The flower bud grows and opens to the sun. It is covered with blue-green thorns. It looks like a hedgehog or fruit of hairy chestnut. The flower is on top of the bud, looking like the beak of a chicken or mouth of a hedgehog. When the fruit is peeled, there is colored soft pulp, which embraces pearl-like seeds, which look like fish eyes. In late autumn, farmers collect the fruit and keep it in a pile. When it gets rotten, Qianshi is collected and stored for famine preparedness. Its root looks like Sanleng/rhizome *sparganii*/rhizome of common bur reed. It can be stewed and eaten. It tastes like Yutou/rhizome *colocasiae esculentae*/tuber of dasheen.

[Preparation]

Meng Xian: First, steam the fruit until it is well done. Then, dry the fruit in the sun at noon until it cracks. Get the seeds. Or, husk and pound the fruit to get powder.

Li Shizhen: The newly harvested fruit works better; stew and eat it. If the drug is added into a prescription designed to astringe seminal emission, use the seed with the capsule.

The book *Xiari Ji* by Li Qi: “Stew four *liang* of Fangfeng/radix *ledebouriellae*/root of divaricate *saposhnikovia* in water to make a decoction. Soak one *dou* of Qianshi in the decoction. In this way, the drug can be kept in good condition for a long time.”

[Quality and Taste]

It is sweet, plain, astringent and nontoxic.

Tao Hongjing: Overeating retards an infant’s growth.

Meng Xian: Overeating of fresh drug stirs up pathogenic Wind and Cold.

Kou Zongshi: Over-consumption causes indigestion. It is something difficult to digest.

[Indications]

It is good for treating arthralgia due to excessive Humidity, and relieves pain in the spinal cord and knee. It tonifies the interior and treats



目聪明。久服，轻身不饥，耐老神仙本经。开胃助气日华。
止渴益肾，治小便不禁，遗精白浊带下时珍。

【发明】

〔弘景曰〕仙方取此合莲实饵之，甚益人。〔恭曰〕作粉食，益人胜于菱也。〔颂曰〕取其实及中子，捣烂暴干，再捣筛末，熬金樱子煎和丸服之，云补下益人，谓之水陆丹。〔时珍曰〕案孙升谈圃云：芡本不益人，而俗谓之水流黄何也？盖人之食芡，必咀嚼之，终日啜啜。而芡味甘平，腴而不膩。食之者能使华液流通，转相灌溉，其功胜于乳石也。淮南子云：狸头愈癩，鸡头已痿。注者云，即芡实也。

【附方】

旧一，新三。（略）



sudden onset of disease. It enhances willpower, brightens the eye and sharpens the ear. Long-term use makes one feel happy and vigorous and no longer hungry. It keeps one young and able to enjoy a long life.

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

It whets appetite and reinforces the qi.

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

Li Shizhen: It quenches thirst and reinforces the Kidney. It is good for treating incontinence, stop seminal emission with whitish and turbid urine. It treats leukorrhea.

[Explication]

Tao Hongjing: Taoist alchemists process Qianshi and Lianzi and take it as a tonic. It is very beneficial to health.

Su Gong: Process the fruit to get starch. It is a very healthy food, which is even better than Lingjiao.

Su Song: Pound the fruit and seed into paste. Dry it in the sun and pound it again. Screen it to get powder. Stew the powder together with Jinyingzi/fructus rosae laevigatae/fruit of Cherokee rose and make pills. It is a drug that tonifies the Xiajiao. It is a good tonic. This prescription is called Shuilu Dan.

Li Shizhen: The book *Tan Fu* by Sun Sheng — “Qianshi is not very beneficial to the health, so why do people think it is a good tonic? This is because when Qianshi is eaten, people chew it all day long. It is sweet and plain. It is tender, but not greasy. So, when this is consumed, the Jinye (body fluid) circulates in a very efficient way. It has even better efficacy than Zhongrushishi/stalactium/stalactite.”

The book *Huainanzi*: “The head of raccoon dog is good for treating melancholy. The drug Jitou is good for treating scrofula. An annotation says that Jitou is simply Qianshi.”

[Prescriptions]

One prescription collected previously, and three prescriptions collected recently.



乌芋 (别录中品)

【释名】

鳧茈音疵。鳧茨音瓷。葶荠衍义。黑三棱博济方。芍音晓。地栗郑樵通志。

〔时珍曰〕乌芋，其根如芋而色乌也。鳧喜食之，故尔雅名鳧茈，后遂讹为鳧茨，又讹为葶荠。盖切韵鳧、葶同一字母，音相近也。三棱、地栗，皆形似也。〔瑞曰〕小者名鳧茈，大者名地栗。

【集解】

〔时珍曰〕鳧茈生浅水田中。其苗三四月出土，一茎直上，无枝叶，状如龙须。肥田栽者，粗近葱、蒲，高二三



WUYU

Water nut corm

Elocharis dulcis (Burm.f.) Trin. ex Henschel

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

[Explanation of Names]

FUCI (鳧茈)

FUCI (鳧茨)

BIQI

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

HEISANLENG

— *Boji Fang*.

XIAO

DILI

— *Tong Zhi* by Zheng Qiao.

Li Shizhen: As the root of this plant looks like Yutou/rhizome *colocasia esculentae*/tuber of dasheen and it is black, so it is called Wuyu (“black dasheen”). As wild duck likes to eat it, so it is also called Fuci (鳧茈) and Fuci (鳧茨). Fu means “wild duck.” The name was further distorted as Biqi. The names Heisanleng “black Sanleng/rhizome *sparganii*/rhizome of common bur reed”) and Dili (“earth chestnut”) are given to depict its shape.

Wu Rui: The small Biqi is called Fuci and the big one Dili.

[Previous Explanations]

Li Shizhen: Biqi grows in a field with shallow water. Its seedling begins to grow in the third and fourth months. There is only one straight stem without twig or leaf. It looks like Longxu. If it is planted in a fertile water



尺。其根白蒨，秋后结颗，大如山楂、栗子，而脐有聚毛，累累下生入泥底。野生者，黑而小，食之多滓。种出者，紫而大，食之多毛。吴人以沃田种之，三月下种，霜后苗枯，冬春掘收为果，生食、煮食皆良。

【正误】

〔别录曰〕乌芋一名借姑。二月生叶如芋。三月三日采根，暴干。〔弘景曰〕借姑生水田中。叶有桠，状如泽泻，不正似芋。其根黄，似芋子而小，疑有乌者，根极相似，细而美。叶状如菟，草呼为兔茨，恐即此也。〔恭曰〕乌芋一名槎丫，一名茨菰。〔时珍曰〕乌芋、慈姑原是二物。慈姑有叶，其根散生。乌芋有茎无叶，其根下生。气味不同，主治亦异。而别录误以借姑为乌芋，谓其叶如芋。陶、苏二氏因兔茨、慈姑字音相近，遂致混注，而诸家说者因之不明。今正其误。

根【气味】

甘，微寒，滑，无毒。



field, it looks like Cong/herba allii fistulosi/fistular onion or Xiangpu/herba typhae/herb of cattail. It is two to three *chi* tall. Its root is white and will have fruit (rhizome) the size of Shanzha/fructus crataegi/hawthorn fruit or Lizi/semen castaneae/seed of hairy chestnut. At the navel of the fruit, fibrous root flock, which grow into the mud. The wild one has small and black fruit, which has dregs after being chewed. The cultivated one has big and purple fruit. People in the Wu area plant it in fertile water fields. Sow the seed in the third month. After frost falls, the herb withers. In winter and spring, the fruit can be collected and served either fresh or stewed.

[Corrections]

Wuyu is also called Jiegu (Cigu/rhizome sagittariae sagittifoliae/rhizome of old world arrowhead). In the second month it begins to have a seedling, which looks like that of dasheen. Collect the root on the third day of the third month. Dry the drug in the sun.

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

Tao Hongjing: Jiegu grows in a water field. The leaf has forks and looks like Zexieye/folium alismatis/leaf of oriental water plantain. It does not look like leaf of dasheen. Its root is yellow. It looks like Yutou, but it is smaller. There could be a black root very similar to Yutou. It is fine and tastes delicious. Its leaf looks like Xianxai/caulis et folium amaranthi tricoloris/stem and leaf of three-colored amaranth. Its herb is called Fuci.

Su Gong: Wuyu is also called Chaya or Cigu.

Li Shizhen: Wuyu and Cigu are two different things. Cigu has leaves and its roots are dispersed about. But Wuyu (Biqi) has only a stalk without leaf. Its fruit grows at the root. They are different in quality and taste and varied in the therapeutic functions. In *Mingyi Bielu*, Jiegu was mistaken as Wuyu. Su Gong mixed Wuyu with Cigu. Thus, confusion is caused that must be rectified here.

WUYUGEN

[Quality and Taste]

It is sweet, slightly cold, slippery and nontoxic.



〔洗曰〕性冷。先有冷气人不可食，令人腹胀气满。小儿秋月食多，脐下结痛也。

【主治】

消渴痹热，温中益气别录。下丹石，消风毒，除胸中实热气。可作粉食，明耳目，消黄疸孟诜。开胃下食大明。作粉食，厚人肠胃，不饥，能解毒，服金石人宜之苏颂。疗五种膈气，消宿食，饭后宜食之。治误吞铜物汪机。主血痢下血血崩，辟蛊毒时珍。

【发明】

〔机曰〕乌芋善毁铜，合铜钱嚼之，则钱化，可见其为消坚削积之物。故能化五种膈疾，而消宿食，治误吞铜也，〔时珍曰〕按王氏博济方，治五积、冷气攻心、变为五膈诸病，金锁丸中用黑三棱。注云：即鳧茈干者。则汪氏所谓消



Meng Xian: It is cold in quality. People suffering from prevalence of pathogenic Cold should not have the drug. If it is taken, it will bring abdominal distention. If an infant has too much of the fruit in autumn, it will lead to pain and hard lump below the umbilicus.

[Indications]

It quenches thirst in diabetes. It treats arthralgia and disperses pathogenic Heat. It warms the interior and reinforces the qi.

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

Meng Xian: It detoxifies toxin of alchemical stone drugs. It disperses invading pathogenic Wind and toxin. It eliminates excessive Heat and qi resting in the thorax. It can be ground into powder. Its use brightens the eyes and sharpens the ear. It is also good for eliminating jaundice.

Da Ming: It whets the appetite and helps digestion.

Su Song: Eat the powder of the fruit. It strengthens the Intestine and Stomach function and makes one no longer hungry. It detoxifies toxin. It is good for people taking alchemical stone drugs.

Wang Ji: It treats five kinds of diaphragm-obstruction syndrome. It dissolves indigestion. It is good to have some after a meal. It is also good for treating accidental swallowing of a copper object.

Li Shizhen: It is good for treating dysentery with bloody discharge, hematochezia and metrorrhagia. It prevents attack of Gudu.

[Explication]

Wang Ji: Wuyu (Biqi) is good at destroying copper. When a copper coin is chewed together with the drug, the coin may be dissolved. This shows its strong efficacy in dissolving hard things. Therefore it is effective to dissolve five kinds of diaphragm-obstruction syndrome, help digest indigestion and dissolve a copper coin swallowed by accident.

Li Shizhen: The book *Wangshi Boji Fang* — “It is good for treating five kinds of masses, and an attack of cold gas to the Heart that has evolved into five kinds of diaphragm-obstruction syndrome. In the prescription of Jinsuo Wan, Heisanleng is used. Annotation: Heisanleng is simply dry Biqi.

坚之说，盖本于此。又董炳集验方云：地栗晒干为末，白汤每服二钱，能辟蛊毒。传闻下蛊之家，知有此物，便不敢下。此亦前人所未知者。

【附方】

新五。（略）



When the above book was talking about the efficacy of dissolving hard mass of this drug, it was based on this prescription.”

The book *Jiyan Fang* by Dong Bing: “Dry Dili (Biqi) and then grind it into powder. Wash down two *qian* with Miyin or hot water. It is good for treating Gudu. It is said that if one wants to spread Gudu to another family, it would not be possible if the latter has Biqi in the house.* This is something that people in the past did not know.”

[Prescriptions]

Five prescriptions collected recently.

*Gudu (disease due to noxious agents produced by various parasites) is a mysterious disease. Ancient people thought this could be caused by a kind of worm and spread to another person in a secret way.



慈姑（日华）

【释名】

借姑别录。水萍别录。河鳧茈图经。白地栗同上。苗名剪刀草图经。箭搭草救荒。槎丫草苏恭。燕尾草大明。

〔时珍曰〕慈姑，一根岁生十二子，如慈姑之乳诸子，故以名之。作茨菰者非矣。河鳧茈、白地栗，所以别乌芋之鳧茈、地栗也。剪刀、箭搭、槎丫、燕尾，并象叶形也。





CIGU

Old world arrowhead

Sagittaria sagittifolia L.

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

[Explanation of Names]

JIEGU

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

SHUIPING

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

HEFUCI

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

BAIDILI

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

JIANDAOCAO (the seedling)

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

JIANDACAO

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

CHAYACAO

— Su Gong.

YANWEICAO

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

Li Shizhen: In a year, one root will bear 12 fruits, just like 12 children sucking milk. So it is called Cigu. Ci= “kind mother.” Names such as Hefuci (“river Fuci”) and Baidili (“white Dili”) are names showing their difference to the names of Fuci and Dili (Biqi). Names such as Jiandao (“scissors”), Jianda (“arrow sheath”), Chaya (“forks and twigs”) and Yanwei (“swallow tail”) are names depicting the shape of the leaf.



【集解】

〔时珍曰〕慈姑生浅水中，人亦种之。三月生苗，青茎中空，其外有棱。叶如燕尾，前尖后歧。霜后叶枯，根乃练结，冬及春初，掘以为果。须灰汤煮熟，去皮食，乃不麻涩戟人咽也。嫩茎亦可炸食。又取汁，可制粉霜、雌黄。又有山慈姑，名同实异，见草部。

根

〔气味〕苦、甘，微寒，无毒。〔大明日〕冷，有毒。多食，发虚热，及肠风痔漏，崩中带下，疮疖。以生姜同煮佳。怀孕人不可食。〔诜曰〕吴人常食之，令人发脚气瘫痪风，损齿失颜色，皮肉干燥。卒食之，使人干呕也。



[Previous Explanations]

Li Shizhen: Cigu grows in shallow water as a wild plant. Farmers also plant it. The seedling begins to grow in the third month. Its stem is hollow inside. The stem is edged. Its leaf looks like a swallowtail. It has a tip at the front and with forks at the base. After frost fall, its leaf withers and the rhizome takes shape. People dig out the Cigu in winter, or in spring and autumn and eat it as fruit. It should be stewed in a solution in which grass ash has been soaked. Before eating, the fruit should be peeled; otherwise, it gives a tingling sensation to the tongue and throat. Its tender stem can also be fried in oil and served as a tidbit. It can also be squeezed to get juice, which is used in processing alchemical drugs. Its controls Fenshuang/calmelas preparata/prepared calomel and Cihuang/orpimentum/orpiment. The drug Shancigu/rhizome pleionis/pleione rhizome or pseudo bulb cremastrae appendiculatae/pseudo bulb of appendiculate cremastra is another thing, although the names are almost the same. See Category of Herbs.

CIGUGEN

Rhizome of old world arrowhead
Rhizoma sagittariae sagittifoliae

[Quality and Taste]

It is bitter, sweet, slightly cold and nontoxic.

Da Ming: It is cold in quality and toxic. Overeating will trigger a fever of deficient nature. It also sets off hematochezia due to an attack of pathogenic Wind into the Intestine, hemorrhoid and fistula, metrorrhagia and leucorrhea, sores and furuncles. It is good if the drug can be stewed together with fresh ginger. It is not a suitable drug for a pregnant woman.

Meng Xian: People in the Wu area like to eat this very often. Beriberi and paralysis due to attack of pathogenic Wind, damage to teeth, pallid complexion, and a parched and scaly skin are common troubles caused by overeating of it. If the thing is eaten in a hurry, it may just bring dry nausea.

[Indications]

Su Gong: It is good for detoxifying one hundred kinds of toxin. It

〔主治〕百毒，产后血闷，攻心欲死，产难胞衣不出，捣汁服一升。又下石淋苏恭。

叶

〔主治〕诸恶疮肿，小儿游瘤丹毒，捣烂涂之，即便消退，甚佳苏颂。治蛇、虫咬，捣烂封之大明。调蚌粉，涂瘙疖时珍。



treats stuffiness due to blood disorder in puerperium with rushing gas up to the Heart that makes the patient feel as if she is going to die. It also promotes baby delivery and descending of the placenta. Pound the drug to get one *sheng* of juice. Take the juice. It is also good for treating stranguria caused by urinary stone.

CIGUYE

Leaf of old world arrowhead

Folium sagittariae sagittifoliae

[Indications]

Su Song: It is good for treating malignant sores and swelling, infantile wandering erysipelas and tumor. Pound the drug into paste. Apply it onto the affected part. It works very effectively.

Da Ming: It is good for treating sores due to the bite of snake and insects. Pound the drug into paste and apply it to the affected part.

Li Shizhen: Blend the drug with Bangfen/caro anodonate/meat powder of freshwater clam and use it to treat miliaria with itching.





柏 (本经上品)

【释名】

榦音菊。侧柏

〔李时珍曰〕按魏子才六书精蕴云：万木皆向阳，而柏独西指，盖阴木而有贞德者，故字从白。白者，西方也。陆佃埤雅云：柏之指西，犹针之指南也。柏有数种，入药惟取叶扁而侧生者，故曰侧柏。

【集解】

〔时珍曰〕史记言：松柏为百木之长。其树耸直，其皮薄，其肌腻。其花细琐，其实成椌，状如小铃，霜后四裂，中有数子，大如麦粒，芬香可爱。柏叶松身者，桧也。其叶尖硬，亦谓之栝。今人名圆柏，以别侧柏。松叶柏身者，枞



BAI

Chinese arborvitae

Biota orientalis (L.) Endl.

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

[Explanation of Names]

JU

CEBAI

Li Shizhen: The book *Liushu Jingyun* by Wei Zicai — “All woods grow towards the sun. But Chinese arborvitae grows towards the west. It is a wood of Yin with virtue. So the character is formed by the radical ‘wood’ on the left and ‘white’ on the right. White is the color corresponding to the west.”

The book *Bei Ya* by Lu Dian: “Chinese arborvitae grows towards the west. This is just like compass always directing to the south. There are several species of Chinese arborvitae. Only that grows from the side with flat leaf is used medically. It is called Cebai (Cebaiye/cacumen biotae/leafy twigs of Chinese arborvitae).”

[Previous Explanations]

Li Shizhen: The book *Shi Ji* (*Records of the Historian*) — “Pine and arborvitae are the leaders of a hundred woods. The tree has a straight and tall trunk. Its bark is thin and lustrous. Its flower is very small. Its fruit is like a small bell. After frost, it cracks. Inside, there are fine seeds similar to wheat grain, which are fragrant and lovely. A tree with pine trunk and arborvitae leaf is called Gui (Chinese juniper). Its leaf is hard and tipped. It is also called Kuo. Now it is called Yuanbai (“round arborvitae”). It is thus named to differentiate it from the term Cebai (“arborvitae with leaf from



也。松桧相半者，桧柏也。峨眉山中一种竹叶柏身者，谓之竹柏。

柏实

〔修治〕〔斲曰〕凡使先以酒浸一宿，至明漉出，晒干，用黄精自然汁于日中煎之，缓火煮成煎为度。每煎柏子仁三两，用酒五两浸。〔时珍曰〕此法是服食家用者。寻常用，只蒸熟曝烈舂簸取仁，炒研入药。

〔气味〕甘，平，无毒。〔甄权曰〕甘、辛。畏菊花、羊蹄草。〔徐之才曰〕见叶下。

〔主治〕惊悸益气，除风湿，安五脏。久服，令人润泽美色，耳目聪明，不饥不老，轻身延年本经。疗恍惚，虚损



the side”). A tree with an arborvitae trunk and a pine leaf is called Cong (fir). A tree with half pine and half arborvitae is called Guibai (juniper arborvitae). On Emei Mountain (in Sichuan), there is a tree with trunk of arborvitae and bamboo leaf. It is called Zhubai (bamboo arborvitae).”

BAISHI

Seed of Chinese arborvitae
Semen biotae

[Preparation]

Lei Xiao: Soak the drug in wine overnight (three *liang* of Baishi with five *liang* of wine). Take out the drug the next morning and dry it in the sun; then stew it with the natural juice of Huangjing/rhizome polygonati/rhizome of King Solomon Seal at noon over a mild fire until it condenses.

Li Shizhen: The above preparation is made up by Taoist alchemists. For medical use, prepare the drug in the following way: Steam first, then dry it in the sun until it cracks. Husk the drug to get the kernel. Fry the drug. It is now ready for medical use.

[Quality and Taste]

It is sweet, plain and nontoxic.

Zhen Quan: It is sweet and pungent. It is mutually inhibiting to Juhua/flos chrysanthemi/chrysanthemum and Yangti/radix rumicis japonici/root of Japanese dock.

[Indications]

It is good for treating fright and palpitation, reinforcing qi, dispersing invading pathogenic Wind and Humidity, pacifying the Five Viscera, moistening and brightening one's complexion and eyes, and sharpening the ear. It kills hunger, and makes one feel happy and vigorous and able to enjoy a long life.

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

It treats spiritual trance, and tonifies a debilitated and consumptive condition. It also treats arthritis with pain and heaviness in the lumbar region, reinforces the blood and stops perspiration.



吸吸，历节腰中重痛，益血止汗别录。治头风，腰肾中冷，膀胱冷脓宿水，兴阳道，益寿，去百邪鬼魅，小儿惊痫甄叔。润肝好古。养心气，润肾燥，安魂定魄，益智宁神。烧沥，泽头发，治疥癣时珍。

〔发明〕〔王好古曰〕柏子仁，肝经气分药也。又润肾，古方十精丸用之。〔时珍曰〕柏子仁性平而不寒不燥，味甘而补，辛而能润，其气清香，能透心肾，益脾胃，盖仙家上品药也，宜乎滋养之剂用之。列仙传云：赤松子食柏实，齿落更生，行及奔马。谅非虚语也。

〔附方〕旧二，新六。（略）



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

Zhen Quan: It is good for treating severe intermittent headache, warming coldness in lumbar region and Kidney, dispersing formation of cold pus in the Urinary Bladder, dissolving fluid retention, enhancing male sexuality, prolonging one's lifespan, and preventing attacks of all kinds of devils and evils. It also treats infantile convulsion and epilepsy.

Wang Haogu: It moistens the Liver.

Li Shizhen: It nourishes the Heart qi, moistens the Dryness in the Kidney, pacifies the soul and stabilizes the boldness, reinforces the wisdom and tranquilizes the mind. Burn the drug and soak it in water. Filter the solution and use it to wash the hair. It moistens the hair. It is also good for treating scabies and tinea.

[Explication]

Wang Haogu: Baiziren is a drug functioning on the qi system of the Liver Channel. It also moistens the Kidney. In an ancient prescription called Shijing Wan (Pill of Ten Essences), the drug was used as one ingredient.

Li Shizhen: Baiziren is plain in quality, neither cold nor dry. It is sweet and tonifying. It is also moistening, as it is pungent. As a drug with lucid fragrance, it penetrates the Heart and Kidney, and reinforces the Spleen and Stomach. It is a drug of superior class used in processing alchemical drugs to prolong life. It is a drug generally good for preparing a tonic.

The book *Liexian Zhuan (Biographies of the Immortals)*: "Chisongzi, an immortal, ate Baishi regularly. His new teeth grew out from the place where the old ones had fallen out. He could run like a galloping horse. There must be some truth in it."

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.

BAIYE

Leafy twigs of Chinese arborvitae



柏叶

〔修治〕〔斲曰〕凡用掇去两畔并心枝了，用糯泔浸七日，以酒拌蒸一伏时。每一斤用黄精自然汁十二两浸焙，又浸又焙，待汁干用之。〔时珍曰〕此服食治法也。常用或生或炒，各从本方。

〔气味〕苦，微温，无毒。〔权曰〕苦、辛，性涩。与酒相宜。〔颂曰〕性寒。〔之才曰〕瓜子、牡蛎、桂为之使。畏菊花、羊蹄、诸石及面鞠。伏砒、消。〔弘景曰〕柏之叶、实，服饵所重。此云恶鞠，而人以酿酒无妨。恐酒米相和，异单用也。

〔主治〕吐血衄血，痢血崩中赤白，轻身益气，令人耐



Cacumen biotae

[Preparation]

Lei Xiao: Rub off the flanking leaf and the bud and then soak the drug in Nuomigan (water in which polished glutinous rice has been washed) for seven days. Take out the drug and blend it with wine. Then, steam it for a full day. Soak each on *jin* drug into 12 *liang* of natural juice of Huangjing and then bake it. Again, the drug is soaked in the same juice and baked. Do that repeatedly until the juice is all consumed. It can now be used medically.

Li Shizhen: The above preparation is for use in processing alchemical drug of life prolongation. For medical use, the drug can be used without preparation or it can be stir-fried.

[Quality and Taste]

It is bitter, slightly warm and nontoxic.

Zhen Quan: It is bitter, pungent and astringent. It is even better if the drug is processed with wine.

Su Song: It is cold in quality.

Xu Zhicai: Dongguazi/semen benincasae/seed of Chinese wax gourd, Muli/concha ostreae/oyster shell, and Gui/cinnamomum cassia presl/cassia bark tree can be used as its guiding drugs. It is mutually inhibiting to Juhua/flos chrysanthemi/chrysanthemum, Yangti/radix rumicis japonica/root of Japanese dock, all kinds of stone drugs and Jiuqu/distiller's yeast made of flour. In the processing of alchemical drugs, it is used to oppress Pishuang/arsenicum sublimatum/arsenic and Xiaoshi/sal nitri/niter.

Tao Hongjing: Both Baishi and Cebaiye are cherished by people taking life-prolonging drugs. Xu Zhicai said that the drug works even better if it is processed with wine. It makes a difference whether the drug is processed with or without wine.

[Indications]

It is good for treating hematemesis, epistaxis, dysentery with bloody discharge, and metrorrhagia with bloody and whitish discharge. It makes



寒暑，去湿痹，止饥别录。治冷风历节疼痛，止尿血甄权。灸，罨冻疮。烧取汁涂头，黑润鬓发大明。傅汤火伤，止痛灭瘢。服之，疗蛊痢。作汤常服，杀五脏虫，益人苏颂。

〔发明〕〔震亨曰〕柏属阴与金，善守。故采其叶，随月建方，取其多得月令之气。此补阴之要药，其性多燥，久得之大益脾土，以滋其肺。〔时珍曰〕柏性后凋而耐久，禀坚凝之质，乃多寿之木，所以可入服食。道家以之点汤常饮，元旦以之浸酒辟邪，皆有取于此。麝食之而体香，毛女食之而体轻，亦其证验矣。毛女者，秦王宫人。关东贼至，



one feel happy and vigorous. It reinforces qi, makes one more resistant to cold and hot weather, treats arthralgia due to excessive Humidity and kills hunger.

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

Zhenquan: It treats arthritis with pain due to invading pathogenic Cold and Wind. It stops hematuria.

Da Ming: Stir-fry the drug. It can be applied to treat frostbite. Burn the drug and then soak it in water. Filter the water to get a solution and wash the hair with it. It moistens and blacken the hair on the temples.

Su Song: Apply the drug to treat burns and scalds. It relieves pain and prevents formation of cicatrix. Take the drug orally to treat dysentery due to Gudu (disease due to noxious agents produced by various parasites). Stew the drug to make decoction. Take the decoction regularly to kill worms in the Five Viscera. It is a beneficial drug.

[Explication]

Zhu Zhenheng: Chinese arborvitae pertains to Yin and the Metal element. It is a drug that stays rather than moving. Cebaiye is collected to make up prescriptions in accordance with the month in which it is prepared. It is an important drug that tonifies Yin. It is also dry in quality. Long-term use is good for the Spleen Earth (element). In turn, the Lung is nourished.*

Li Shizhen: Chinese arborvitae is a tree that does not wither in winter. It is long lasting and endurable in quality. Being solid and congealed, it is wood of long life. Therefore, it is used in processing of life-prolonging drugs. Taoists soak the drug in boiling water and drink the eater regularly. On New Year's Day, people soak the drug in wine and take it to prevent attacks of vicious agents. Musk deer like to eat it, so that it produces Shexiang/moschus/musk. The therapeutic effect of Baishi is recorded in the book *Baopuzi* by Ge Hong in the following story: A maid in the Palace of

*In the producing sequence of the Five Elements and Five Viscera, when the spleen is enriched, it becomes strong and assists the lung. The producing sequence:

Liver — Heart — Spleen — Lung — Kidney — Liver

惊走入山，饥无所食。有一老公教吃松柏叶，初时苦涩，久乃相宜，遂不复饥，冬不寒，夏不热。至汉成帝时，猎者于终南山见一人，无衣服，身生黑毛，跳坑越涧如飞，乃密围获之，去秦时二百余载矣。事出葛洪抱朴子书中。

〔附方〕旧十，新十一。(略)



the Qin Dynasty (221-206 BC) ran into the mountain to escape turmoil in the palace. She had nothing to eat. One day, she met an old man who told her to eat the leaf of pine and arborvitae. At first, she felt that the thing was hard to swallow, as it was bitter and astringent. But later, she got used to it. Then, she did not feel cold in winter or heat in summer. One day, in the reign of Emperor Chengdi of the Han Dynasty (206 BC-AD 220), hunters found a figure without clothing whose body was covered with black hair. It ran over the cliffs and streams freely as if flying. After encirclement, the figure was caught and proved to be the maid who had fled the Qin Palace 200 years before. This shows she had benefited from eating Baishi that she could run as fast as that.

[Prescriptions]

Ten prescriptions collected previously, and
11 prescriptions collected recently.





松（别录上品）

【释名】

〔时珍曰〕按王安石字说云：松柏为百木之长。松犹公也，柏犹伯也。故松从公，柏从白。

【集解】

〔时珍曰〕松树磔珂修耸多节，其皮粗厚有鳞形，其叶后凋。二三月抽蕤生花，长四五寸，采其花蕊为松黄。结实状如猪心，叠成鳞砌，秋老则子长鳞裂。然叶有二针、三针、五针之别。三针者为栝子松，五针者为松子松。其子大如柏子，惟辽海及云南者，子大如巴豆可食，谓之海松子，详见果部。孙思邈云：松脂以衡山者为良。衡山东五百里，



Song

Pine

Pinus tabulaeformis Carr..

Pinus massoniana Lamb.

Pinus yunnanensis Franch.

[Explanation of Names]

Li Shizhen: The book *Zi Shuo* by Wang Anshi — “Pine and arborvitae are the leaders of all woods. Song is a character with a radical Gong (‘master’ or ‘elderly’). Bai is formed with a radical Bai (‘uncle’). That could be the origin of the names.”

[Previous Explanations]

Li Shizhen: Pine has zigzag twigs and nodes. Its trunk is straight and tall and its bark is coarse, covered with scales. Its leaf does not wither in winter. In the second and third months, a new bud begins to grow and flower begins to bloom four to five *cun* long. Its pistil and stamen can be collected, and it is called Songhuang. Its fruit (Songta) looks like a pig’s heart covered with scales. When it gets ripe in autumn, the seed grows and the scale cracks. There are varieties of pine according to the number of needles in a tuft: two needles, three needles and five needles. That with three needles is called Guazisong and that with five needles is called Songzisong. Its seed is as big as Baiziren. That produced in Liaohai and Yunnan has a seed the size of *Badou/fructus crotonis/croton* seed and it is edible. It is called Haisongzi (See Category of Fruits).

Sun Simiao: Songzhi produced in Hengshan Mountain is the best. In the valley extending to 500 *li* (250 kilometers) east of Hengshan Mountain, the pine can be found everywhere. It differs from those growing in other places.



满谷所出者，与天下不同。苏轼云：镇定松脂亦良。抱朴子云：凡老松皮内自然聚脂为第一，胜于凿取及煮成者。其根下有伤处，不见日月者为阴脂，尤佳。老松余气结为茯苓。千年松脂化为琥珀。玉策记云：千年松树四边枝起，上杪不长如偃盖。其精化为青牛、青羊、青犬、青人、伏龟，其寿皆千岁。

松脂

〔别名〕松膏本经。松肪同。松胶纲目。松香同。沥青

〔修治〕〔弘景曰〕采炼松脂法，并在服食方中。以桑灰汁或酒煮软，接纳寒水中数十过，白滑则可用。〔颂曰〕



Su Shi: Songzhi produced in Zhending is also good.

Baopuzi: Songzhi accumulated naturally under the bark is the best. It is much better than that obtained by cutting the wood or by stewing. Songzhi collected at the root where there is a hurt is called Songzhi of Yin nature. It is especially good. Fuling is sometimes found in the root of an old pine. Songzhi one thousand years old may evolve into Hupo/succinum/amber.

The book *Yuce Ji*: “A pine tree of one thousand years has twigs outside the crown growing faster than the top. Its essence evolves into blue-green ox, blue-green sheep, blue-green dog, blue-green human being and hidden tortoise. All of them can live as long as one thousand years.”

SONGZHI

Colophony

Resin

Colophonium

[Explanation of Names]

SONGGAO

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

SONGFANG

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

SONGJIAO

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

SONGXIANG

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

LIQING

[Preparation]

Tao Hongjing: The processing of Songzhi is recorded in prescriptions of life-prolonging drugs. Stew the drug in a solution in which ash of Sangzhi/ramulus mori/mulberry twig has been soaked, or in wine. Twist the drug with fingers and then soak it in cold water. Do that several dozen times. The drug will become white and slippery. Then, it is good for use.

Su Song: Before Songzhi is used, it should be refined in the following



凡用松脂，先须炼治。用大釜加水置甑，用白茅借甑底，又加黄砂于茅上，厚寸许。然后布松脂于上，炊以桑薪，汤减频添热水。候松脂尽入釜中，乃出之，投于冷水，既凝又蒸，如此三过，其白如玉，然后入用。

〔气味〕苦、甘，温，无毒。〔权曰〕甘，平。〔震亨曰〕松脂属阳金。伏汞。

〔主治〕痈疽恶疮，头疡白秃，疥瘙风气，安五脏，除热。久服，轻身不老延年本经。除胃中伏热，咽干消渴，风痹死肌。炼之令白。其赤者，主恶痹别录。煎膏，生肌止痛，排脓抽风。贴诸疮脓血痿烂。塞牙孔，杀虫甄权。除邪



way: Fill a big pot with water and place a steamer in the pot. First place Baimao/herba imperatae/lalang grass at the bottom of the steamer. Then place one *cun* of yellow sand above the Baimao. Then, place Songzhi on the sand. Heat the pot with fire of Sangzhi/ramulus mori/mulberry twig. When the water inside the pot is reduced, add more to maintain a certain level. Stop the stewing when the Songzhi all melts into the pot. Take out the drug and throw it into cold water. Repeat that two more times, after which the drug will be as white as jade. This is the thing that can be used medically.

[Quality and Taste]

It is bitter, sweet, warm and nontoxic.

Zhen Quan: It is sweet and plain.

Zhu Zhenheng: In the processing of alchemical drugs, Songzhi is called a Metal of Yang, which can oppress Gong/hydrargyrum/mercury.

[Indications]

It is good for treating carbuncles, phlegmon and malignant sores, tinea capitis and ulceration, scabies with itching due to invading pathogenic Wind. It pacifies the Five Viscera and eliminates pathogenic Heat. Long-term use of the drug makes one feel happy and vigorous and able to enjoy a long life.

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

It eliminates hidden Heat resting in the Stomach. It quenches thirst with parched mouth in diabetes. It treats Fengbi (arthritis due to invading pathogenic Wind) with dead muscle. Refine the drug to make it white. A drug that is red is good for treating Ebi (malignant arthritis).

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

Zhen Quan: Stew the drug to make paste. Apply the paste to treat a sore. It helps growth of muscle and relieve pain, and dispels pus and invading pathogenic Wind. Apply it to treat sores with bloody pus, scrofula and ulceration. Insert it into the dental hole to kill worms.

Da Ming: It disperses pathogenic factors, brings down adverse ascending gas, moistens the Heart and the Lung, and treats deafness. In ancient



下气，润心肺，治耳聋。古方多用辟谷大明。强筋骨，利耳目，治崩带时珍。

〔发明〕〔时珍曰〕松叶、松实，服饵所须；松节、松心，耐久不朽。松脂则又树之津液精华也。在土不朽，流脂日久，变为琥珀，宜其可以辟谷延龄。葛洪抱朴子云：上党赵瞿病癩历年，垂死其家弃之，送置山穴中。瞿怨泣经月，有仙人见而哀之，以一囊药与之。瞿服百余日，其疮都愈，颜色丰悦，肌肤玉泽。仙人再过之，瞿谢活命之恩，乞求其方。仙人曰：此是松脂，山中便多。此物汝炼服之，可以长生不死。瞿乃归家长服，身体转轻，气力百倍，登危涉险，终日不困。年百余岁，齿不坠，发不白。夜卧忽见屋间有光，大如镜，久而一室尽明如昼。又见面上有采女一人，戏于口鼻之间。后入抱犊山成地仙。于时人闻瞿服此脂，皆竞



prescriptions, it was used to kill hunger despite lack of normal food.

Li Shizhen: It strengthens tendon and bone, and facilitates function of ear and eye. It is also effective to treat metrorrhagia and leucorrhea.

[Explication]

Tao Hongjing: Both pine and arborvitae have resin and do not wither in cold winter. They are both good, and are widely used in the processing of life-prolonging drugs. But the drugs are largely neglected.

Su Song: Taoist alchemists make pills with Fuling, Songzi, Baiziren and Juhua. It can also be used independently as a tonic.

Li Shizhen: Songye and Songzi are needed in the processing of life-prolonging drugs. Songjie and heartwood of pine are erosion-resistant and can be saved for a long time. Songzhi is the essence of the tree. It does not erode when kept in the earth, and may evolve into amber after a long time. Therefore, it is something that can prolong one's lifespan and kill hunger even without normal food.

The book *Baopuzi* by Ge Hong: "Mr. Zhao Qu, a native of Shangdang, had been suffering from serious pertinacious skin disease for many years. While he was dying, he was taken into a mountain cave. He wept all day long and an immortal was moved to show his mercy by giving Mr. Zhao a sack of drugs. After taking the drug for over one hundred days, all his pertinacious skin lesions were healed. The patient had a bright complexion and jade-like skin. Then, the immortal visited him again. Mr. Zhao thanked the immortal profusely and begged for the prescription. The immortal told him that the drug was just Songzhi, which could be found easily in that mountain. After refining the drug, you could take it regularly. This would greatly prolong your lifespan. After returning home, Mr. Zhao kept on eating the drug and he began to feel vigorous and energetic. He could climb the mountain easily and kept energetic all day long. He lived beyond one hundred years. His teeth did not fall off and hair did not turn gray. One night, while he was sleeping, he saw a light as big as a mirror in the bedroom. After a while, the whole room was as bright as day. Suddenly, a small figure like a maiden appeared and danced on his lips and nose. Later, the man retired to Baodu Mountain and finally evolved into an immortal of



服之，车运驴负，积之盈室。不过一月，未觉大益，皆辄止焉。志之不坚如此。张杲医说有服松丹之法。

〔附方〕旧七，新十七。（略）

松花

别名松黄

〔气味〕甘，温，无毒。〔震亨曰〕多食，发上焦热病。

〔主治〕润心肺，益气，除风止血。亦可酿酒时珍。

〔发明〕〔恭曰〕松花即松黄，拂取正似蒲黄，酒服令轻身，疗病胜似皮、叶及脂也。〔颂曰〕花上黄粉，山人及



the Earth. After that, all people knew Mr. Zhao Qu could evolve into an immortal by taking Songzhi, so they began to emulate him. Carrying the drug with cart or donkey, people began to take the thing everyday. But, after one month of such treatment, they could detect no difference and stopped taking the drug.” How could such people become immortals with such short-lived determination? The book *Yi Shuo* by Zhang Gao recorded the method of processing Songzhi.

[Prescriptions]

Seven prescriptions collected previously, and
17 prescriptions collected recently.

SONGHUA

Pine pollen
Pollen pini

[Explanation of Names]

SONGHUANG

[Quality and Taste]

It is sweet, warm and nontoxic.

Zhu Zhenheng: Overeating of the drug triggers onset of febrile diseases in the Shangjiao (the upper-jiao, the upper warmer).

[Indications]

Li Shizhen: It moistens the Heart and Lung, reinforces qi, disperses invading pathogenic Wind and stops hemorrhage.

[Explication]

Su Gong: Songhuafen is simply Songhuang. It can be collected by wiping it gently. It looks like Puhuang/pollen typhae/cattail pollen. Process it with wine and drink the wine. One will feel happy and vigorous. It has better therapeutic effects than the bark, leaf and Songzhi.

Su Song: People in the mountain collect Songhuafen and use it as a

时拂取，作汤点之甚佳。但不堪停久，故鲜用寄远。〔时珍曰〕今人收黄和白沙糖印为饼膏，充果饼食之，且难久收，恐轻身疗病之功，未必胜脂、叶也。



seasoning in the preparation of soup. It adds flavor to the soup greatly. But only the fresh pollen is good. It cannot be stored for a long time.

Li Shizhen: Now people make cake or paste with Songhuafen and brown sugar and take it as a tidbit. But it is difficult to keep it in good condition for a long time. In treating diseases, Songhuafen is not as good as Songzhi and Songye.



桂（别录上品） 牡桂（本经上品）

【释名】

侵音寢。

〔时珍曰〕按范成大桂海志云：凡木叶心皆一纵理，独桂有两道如圭形，故字从圭。陆佃埤雅云：桂犹圭也。宣导百药，为之先聘通使，如执圭之使也。尔雅谓之侵者，能侵害他木也。故吕氏春秋云，桂枝之下无杂木。雷公炮炙论云：桂钉木根，其木即死。是也。桂即牡桂之厚而辛烈者，牡桂即桂之薄而味淡者，别录不当重出。今并为一，而分目于下。





GUI, MUGUI

Cassia

Cinnamomum cassia Presl.

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

MUGUI (牡桂)

Cassia twig

Cinnamomum cassia Presl.

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

[Explanation of Names]

QIN

Li Shizhen: The book *Guihai Zhi* by Fan Chengda — “The leaf of all kinds of trees has one vertical vein in the center. But a cassia leaf has two vertical veins. The leaf looks like a Gui.* So the character is written by a radical ‘wood’ on the left and another radial ‘Gui’ on the right.”

The book *Bei Ya* by Lu Dian: “Gui is a drug that guides the other drugs in a prescription, just like an envoy. The book *Er Ya* recorded the name of the drug as Qin, which means that the plant is harmful to other woods. Qin means ‘invading’.”

The book *Lüshi Chunqiu* (*Lü's spring and Autumn Annals*): “Under a cassia tree, no other wood can survive.”

The book *Lei Gong Paozhi Lun* (*Lei Gong's Treatises on Preparation of Drugs*): “Pinning a nail made of cassia into a tree will kill it. Gui is the

*Gui: An elongated pointed tablet of jade held by an ancient ruler (or envoy) on a ceremonial occasion.



【集解】

〔时珍曰〕桂有数种，以今参访：牡桂，叶长如枇杷叶，坚硬有毛及锯齿，其花白色，其皮多脂。茵桂，叶如柿叶，而尖狭光净，有三纵文而无锯齿，其花有黄有白，其皮薄而卷。今商人所货，皆此二桂。但以卷者为茵桂，半卷及板者为牡桂，即自明白。苏恭所说，正合医家见今用者。陈藏器、陈承断茵、牡为一物者，非矣。陶弘景复以单字桂为叶似柏者，亦非也。柏叶之桂，乃服食家所云，非此治病之桂也。苏颂所说稍明，亦不当以钦州者为单字之桂也。按尸子云：春花秋英曰桂。嵇含南方草木状云：桂生合浦、交趾，生必高山之巅，冬夏常青。其类自为林，更无杂树。有三种：皮赤者为丹桂，叶似柿叶者为茵桂，叶似枇杷叶者为牡桂。其说甚明，足破诸家之辩矣。又有岩桂，乃茵桂之类，详茵桂下。韩众采药诗云：暗河之桂，实大如枣。得而食之，后天而老。此又一种也。暗河不知在何处？



bark that is thick, with a strong pungent taste. Mugui is the bark that is thin and has a less strong pungent taste. In *Mingyi Bielu*, Gui and Mugui are recorded as two different drugs. This is not correct. So they are included in the same clause here with specific subtitles.”

[Previous Explanations]

Li Shizhen: There are several species of Gui. After investigations, we now have Mugui: Its leaf is as long as Pipaye/*folium eribotryae*/loquat leaf. It is hard, covered with hair and fringed with saw teeth. Its flower is white and its bark is oily. Jungui: Its leaf is similar to Shiye/*folium kaki*/leaf of persimmon. But it is pointed, narrow and lustrous. There are three vertical veins but without saw teeth. The flower may be yellow or white. Its bark is thin and curled. Cassia bark sold by merchants is mostly the above two species. Cassia bark that is curled is called Jungui. Cassia bark that is half curled or flat is called Bangui. This is already clear. What Su Gong described is in conformity with what is sold in the market. But Chen Cangqi and Chen Cheng thought Jungui and Mugui are the same. They are both wrong. Tao Hongjing thought Gui is the tree with a similar leaf to Baiye, but he is also incorrect. Cassia bark with leaf similar to Baiye is what Taoist alchemists use in their processing of alchemical drugs. It is not used as a drug in a medical prescription. What Su Song described is closer to the truth. But he said that Gui was just the thing produced in Qinzhou. This is not correct.

Shi Zi: The cassia tree has flowers in spring and autumn.

The book *Nanfang Caomu Zhuang* by Ji Han: “The cassia tree grows in Hepu and Jiaozhi, on high mountains. It is green in summer and winter. In a forest of cassia trees, there are no other trees growing. There are three species: That with red bark is called Dangui. That with a leaf similar to Shiye is called Jungui. That with a leaf similar to Pipaye is called Mugui. This is a very clear record of the three species. With this, one will not be perplexed by the arguments. There is Yangui, which is one species of Jungui.”

The book *Caiyao Shi* by Han Zhong: “Gui produced in Anhe has fruit as big as a date. If one can eat the fruit, one may live as long as heaven.” This is another species of Gui. Where is Anhe? Nobody knows.



【正误】

〔好古曰〕寇氏衍义言：官桂不知缘何立名？予考图经，今观、宾、宜诸州出者佳。世人以观字画多，故写作官也。〔时珍曰〕此误。图经今观，乃今视之意。岭南无观州。曰官桂者，乃上等供官之桂也。

桂别录

〔时珍曰〕此即肉桂也。厚而辛烈，去粗皮用。其去内外皮者，即为桂心。

〔气味〕甘、辛，大热，有小毒。〔权曰〕桂心：苦、辛，无毒。〔元素曰〕肉桂：气热，味大辛，纯阳也。〔杲曰〕桂：辛，热，有毒。阳中之阳，浮也。气之薄者，桂枝也；气之厚者，桂肉也。气薄则发泄，桂枝上行而发表；气厚则发热，桂肉下行而补肾。此天地亲上亲下之道也。〔好



[Corrections]

Wang Haogu: Kou Zongshi said in his book *Bencao Yanyi* that it is not clear why cassia bark is called Guangui. I studied the book *Tujing Bencao* and found the following: “Now, the durg produced in Guan, Bin and Yi prefectures are of best quality. As the character Guan (观) has too many strokes, so people simplified it to the present Guan (官).” Li Shizhen’s comment: This is not correct. When Guan is mentioned in *Tujing Bencao*, it does not indicate the name of a place. The sentence should read: Now let’s examine the drug from Bin and Yi. But Guan here is mistaken as the name of a place. And there is no place called Guanzhou in the south. The meaning of this Guan is that as the drug is superior in quality, it is officially used as a tribute. Guan means “official.”

GUI

Cassia bark

Cortex cinnamomi

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

Li Shizhen: This is simply Rougui. It is thick, with a strong pungent taste. Coase peel should be taken off. After taking off the peel on both the inside and outside of the bark, it is Guixin (“heart of cassia”).

[Quality and Taste]

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

Zhen Quan: Guixin is bitter and pungent and nontoxic.

Zhang Yuansu: Rougui is hot in quality and very pungent in taste. It is a drug of pure Yang.

Li Gao: Gui is pungent, hot and toxic. It is a drug of Yang in Yang with floating tendency. Guizhi/ramulus cinnamomi/cassia twig is thin in quality and Rougui/cortex cinnamomi/cassia bark is thick in quality. A drug of thin quality is dispersing. So Guizhi moves upward and disperses pathogenic factors resting at the exterior. A drug of thick quality brings Heat. So Rougui moves downward and tonifies the Kidney. Like Heaven and Earth, a different part of the same drug functions differently: one moves upward



古曰]桂枝入足太阳经，桂心入手少阴经血分，桂肉入足少阴、太阴经血分。细薄者为枝为嫩，厚脂者为肉为老。去其皮与里，当其中者为桂心。别录言有小毒，又云久服神仙不老。虽有小毒，亦从类化。与黄芩、黄连为使，小毒何施？与乌头、附子为使，全取其热性而已。与巴豆、硃砂、干漆、穿山甲、水蛭等同用，则小毒化为大毒。与人参、麦门冬、甘草同用，则调中益气，便可久服也。〔之才曰〕桂得人参、甘草、麦门冬、大黄、黄芩，调中益气。得柴胡、紫石英、干地黄，疗吐逆。忌生葱、石脂。

〔主治〕利肝肺气，心腹寒热冷疾，霍乱转筋，头痛腰



and the other downward.

Wang Haogu: Guizhi functions on the Urinary Bladder of Foot Initial Yang. Guixin functions on the blood system of Heart Channel of Hand Lesser Yin. Rougui functions on the blood system of the Kidney Channel of Foot Lesser Yin and Spleen Channel of Foot Initial Yin. The thin and small bark is from a tender twig. The thick and oily bark is from a thick and old twig. Take off the coarse bark on the outside and a layer on the inside. What is left is Guixin/cortex cinnamomi/inner bark of cassia. The book *Mingyi Bielu* says it is slightly toxic. The book also says that long-term use enables the person to enjoy a long life without aging. Although it is slightly toxic, it can be balanced by guding drugs such as Huangqin/radix scutellariae/root of Baikal skullcap and Huanglian/rhizome coptidis/coptis rhizome. Then it is no longer toxic. If the drug is taken together with Wutou/radix aconite/Sichuan aconite root and Fuzi/radix aconite lateralis/daughter root of common monkshood, then the drug can play its full role as a hot drug. But if the drug is used together with either of the following, it becomes a drug with strong toxicity: Badou/fructus crotonis/croton seed, Raosha/halimum purpureum, Ganqi/lacca sinica exsiccatae/dried lacquer, Chuanshanjia/squama manitis/pangolin scales and Shuizhi/hirudo/leech. The drug will become mild and can regulate the interior and reinforce qi if it is taken together with either of Renshen/radix ginseng/ginseng root, Maimendong/radix ophiopogonis/tuber of dwarf lilyturf and Gancao/radix glycyrrhizae/licuorice root. Then, the drugs can be taken regularly over a long period of time.

Xu Zhicai: Taking Rougui/cortex cinnamomi/cassia bark together with either of the following drugs regulates the interior and reinforces qi: Renshen, Gancao, Maimengdong, Dahuang/radix et rhizome rhei/rhubarb and Huangqin. To treat vomiting and retching, take the drug together with Chaihu/radix bupleuri/root of Chinese thorowax, Zishiying/fluoritum/fluorite and Gandihuang/radix rehmanniae/root of rehmannia. Taboo: Cong/herba allii fistulosi/fistular onion and Shizhi/halloysitum/halloysite.

[Indications]

It facilitates the flow of qi in the Lung and Liver, relieves abdominal



痛出汗，止烦止唾，咳嗽鼻鼈，堕胎，温中，坚筋骨，通血脉，理疏不足，宣导百药，无所畏。久服，神仙不老别录。补下焦不足，治沉寒痼冷之病，渗泄止渴，去营卫中风寒，表虚自汗。春夏为禁药，秋冬下部腹痛，非此不能止元素。补命门不足，益火消阴好古。治寒痹风暗，阴盛失血，泻痢惊痢时珍。

桂心药性论

〔斆曰〕用紫色厚者，去上粗皮并内薄皮，取心中味辛者用。中土只有桂草，以煮丹阳木皮，伪充桂心也。〔时珍曰〕按酉阳杂俎云：丹阳山中有山桂，叶如麻，开细黄花。



pain with cold feeling and fever and chills, and treats cholera and spasms. It relieves headaches, lumbago with perspiration, and restlessness and stops spitting. It treats coughing and nasal sinusitis, threatens the fetus, warms the interior, consolidates tendon and bone, and facilitates blood circulation. It tonifies a condition of general debility, harmonizes all drugs in a prescription and it not inhibiting to other drugs. Long-term use prevents aging and enables one to enjoy a long life.

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

Zhang Yuansu: It tonifies an insufficient condition of the lower portion, treats diseases with prolonged cold prevalence, stops diarrhea, quenches thirst, and disperses Wind and Cold resting with Ying (nutrient essence in blood) and Weiqi (body resistance). It stops spontaneous perspiration with deficient condition of the exterior. It is a drug that should not be used in spring and summer. To stop lower abdominal pain in autumn and winter, Rougui is the only choice.

Wang Haogu: It tonifies the insufficient condition of Mingmen (Gate of Life), reinforces Fire of life and dispels prevalence of Yin.

Li Shizhen: It is good for treating arthralgia due to invading pathogenic Cold and aphasia due to invasion of pathogenic Wind. It stops diarrhea and dysentery. It treats convulsion and epilepsy.

GUIXIN

Inner bark of cassia

Cortex cinnamomi

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

Lei Xiao: Choose the thick bark of purple color. Take off the coarse bark on the outside and the thin peel inside. Only use the central part that is pungent in taste. In the central part of the country, people stew Guicao (a kind of herb similar to Gui) together with Danyangmupi* and sell it as Rougui.

Li Shizhen The book *Youyang Zaju* — In the Danyang Mountain, there is a kind of mountain cassia. Its leaf is similar to Damaye/*folium cannabis/*

*See explanation by Li Shizhen below.



此即雷氏所谓丹阳木皮也。

〔气味〕苦、辛，无毒。详前桂下。

〔主治〕九种心痛，腹内冷气痛不可忍，咳逆结气壅痹，脚痹不仁，止下痢，杀三虫，治鼻中瘖肉，破血，通利月闭，胞衣不下甄叔。治一切风气，补五劳七伤，通九窍，利关节，益精明目，暖腰膝，治风痹骨节挛缩，续筋骨，生肌肉，消瘀血，破痲癖癥瘕，杀草木毒大明。治风僻失音喉痹，阳虚失血，内托痈疽痘疮，能引血化汗化脓，解蛇蝮毒时珍。

牡桂本经

〔时珍曰〕此即木桂也。薄而味淡，去粗皮用。其最薄



hemp leaf. It has yellow and small flower. Bark from that tree is what Lei Xiao calls Danyangmupi.

[Quality and Taste]

It is pungent and nontoxic. Also see that under Gui.

[Indications]

Zhen Quan: It is good for treating nine kinds of heart pain, and abdominal pain with cold feeling that is unbearable. It brings down coughing with dyspnoea with accumulation and obstruction of gas and numbness of feet. It stops dysentery, kills the Three Worms (ascariasis, teniasis and oxyuriasis), eliminates nasal polyp, removes blood stasis and dredges through menstruation. It promotes dispersion of placenta.

Da Ming: It is good for dispersing all kinds of invading pathogenic Wind. It tonifies five overstrains and seven impairments, dredges through the nine orifices, facilitates movement of joints, protects the eyeball and brightens eye. It warms the waist and knee. It is good for treating arthralgia due to invading pathogenic Wind and contraction of joints. It knits fractures of bone and tendon, and helps the growth of muscle; it removes blood stasis and hard mass. It detoxifies toxin of herbs and woods.

Li Shizhen: It treats inflammation of the throat with aphasia due to invading pathogenic Wind, tonifies a condition of deficient Yang with loss of blood, expels the toxic substance from within the body as a tonic in treating carbuncles, phlegmon, smallpox and sores, leads blood to evolve into perspiration and pus, and detoxifies toxin of poisonous snake.

MUGUI

Cassia twig

Cassia bark

Ramulus cinnamomi

Cortex cinnamomi

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

Li Shizhen: This is simply Mugui (木桂). It is thin in taste. Take off the coarse bark. The thinnest one is Guizhi and the tender twig is



者为桂枝，枝之嫩小者为柳桂。

〔气味〕辛，温，无毒。〔权曰〕甘、辛。〔元素曰〕桂枝味辛、甘，气微热，气味俱薄，体轻而上行，浮而升，阳也。余见前单桂下。

〔主治〕上气咳逆结气，喉痹吐吸，利关节，补中益气。久服通神，轻身不老本经。心痛胁痛肋风，温筋通脉，止烦出汗别录。去冷风疼痛甄权。去伤风头痛，开腠理，解表发汗，去皮肤风湿元素。泄奔豚，散下焦畜血，利肺气成无己。横行手臂，治痛风震亨。

【发明】

〔宗奭曰〕桂甘，辛，大热。素问云：辛甘发散为阳。故汉张仲景桂枝汤治伤寒表虚，皆须此药，正合辛甘发散之



Liugui.

[Quality and Taste]

It is pungent, warm and nontoxic.

Zhen Quan: It is sweet and pungent.

Zhang Yuansu: Guizhi is pungent, sweet, and slightly hot in quality. It is a drug with thin taste and quality. It is a drug that is light and moves upward. It is a floating and ascending drug of Yang. Also see explanation of Gui.

[Indications]

It is good for treating coughing with dyspnoea and accumulation of gas, and inflammation of throat with difficulty in respiration. It facilitates movement of the joints. It tonifies the interior and reinforces qi.

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

It treats heart pain, pain in the hypochondrium and invasion of pathogenic Wind into the hypochondrium. It warms the tendon, facilitates blood circulation, relieves restlessness and induces perspiration.

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

Zhen Quan: It disperses cold gas and relieves pain.

Zhang Yuansu: It relieves headache due to invading pathogenic Wind, opens up the Couli (striae of skin and muscle, the interstices), expels exterior syndrome and induces perspiration. It disperses invading pathogenic Wind and Humidity resting with the skin.

Cheng Wuji: It stops Bentun, disperses blood stasis resting with Xiaojiao and facilitates movement of qi in the Lung.

Zhu Zhenheng: It moves horizontally along hand and arm, and treats migratory arthralgia.

[Explication]

Kou Zongshi: Gui is sweet, pungent and very hot.

The book *Huangdi Neijing: Suwen*: "A drug that is pungent and sweet is dispersive and pertains to Yang. Master Zhang Zhongjing's prescription



意。本草三种之桂，不用牡桂、茵桂者，此二种性止于温，不可以治风寒之病也。然本经止言桂，仲景又言桂枝者，取枝上皮也。〔好古曰〕或问：本草言桂能止烦出汗，而张仲景治伤寒有“当发汗”凡数处，皆用桂枝汤。又云无汗不得服桂枝。汗家不得重发汗，若用桂枝是重发其汗。汗多者用桂枝甘草汤，此又用桂枝闭汗也。一药二用，与本草之义相通否乎？曰：本草言桂辛甘大热，能宣导百药，通血脉，止烦出汗，是调其血而汗自出也。仲景云：太阳中风，阴弱者，汗自出。卫实营虚，故发热汗出。又云太阳病发热汗出



Guizhi Tang* (Decoction of Guizhi) is a prescription treating febrile disease caused by Cold with deficient condition of the exterior. Guizhi is used in this prescription to function as dispersive agent as it is pungent and sweet. In *Shen Nong Bencao Jing*, three Gui's are recorded. But neither Mugui nor Jungui are used in the above prescription, as they are not good to disperse the invasion of pathogenic Wind and Cold. It is Guizhi that is used in the prescription by Master Zhang Zhongjing. It is the bark of the twig of cassia.”

Wang Haogu: Someone may ask: The book *Shen Nong Bencao Jing* said that Gui is good to relieve restlessness and induce perspiration. In *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, Master Zhang Zhongjing prescribed Decoction of Guizhi several times whenever the case needs perspiration. The text also said that Guizhi should not be given if there was no perspiration. But generally speaking, one who perspires should not take diaphoresis any more. It Guizhi is used in such a case, it is inducing perspiration to a patient who perspires. To one who has profuse perspiration, Guizhi Gancao Tang (Decoction of Guizhi and Gancao) should be adopted. It seems that Guizhi is used here to astringe the perspiration. The same drug is used in two different ways. Does that correspond to what is said in *Shen Nong Bencao Jing*? The answer: *Shen Nong Bencao Jing* said that Gui is pungent, sweet and very hot in quality. It activates all the drugs in a prescription and facilitates blood circulation. It relieves restlessness and induces perspiration. Perspiration is induced when the blood is regulated. Master Zhang Zhongjing: In febrile disease caused by Wind of the Initial Yang Channel, when Yin is weak, spontaneous perspiration will result. When Weiqi (body resistance) is excessive and Ying (nutrient essence in blood) is deficient, there will be fever and perspiration. Master Zhang also said that fever and perspiration in febrile disease of the

*Guizhi Tang:

Guizhi,

Shaoyao/radix paeoniae/peony root,

Gancao/radix glycyrrhizae/licuorice root,

Shengjiang/rhizoma zingiberis recens/fresh ginger, and

Dazao/fructus jujubae/Chinese date.



者，此为营弱卫强，阴虚阳必凑之，故皆用桂枝发其汗。此乃调其营气，则卫气自和，风邪无所容，遂自汗而解。非桂枝能开腠理，发出其汗也。汗多用桂枝者，以之调和营卫，则邪从汗出而汗自止，非桂枝能闭汗孔也。昧者不知出汗、闭汗之意，遇伤寒无汗者亦用桂枝，误之甚矣。桂枝汤下发汗字，当认作出字，汗自然发出。非若麻黄能开腠理，发出其汗也。其治虚汗，亦当逆察其意可也。〔成无己曰〕桂枝本为解肌。若太阳中风，腠理致密，营卫邪实，津液禁锢，其脉浮紧，发热汗不出者，不可与此必也。皮肤疏泄，自汗，脉浮缓，风邪干于卫气者，乃可投之。发散以辛甘为主，桂枝辛热，故以为君。而以芍药为臣、甘草为佐者，风淫所胜，平以辛苦，以甘缓之，以酸收之也。以姜、枣为使



Initial Yang Channel reflected the deficient condition of Ying and excessive condition of Weiqi. When Yin is deficient, it needs Yang to balance it. So Guizhi is used to induce perspiration. This is a treatment based on the regulation of Ying and Weiqi. When Weiqi is harmonized, pathogenic Wind will find no place to hide itself. It leaks out together with perspiration. It is not due to the effect that Guizhi can open up the Couli and induce perspiration. When there is profuse perspiration, Guizhi is used to harmonize Ying and Weiqi. Once they are balanced, perspiration will occur, bringing out with it the pathogenic factors. After that, the perspiration stops. It is not due to the effect that Guizhi can close up the sweat pores. Doctors who do not understand the function of Guizhi in inducing or stopping perspiration prefer to use it to treat a febrile disease caused by Cold without perspiration. It is a serious malpractice. In the explanation of Decoction of Guizhi, when “perspiration should be induced” is mentioned, it should be understood as “perspiration occurs naturally.” It is different than the perspiration induced by Mahuang/herba ephedrae/ephedra, as it is a strong diaphoretic that can open up Couli and induce perspiration. Guizhi is also good to harmonize a case with perspiration of deficient nature. It is also due to its function of harmonizing Ying and Weiqi.

Cheng Wuji: Guizhi is good for expelling pathogenic factors from the muscle. It is not applicable to the following case: Febrile disease caused by Wind of the Initial Yang Channel with closed Couli, excessive pathogenic factors resting with Ying and Weiqi, pent-up condition of Jinye (body fluid), floating and tense pulse, fever and no perspiration. Guizhi can be given to treat a case with the following symptoms and signs: Spontaneous perspiration with opening of Couli, floating and moderate pulse, with invasion of pathogenic Wind over Weiqi. Pharmacological analysis of Guizhi Tang*

*Guizhi Tang:

Guizhi,
 Shaoyao,
 Gancao,
 Shengjiang, and
 Dazao.



者，辛甘能发散，而又用其行脾胃之津液而和营卫，不专于发散也。故麻黄汤不用姜、枣，专于发汗，不待行其津液也。〔承曰〕凡桂之厚实气味重者，宜入治水脏及下焦药；轻薄气味淡者，宜入治头目发散药。故本经以茵桂养精神，牡桂利关节。仲景发汗用桂枝，乃枝条，非身干也，取其轻薄能发散。又有一种柳桂，乃桂之嫩小枝条，尤宜入上焦药用。〔时珍曰〕麻黄遍彻皮毛，故专于发汗而寒邪散，肺主皮毛，辛走肺也。桂枝透达营卫，故能解肌而风邪去，脾主



(Decoction of Guizhi: To disperse the pathogenic factors, drugs of pungent taste and dispersive function should be given. Guizhi is just such a drug, so it is used as the principal drug in the prescription. Shaoyao/radix paeoniae/peony root is used as a minister drug and Gancao/radix glycyrrhizae/licquerice root the guiding drug.) As a classic goes, when pathogenic Wind is prevailing, a drug of pungent and bitter taste should be given to level it down. A drug of sweet taste is given, too, to slow down the function and a drug of sour taste is given to astringe it. Shengjiang (ginger) and Dazao (jujubes) are also used as guiding drugs. This is because a drug of pungent and sweet taste is good to disperse the pathogenic factors. They are also good to motivate Jinye in the Spleen and Stomach so as to harmonize Ying and Weiqi. So Decoction of Guizhi is not a prescription that is aimed at inducing perspiration exclusively. Mahuang Tang* (Decoction of Mahuang) is not used to motivate Jinye, as the prescription is a strong agent in inducing perspiration.

Chen Cheng: Cassia bark that is thick with strong pungent taste is good for treating diseases of the Kidney and Xiajiao. Bark that is thin, with a light taste is used as a dispersion agent in a prescription treating diseases of the head and eye. *Shen Nong Bencao Jing* recorded that Jungui was used to keep the patient in good spiritual condition and Mugui is used to facilitate the movement of the joints (as it is dispersive). Master Zhang Zhongjing used Guizhi as a diaphoresis. It is not the bark of the trunk; but only the young twigs. This is because the twig is light in quality and dispersive in function. There is also Liugui, which is the tender twig of cassia. It is especially good to be used in a prescription treating diseases of the upper portion.

Li Shizhen: Mahuang functions all over the skin and hair. It is a drug that is strong in inducing perspiration and dispersing the invading patho-

*Mahuang Tang:

Mahuang,

Guizhi,

Gancao, and

Xingren/semen armeniae amarum/bitter apricot seed.



营，肺主卫，甘走脾，辛走肺也。肉桂下行，益火之原，此东垣所谓肾苦燥，急食辛以润之，开腠理，致津液，通其气者也。圣惠方言桂心入心，引血化汗化脓。盖手少阴君火、厥阴相火，与命门同气者也。别录云“桂通血脉”是矣。曾世荣言：小儿惊风及泄泻，并宜用五苓散以泻丙火，渗土湿。内有桂，能抑肝风而扶脾土。又医余录云：有人患赤眼肿痛，脾虚不能饮食，肝脉盛，脾脉弱。用凉药治肝则脾愈虚，用暖药治脾则肝愈盛。但于温平药中倍加肉桂，杀肝而益脾，故一治两得之。传云“木得桂而枯”是也。此皆与别



genic Cold. Mahuang is a drug of pungent taste. The Lung is a Viscus that controls the skin and hair. A drug of pungent taste functions on the Lung. So, it is capable of dispersing Cold at the exterior. Guizhi is a drug harmonizes and dredges through Ying and Weiqi. It is good to expel pathogenic Wind from a muscle. The spleen is a Viscus that controls Ying. The Lung is a Viscus that controls Weiqi. Gui zhi is a drug of sweet and pungent taste. As drugs of sweet taste functions on the Spleen and drugs of pungent functions on the Lung, Guizhi, being both sweet and pungent, is a drug that can function on both systems. Rougui functions on Xiajiao and reinforces the source of Fire. This is explained by Li Dongyuan as when the Kidney is encroached by pathogenic dryness, a drug of pungent taste should be taken urgently to moisten the dryness. Guixin/cortex cinnamomi/inner bark of cassia is a drug that opens Couli, helps produce Jinye and facilitates flow of qi.

The book *Taiping Shenghui Fang*: “Guixin functions on the Heart, leading blood to evolve into perspiration and pus. This is because the Monarch Fire of the Heart Channel of Hand Lesser Yin and the Ministerial Fire of Pericardium Channel of Hand Greater Yin correspond to that in the Mingmen (Gate of Life).” This is expressed in *Mingyi Biehu* as “Gui dredges through the blood.”

Zeng Shirong: To treat infantile convulsions and diarrhea, prescribe Wuling San* (Powder of Wuling) to purge Bing Fire and drain Humidity in the Earth. In this prescription, Gui is used to curb the Liver Wind and reinforce the Spleen Earth. The book *Yiyu Lu* recorded a case: “Once, a patient was suffering from an inflamed eye with swelling and pain. Due to the deficient condition of the Spleen, the patient had no appetite. The pulse reflecting the Liver condition was excessive and the Spleen condition was

*Wuling San:

Zhuling/polyporus/agaric,

Fuling/poria/Indian bread,

Zexie/rhizoma alismatis/rhizome of oriental water plantam,

Guizhi, and

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

录桂利肝肺气，牡桂治胁痛胁风之义相符。人所不知者，今为拈出。又桂性辛散，能通子宫而破血，故别录言其堕胎，庞安时乃云炒过则不损胎也。又丁香、官桂治痘疮灰塌，能温托化脓。

【附方】

旧二十，新十三。（略）



weak. When drugs of cold quality were given to treat the Liver excess, the Spleen became more deficient and anorexia was aggravated. But when a drug of warm quality was adopted to improve the Spleen deficiency, the Liver qi became more rampant. The correct treatment was the adoption of drugs of warm and mild quality accompanied by heavy dosage of Rougui. In this way, the Liver Excess was curbed and the Spleen reinforced. So, the prescription worked effectively. This is a proof of the saying that, 'when wood is invaded by cassia, it withers.' This is also in conformity with the records in *Mingyi Bielu* that Gui was good to facilitate the flow of qi in the Liver and Lung and Mugui was good to disperse invading pathogenic Wind in the hypochondrium that caused pain. This is what doctors generally do not know. So, it is recorded here for their reference. Gui, pungent and dispersive, also functions on the uterus and removes blood stasis. That is why *Mingyi Bielu* said that it caused abortion. Pang Anshi noted that when the drug was fried, it no longer threatened the fetus. Both Dingxiang/flos caryophylli/clove and Guangui are good for treating sunken smallpox. They are both warm and can expel pus and toxin by strengthening qi."

[Prescriptions]

Twenty prescriptions collected previously, and
13 prescriptions collected recently.





辛夷（本经上品）

【释名】

辛雉本经。侯桃同。房木同。木笔拾遗。迎春

〔时珍曰〕夷者萇也。其苞初生如萇而味辛也。扬雄甘泉赋云：列辛雉于林薄。服虔注云：即辛夷。雉、夷声相近也。今本草作辛矧，传写之误矣。〔藏器曰〕辛夷花未发时，苞如小桃子，有毛，故名侯桃。初发如笔头，北人呼为木笔。其花最早，南人呼为迎春。



XINYI

Magnolia

Magnolia biondii Pamp.

Magnolia denudate Desr.

Magnolia sprengeri Pamp.

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

[Explanation of Names]

XINZHI

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

HOUTAO

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

FANGMU

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

MUBI

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

YINGCHUN

Li Shizhen: It is also called Ti, which means the new bud. It is pungent in taste. The article “Ganquan Fu” by Yang Xiong mentioned Xinzhi. Fu Qian annotated: This is simply Xinyi. Zhi and Yi were used interchangeably as they were pronounced in a similar way. Now in Bencao works, it is written as Xinshen, due to miscopying.

Chen Cangqi: The bud of Xinyi looks like a small peach covered with hair. So it is also called Houtao (Tao=peach). It also looks like the head of a pen brush, so it is called Mubi (“wooden pen brush”) in the north. As the flower blooms very early in spring, it is called Yingchun (“welcome spring”).

[Previous Explanations]

Li Shizhen: At first, when the bud grows, it is 0.5 *cun* long. It has a



【集解】

〔时珍曰〕辛夷花初出枝头，苞长半寸，而尖锐俨如笔头，重重有青黄茸毛顺铺，长半分许。及开则似莲花而小如盏，紫苞红焰，作莲及兰花香。亦有白色者，人呼为玉兰。又有千叶者。诸家言苞似小桃者，比类欠当。

苞【修治】

〔斆曰〕凡用辛夷，拭去赤肉毛了，以芭蕉水浸一宿，用浆水煮之，从巳至未，取出焙干用。若治眼目中患，即一时去皮，用向里实者。〔大明曰〕入药微炙。

【气味】

辛，温，无毒。

〔时珍曰〕气味俱薄，浮而散，阳也。入手太阴、足阳明经。〔之才曰〕芎藭为之使。恶五石脂，畏菖蒲、蒲黄、黄连、石膏、黄环。



pointed tip, looking like the head of a pen brush. Thick, hairy fur of green and yellow color covers the bud. The fur is half a *fen* long (1/20 of a *cun*). When the flower blooms, it looks like lotus flower, but it is not as big. It is about the size of a plate. The bud is purple and the petal is as red as flame. It smells like lotus or fortune eupatorium. There is also a species with a white flower. People call it Yulan (“jade ford manglietia”). There is another species with multiple petals. Bencao works describe it as small peach. It is not a good description.

MAGNOLIA FLOWER BUD

Flos magnoliae

[Preparation]

Lei Xiao: First wipe off the hair of the bud and then soak it in water in which Bajiao/fructus musae paradisiacae/fruit of plantain banana has been soaked. Keep the drug soaked overnight. Then stew the drug in juice of fresh ginger from Sishi (9-11 hours) to Weishi (13-15 hours). Take out the drug and bake it dry. If it is to be used in a prescription treating eye diseases, peel off the bud and only use the inner layer.

Da Ming: Slightly stir-fry the drug when it is used medically.

[Quality and Taste]

It is pungent, warm and nontoxic.

Li Shizhen: It is thin both in quality and taste. It is a drug with floating and dispersing tendency, and a drug of Yang. It functions on the Lung Channel of Hand Initial Yin and Stomach Channel of Foot Greater Yang.

Xu Zhicai: Xiongqiong/rhizome chuanxiong/rhizome of Szechwan lovage can be used as its guiding drug. It is mutually inhibiting to Chishizhi/halloysitum rubrum/red halloysite, Huangshizhi/halloysitum yellow halloysite, Baishizhi/halloysitum/white halloysite, Qingshizhi/halloysitum/blue halloysite and Heishizhi/halloysitum/black halloysite. It is incompatible to Changpu/rhizome acori graminei/rhizome of grassleaf sweetflag, Huanglian/rhizome coptidis/coptis rhizome, Shigao/gypsum fibrosum/gypsum and Huanghuan.



【主治】

五脏身体寒热，风头脑痛面黧。久服下气，轻身明目，增年耐老本经。温中解肌，利九窍，通鼻塞涕出，治面肿引齿痛，眩冒身兀兀如在车船之上者，生须发，去白虫别录。通关脉，治头痛憎寒，体噤瘙痒。入面脂，生光泽大明。鼻渊鼻鼽，鼻塞鼻疮，及痘后鼻疮，并用研末，入麝香少许，葱白蘸入数次，甚良时珍。

【发明】

〔时珍曰〕鼻气通于天。天者头也，肺也。肺开窍于鼻，而阳明胃脉环鼻而上行。脑为元神之府，而鼻为命门之窍。人之中气不足，清阳不升，则头为之倾，九窍为之不利。辛夷之辛温走气而入肺，其体轻浮，能助胃中清阳上行通于天。所以能温中，治头面目鼻九窍之病。轩岐之后，能达此理者，东垣李杲一人而已。



[Indications]

It is good for treating disorders of the Five Viscera with chills and fever, and severer intermittent headache with pain in the brain. It eliminates facial freckles. Long-term use brings down adverse ascending gas, and makes one feel happy and vigorous. It brightens the eye, retards senility and enables one to enjoy a long life.

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

It warms the interior, dispels pathogenic factors from the muscle, facilitates the function of the nine orifices, and treats a stuffy, runny nose. It also treats swelling of the face with referred toothache, and vertigo that makes the patient feel as if he is shaking his body in a moving boat or cart. It promotes growth of beard and hair, and kills tapeworm.

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

Da Ming: It dredges through the blood circulation, and treats headache with aversion to cold, lockjaw and itching in the body. It can be added in the making of facial lotion to enhance its function of brightening the face.

Li Shizhen: It is good for treating rhinorrhea with turbid discharge, allergic rhinitis, stuffiness and nasal sore. Grind the drug into powder. Blend in a little musk. Absorb the powder with a piece of fistular onion stalk and insert it into the nostril. It works very effectively.

[Explication]

Li Shizhen: The atmosphere from the nostril links to Heaven. The Heaven is the head and the Lung. The Lung has its exterior orifice in the nose. The Stomach Channel of Foot Greater Yang traverses the nose and goes upward. The brain is the house of mental activity. The nose is the orifice of Mingmen (Gate of Life). Xinyi, pungent in taste and warm in quality, is a drug that functions on the qi system and the Lung. As it is light in weight, it is a drug having an ascending tendency. So it can bring the lucid Yang in the Stomach to ascend to the highest position of the body. Hence, it is good to warm the interior, and treat diseases of the nose, face, head, eye and orifices. After the Yellow Emperor and Master Qi Bo, very few people understand this. Li Dongyuan is perhaps the only person who knows it.



沉香（别录上品）

【释名】

沉水香纲目。蜜香

〔时珍曰〕木之心节置水则沉，故名沉水，亦曰水沉。半沉者为栈香，不沉者为黄熟香。南越志言交州人称为蜜香，谓其气如蜜脾也。梵书名阿迦呬香。

【集解】

〔时珍曰〕沉香品类，诸说颇详。今考杨亿谈苑、蔡绦丛谈、范成大桂海志、张师正倦游录、洪驹父香谱、叶廷珪



CHENXIANG

Chinese eaglewood

Aquilaria agallocha Roxb.

Aquilaria sinensis (Lour.) Gilg.

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

[Explanation of Names]

CHENSHUIXIANG

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

MIXIANG

Li Shizhen: The heartwood and node of this drug sinks into water. So it is called Chenshui (Xiang) (Chenshui= sinking into water). It is also called Shuichen (also means “sinking into water”). A drug that sinks to the middle of water is called Zhanxiang and a drug that does not sink is called Huangshouxiang.

The book *Nanyue Zhi*: “People in Jiaozhou call it Mixiang. It smells like Mipi (Longyan/alillus longan/longan pulp). In a Sanskrit classic, it is called Ajialuxiang (a transliteration).”

[Previous Explanations]

Li Shizhen: Varieties of Chenxiang have been discussed in detail in previous works. Hereunder is a summary based on descriptions in the following books:

- *Tan Yuan* by Yang Yi;
- *Cong Tan* by Cai Tao;
- *Guihai Zhi* by Fan Chengda;
- *Juanyou Lu* by Zhang Shizheng;
- *Xiang Pu* by Hong Jufu;
- *Xiang Lu* by Ye Tinggui.

香录诸书，撮其未尽者补之云。香之等凡三：曰沉，曰栈，曰黄熟是也。沉香入水即沉，其品凡四：曰熟结，乃膏脉凝结自朽出者；曰生结，乃刀斧伐仆，膏脉结聚者；曰脱落，乃因水朽而结者；曰虫漏，乃因蠹隙而结者。生结为上，熟脱次之。坚黑为上，黄色次之。角沉黑润，黄沉黄润，蜡沉柔韧，革沉纹横，皆上品也。海岛所出，有如石杵，如肘如拳，如凤雀龟蛇，云气人物。及海南马蹄、牛头、燕口、茧栗、竹叶、芝菌、梭子、附子等香，皆因形命名尔。其栈香入水半浮半沉，即沉香之半结连木者，或作煎香，番名婆木香，亦曰弄水香。其类有猬刺香、鸡骨香、叶子香，皆因形而名。有大如笠者，为蓬莱香。有如山石枯槎者，为光





Chenxiang can be divided into three categories: Chenxiang, Zhanxiang and Huangshouxiang. Chenxiang is the drug that sinks into water. There are four species of them:

- Shoujie, with congealed drug. It is gathered from decayed wood;
- Shengjie, drug accumulated in a notch cut by farmers;
- Tuoluo, a drug that is gathered from decayed wood due to soaking by water;
- Chonglou, drug accumulated in the crevice made by a moth.

Among the above drugs, that accumulated in the notch is best. That collected on decayed wood is of secondary quality. The drug that is solid and black is of top quality and that which is yellow is secondary. The species Jiaochen, which is black and moistened, is of superior class. The species Huangchen that is yellow and moistened is good, too. The species Lachen that is soft and elastic is also good. The species Gechen, which is covered with horizontal veins, is of superior quality, too. Drugs produced on an island in the sea may be in the shape of a stone pestle, an elbow, first, phoenix, sparrow, tortoise, snake, cloud and figures. The following names of Chenxiang are given in accordance with the shape of the drug:

- MATI (horse hoof);
- NIUTOU (ox head);
- YANKOU (swallow beak);
- JIANLI (chestnut);
- ZHUYE (bamboo leaf);
- ZHIJUN (ganoderma and mushroom);
- SUOZI (shuttle);
- FUZI (Fuzi/radix aconite lateralis/daughter root of common monkshood).

Zhanxiang is a species that sinks halfway in the water. It is Chenxiang connected with wood. Or, it is called Jianxiang. It is called Pomuxiang in the Fan area, as well as Nongshuixiang. Among them, they can still be divided into Weicixiang (“hedgehog eaglewood”), Jiguxiang (“Chicken bone eaglewood”) and Yezixiang (“leaf eaglewood”). All names are given in accordance with the shape of the drug. That which is as big as a straw hat is called Penglaixiang. A drug looking like rocky stones is called Guangxiang.



香。入药皆次于沉香。某黄熟香，即香之轻虚者，俗讹为速香是矣。有生速，斫伐而取者。有熟速，腐朽而取者。其大而可雕刻者，谓之水盘头。并不堪入药，但可焚蒸。叶廷珪云：出渤泥、占城、真腊者，谓之番沉，亦曰舶沉，曰药沉，医家多用之，以真腊为上。蔡绦云：占城不若真腊，真腊不若海南黎峒。黎峒又以万安黎母山东峒者，冠绝天下，谓之海南沉，一片万钱。海北高、化诸州者，皆栈香尔。范成大云：黎峒出者名土沉香，或曰崖香。虽薄如纸者，入水亦沉。万安在岛东，钟朝阳之气，故香尤酝藉，土人亦自难得。舶沉香多腥烈，尾烟必焦。交趾海北之香，聚于钦州，谓之钦香，气尤酷烈。南人不甚重之，惟以入药。



But all the species are not as good as Chenxiang when they are used medically. Huangshouxiang is a species that is light and spongy. Colloquially, it is called Suxiang. Among them, there is Shengsu (rough drug), which is obtained by cutting the wood and Shousu (matured drug), which is collected in rotten wood. The big piece of the drug that can be used for carving is called Shuipantou, which is no good for medial use. It can only be used as firewood.

Ye Tinggui: The drug produced in countries like Boni,* Zhancheng** and Zhenla*** is called Fanchen (“eaglewood from Fan area”), Bochen (“imported eaglewood”) or Yaochen (“eaglewood for medical use”). Doctors prefer such drugs, especially that imported from Zhenla.

Cai Tao: The drug from Zhancheng is not as good as that produced in Zhenla, and that is not as good as that produced in the Li minority area in Hainan. The drug produced in the eastern area of Limu Mountain in Wan’an is of top quality, and is called Hainanchen (“eaglewood of Hainan”). One piece of it may sell for ten thousand coins. The drug produced in Haibei, such as Gaozhou and Huazhou, is Zhanxiang.

Fan Chengda: The drug produced in the Li minority area is called Tuchenxiang (“native eaglewood”) or Yaxiang (“cliff eaglewood”). Although the drug may be as thin as a sheet of paper, it also sinks in water. Wan’an is a place situated to the east of Hainan Island, a place enriched by the morning sun. So the drug produced there is especially profound in fragrance. Even local people can hardly get the drug. Chenxiang imported from other countries is normally strong and fishy. When it is burned, it has a scorching smell. Chenxiang produced in Haibei of Jiaozhi is gathered in Qinzhou (of Guangxi). It is therefore called Qinxiang, and has a very strong smell. People in the south do not cherish it very much. It is only used as drug.

*Boni, an ancient country in Kalimantan.

**Zhancheng, an ancient country in Vietnam.

***Zhenla, ancient Cambodia.



【正误】

〔时珍曰〕按李殉海药本草谓沉者为沉香，浮者为檀香。梁元帝金楼子谓一木五香：根为檀，节为沉，花为鸡舌，胶为熏陆，叶为藿香。并误也。五香各是一种。所谓五香一本者，即前苏恭所言，沉、栈、青桂、马蹄、鸡骨者是矣。

【修治】

〔斆曰〕凡使沉香，须要不枯，如觚角硬重沉于水下者为上，半沉者次之。不可见火。〔时珍曰〕欲入丸散，以纸裹置怀中，待燥研之。或入乳钵以水磨粉，晒干亦可。若入煎剂，惟磨汁临时入之。

【气味】

辛，微温，无毒。

〔珣曰〕苦，温。〔大明日〕辛，热。〔元素曰〕阳也。有升有降。〔时珍曰〕咀嚼香甜者性平，辛辣者性热。



[Corrections]

Li Shizhen: Li Xun in his work *Haiyao Bencao* said that drug that sank was Chenxiang, and that which kept afloat was Tanxiang/lignum santali albi/sandalwood. Emperor Yuandi of the Liang Dynasty [the Northern and Southern Dynasties, (420-589)] in his article “Jinlouzi” said: One tree produces five fragrant woods: The root is Tanxiang; the node is Chenxiang; the flower is Jishexiang; the resin is Ruxiang/olibanum/frankincense, and its leaf is Huoxiang/herba agastaches/herb of wrinkled giant hyssop. Both Li Xun and the emperor were wrong. When people are talking about five fragrant woods from one tree, there are the Chenxiang, Zhanxiang, Qingguixiang, Matixiang and Jiguxiang as described by Su Gong. See the Previous Explanations above.

[Preparation]

Lei Xiao: The drug should not be withered. It should be hard, heavy and look like the corner of the mouth. It should sink as soon as it is put into water. The drug that only sinks halfway is of secondary quality. Fire should not be used in the preparation of the drug.

Li Shizhen: If the drug is to be added in the preparation of pill or powder, it should be wrapped with paper and kept in one's breast until it is dried. Then grind it into powder. Or grind the drug together with water in a fine mortar. Then dry the drug in the sun. If the drug is to be added into a decoction, grind it with water to get juice just before it is used.

[Quality and Taste]

It is pungent, slightly pungent and nontoxic.

Li Xun: It is bitter and warm.

Da Ming: It is pungent and hot.

Zhang Yuansu: It is a drug of Yang with a tendency of both ascending and descending.

Li Shizhen: Chew the drug to find its quality: If it is sweet and fragrant, it is a drug of plain quality. If it tastes pungent, it is a drug of hot quality.



【主治】

风水毒肿，去恶气别录。主心腹痛，霍乱中恶，邪鬼疰气，清人神，并宜酒煮服之。诸疮肿，宜人膏中李珣。调中，补五脏，益精壮阳，暖腰膝，止转筋吐泻冷气，破癥癖，冷风麻痹，骨节不任，风湿皮肤瘙痒，气痢大明。补右肾命门元素。补脾胃，及痰涎、血出于脾李杲。益气和神刘完素。治上热下寒，气逆喘急，大肠虚闭，小便气淋，男子精冷时珍。

【附方】

新七。（略）



[Indications]

It is good for treating edema due to Wind evil and pyogenic infection. It disperses invading malignant factors.

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

Li Xun: It is good for treating epigastric and abdominal pain. It treats cholera, Zhong'e (syncope due to attack of fright and noxious factors), and Guizhu (consumptive disease of unknown reason). It clears the mind and keeps one in good mental condition. Stew the drug in wine to make a decoction. To treat carbuncles and swellings, add the drug in medicinal ointment.

Da Ming: It harmonizes the interior and tonifies the Five Viscera. It reinforces Jing and enhances male sexuality. It warms the waist and knee and stops contraction of the tendon with vomiting, diarrhea and cold feeling. It dissolves hard mass in the abdomen, numbness with cold feeling due to invading pathogenic Wind and difficulty in moving the bone and joint. It also treats skin itching due to invading pathogenic Wind and Humidity. It stops dysentery with flatus.

Li Gao: It tonifies the Spleen and Stomach. It eliminates phlegm, saliva and blood secreted from the Spleen.

Liu Wansu: It reinforces qi and harmonizes the mind.

Li Shizhen: It is good for treating a case with prevalence of Heat at the upper part of body and Cold at the lower part. It brings down asthma with dyspnoea and adverse ascending of gas. It also treats constipation due to deficient condition of the Large Intestine, and stranguria due to disorder of qi. It warms cold sperms of men.

[Prescriptions]

Seven prescriptions collected recently.



丁香（宋开宝）

【释名】

丁子香嘉祐。鸡舌香

〔藏器曰〕鸡舌香与丁香同种，花实丛生，其中心最大者为鸡舌（击破有顺理而解为两向，如鸡舌，故名）。乃是母丁香也。〔禹锡曰〕按齐民要术云：鸡舌香俗人以其似丁子，故呼为丁子香。〔时珍曰〕宋嘉祐本草重出鸡舌，今并为一。

【集解】

〔慎微曰〕沈存中笔谈云：予集灵苑方，据陈藏器拾遗，以鸡舌为丁香母。今考之尚不然，鸡舌即丁香也。齐民要术言鸡舌俗名丁子香。日华子言丁香治口气，与三省故事载汉时郎官日含鸡舌香，欲其奏事芬芳之说相合。及千金方五香



DINGXIANG

Clove

Eugenia caryophyllata Thunb

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

[Explanation of Names]

DINGZIXIANG

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

JISHEXIANG

Chen Cangqi: Jishexiang and Dingxiang (clove) are different species of the same thing. That with the biggest flower is called Jishe (Xiang). This is because when the flower is torn into two pieces from the middle, it breaks along with the vein into two pieces, each looking like a chicken tongue (Jishe = chicken tongue). It is also called Mudingxiang (“female clove”).

Zhang Yuxi: The book *Qimin Yaoshu* — Jishexiang (Dingxiang) looks like a Dingzi (nail). So it is colloquially called Dingzixiang (“nail clove”).

Li Shizhen: In the book *Jiayou Bencao*, the drug Jishe appears as a redundancy to the drug Dingxiang. So it is included in this clause.

[Previous Explanations]

Tang Shenwei: The book *Mengxi Bitan* by Shen Cunzhong — When I collected prescriptions to compile my book *Lingyuan Fang*, I read the record of *Bencao Shiyi* in which Jishe is taken as Dingxiangmu (mother of clove). After studying the matter, I find that Jishe is simply Dingxiang.

The book *Qimin Yaoshu*: “Jishe is colloquially called Dingzixiang.”

The book *Da Ming Rihua Bencao*: “Dingxiang is good for clearing halitosis.” This is in conformity with the record in the book *Sanxing Gushi*: “In Han Dynasty (206 BC- AD 220), officials held a piece of Jishexiang in mouth while they went to report to the emperor, so that they could avoid



汤用丁香无鸡舌，最为明验。开宝本草重出丁香，谬矣。今世以乳香中大如山茱萸者为鸡舌，略无气味，治疾殊乖。

〔时珍曰〕雄为丁香，雌为鸡舌，诸说甚明，独陈承所言甚为谬妄。不知乳香中所拣者，乃番枣核也，即无漏子之核，见果部。前人不知丁香即鸡舌，误以此物充之尔。干姜、焰消尚可点眼，草果、阿魏番人以作食料，则丁香之点眼、噙口，又何害哉？

鸡舌香别录

〔气味〕辛，微温，无毒。〔时珍曰〕辛，温。

〔主治〕风水毒肿，霍乱心痛，去恶气别录。吹鼻，杀



mouth odor.” In the book *Qianjin Yaofang*, there is a prescription called Wuxiang Tang (Decoction of Five Aromatic Drugs) in which Jishexiang was not used, being replaced by Dingxiang. This is a proof showing that the two drugs are actually the same thing. But in *Kaibao Bencao*, Dingxiang was made an independent entry along with Jishexiang. This is of course a redundancy. Now people take Ruxiang/olibanum/frankincense that is as big as Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry as jishe. This is incorrect, too. The thing is not fragrant at all and cannot be used to treat halitosis.

Li Shizhen: The male one is Dingxiang, and the female one is Jishe. This is well explained by the above annotators. But what Chen Cheng said was erroneous. He did not know the drug that is collected from Ruxiang is merely Fanzaohu, the kernel of Wulouzi/fructus phoenicis dactyliferae/date. As ancient people did not know Dingxiang was really Jishe, they used that as a substitute. As strong as Ganjiang/rhizome zingiberis/dried ginger and Yanxiao/sal nitri/niter, they can be processed into eye drops. Caoguo/fructus tsaoko/caoguo and Awei/resina ferulae/Chinese asafetida are added to food by people in the Fan area. Why should not Dingxiang be processed into eye drops, or be held in the mouth to clear away halitosis?

JISHEXIANG

Clove

Flos caryophylli

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

[Quality and Taste]

It is pungent, slightly warm and nontoxic.

Li Shizhen: It is pungent and warm.

[Indications]

It is good for treating pyogenic infection due to invading pathogenic Wind and Water. It treats cholera with heart pain. It disperses invading malignant gas.

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



脑疝。入诸香中，令人身香甄叔。同姜汁，涂拔去白须孔中，即生异常黑者藏器。

丁香开宝

〔气味〕辛，温，无毒。〔时珍曰〕辛，热。〔好古曰〕纯阳。入手太阴、足少阴、阳明经。〔斆曰〕方中多用雌者，力大。膏煎中若用雄，须去丁，盖乳子发人背痛也。不可见火。畏郁金。

〔主治〕温脾胃，止霍乱拥胀，风毒诸肿，齿疳龋。能发诸香开宝。风疝暨骨槽劳臭，杀虫辟恶去邪，治奶头花，



Zhen Quan: Blow (powder) of the drug into the nostril to treat head-boils of a malnourished infant. It can be added to other aromatics to keep a good body smell.

Chen Cangqi: Pull out white hair. Then apply Dingxiang blended with juice of fresh ginger into the pore. Black hair will grow.

DINGXIANG

Clove

Flos caryophylli

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

[Quality and Taste]

It is pungent, warm and nontoxic.

Li Shizhen: It is pungent and hot.

Wang Haogu: It is a drug of pure Yang. It functions on Lung Channel of Hand Initial Yin, Kidney Channel of Foot Lesser Yin and the Greater Yang Channel.

Lei Xiao: Doctors prefer to use the female clove in their prescriptions. This is because the female one is stronger in function. If the male clove is used in the processing of medical ointment, the head of the clove should be taken off, as it is something that triggers onset of lumbar dorsal carbuncle. In the processing of the drug, fire should be avoided. It is mutually inhibiting to Yujin/radix curcumae/turmeric.

[Indications]

It warms the Spleen and Stomach, and stops cholera with distention and stuffiness. It eliminates swelling and pyogenic infection due to invading pathogenic Wind and toxin, treats nasal and oral eczema and dental caries, and enhances the fragrance of all aromatics.

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

Li Xun: It treats nasal and oral eczema due to invading pathogenic Wind, and osteomyelitis of the maxillary bone with halitosis. It kills worms, prevents attacks of vicious agents and disperses invading pathogenic factors. It treats luxuriant granulation, and stops toxic dysentery with



止五色毒痢，疗五痔李珣。治口气冷气，冷劳反胃，鬼疰蛊毒，杀酒毒，消痲癖，疗肾气奔豚气，阴痛腹痛，壮阳，暖腰膝大明。疗呕逆，甚验保升。去胃寒，理元气。气血盛者勿服元素。治虚啞，小儿吐泻，痘疮胃虚，灰白不发时珍。

【发明】

〔好古曰〕丁香与五味子、广茂同用，治奔豚之气。亦能泄肺，能补胃，大能疗肾。〔宗奭曰〕日华子言丁香治口气，此正是御史所含之香也。治脾胃冷气不和甚良。母丁香气味尤佳。〔震亨曰〕口居上，地气出焉。脾有郁火，溢入肺中，失其清和之意，而浊气上行，发为口气。若以丁香治



discharge of five colors. It treats hemorrhoid of five types.

Da Ming: It clears up halitosis and warms cold gas. It treats regurgitation due to cold prevalence in the Stomach of overstrain, Guizhu and Gudu. It detoxifies alcoholism, and dissolves abdominal hard mass in the shape of a hanging noose. It brings Bentun (upward ascending of gas like a running piglet) due to disorder of the Kidney qi. It relieves abdominal pain of Yin type. It enhances male sexuality and warms the waist and knee.

Han Baosheng: It brings down nausea and retching. It works very effectively.

Zhang Yuansu: It disperses prevailing pathogenic Cold in the Stomach and regulates Yuanqi (Primordial Vital Energy). A person who has strong qi and rich blood should not have the drug.

Li Shizhen: It is good for bringing down retching of deficient type. It stops infantile vomiting and diarrhea, and tonifies the Stomach in deficient condition while the infant is suffering from smallpox. It keeps hair from graying and promotes hair growth.

[Explication]

Wang Haogu: Dingxiang can be used together with Wuweizi/fructus schisandrae/fruit of Chinese magnoliarine and Ezhu/rhizome zedoariae/zedoary to treat Bentun. This prescription is also good to purge the excess in the Lung and tonify the deficiency of the Stomach. It is also very effective in treating Kidney ailments.

Kou Zongshi: The book *Da Ming Rihua Bencao* said that Dingxiang was good to clear away halitosis. This is the aromatic used by high officials (when they approached the emperor). It is a drug that treats stomachache due to cold prevalence in the Spleen and Stomach. Mudingxiang (female clove) emits even stronger and better fragrance.

Zhu Zhenheng: The mouth is at the upper part of body. It is an outlet of the Earth qi. But when the Spleen is encroached by the pent-up Fire, the excessiveness flows into the Lung. In that case, the flow of lucid qi within the body is hampered and the turbid gas moves upward. This evolves into halitosis. If it is treated with Dingxiang, it works only temporarily, just like splashing boiling water to prevent its overflow. Xiangru/herba elsholtziae/



之，是扬汤止沸尔。惟香薷治之甚捷。〔时珍曰〕宋末太医陈文中，治小儿痘疮不光泽，不起发，或胀或泻，或渴或气促，表里俱虚之证。并用木香散、异攻散，倍加丁香、官桂。甚者丁香三五十枚，官桂一二钱。亦有服之而愈者。此丹溪朱氏所谓立方之时，必运气在寒水司天之际，又值严冬郁遏阳气，故用大辛热之剂发之者也。若不分气血虚实寒热经络，一概骤用，其杀人也必矣。葛洪抱朴子云：凡百病在目者，以鸡舌香、黄连、乳汁煎注之，皆愈。此得辛散苦降养阴之妙。陈承言不可点眼者，盖不知此理也。

【附方】

旧九，新十七。（略）



herb of Haichow elsholtzia is a drug that is very effective in treating halitosis.

Li Shizhen: Chen Wenzhong, doctor in the imperial hospital of the Song Dynasty (960-1279), used Muxiang San (Powder of Muxiang/radix aucklandiae/costus root) and Yigong San (Powder with Extraordinary Effect) to treat the following syndromes: failure of vesticulation of smallpox with dull eruption or with abdominal distention and diarrhea. In both the prescriptions, Dingxiang and Guangui/cortex cinnamomi/cassia bark are double dosed. For a more severe case, 30 to 50 grains of Dingxiang and one to two *qian* of Guangui can be used. Some patients were cured by such prescriptions. This is in conformity with what Zhu Danxi said about the consideration of five Evolutionary Phases and six Climatic Changes. That is to say, when such hot drugs like Dingxiang and Guangui are used, it should be at a time when Cold and the Water element are predominant in cold winter when the Yang Vital Energy is pent-up. Also, the cold and hot condition, the deficient and excessive condition of qi and blood, and the Channels and Collaterals should be taken into consideration. If such hot drugs are used regardless of such conditions, it may kill the patient. Ge Hong in his book *Baopuzi* said: Eye diseases of a hundred kinds can be treated by stewing Jishexiang and Huanglian/rhizome coptidis/coptis rhizome in human milk and dripping it into the eye. The drug works as it is pungent and able to disperse; it is also bitter, so it has the tendency of descending. Thus Yin is nourished. Chen Cheng said that Dingxiang could not be used as eye drops. He was not one who understood the aforesaid theory.

[Prescriptions]

Nine prescriptions collected previously, and
17 prescriptions collected recently.



檀香（别录下品）

【释名】

旃檀纲目。真檀

〔时珍曰〕檀，善木也，故字从亶。亶，善也。释氏呼为旃檀，以为汤沐，犹言离垢也。番人讹为真檀。云南人呼紫檀为胜沉香，即赤檀也。

【集解】

〔时珍曰〕按大明一统志云：檀香出广东、云南，及占城、真腊、爪哇、渤泥、暹罗、三佛齐、回回等国，今岭南诸地亦皆有之。树、叶皆似荔枝，皮青色而滑泽。叶廷珪香谱云：皮实而色黄者为黄檀，皮洁而色白者为白檀，皮腐而色紫者为紫檀。其木并坚重清香，而白檀尤良。宜以纸封



TANXIANG

Sandalwood

Santalum album L.

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

[Explanation of Names]

ZHANTAN

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

ZHENTAN

Li Shizhen: Sandalwood is a kind of fine wood. The character Tan is formed by a radical of “wood” on the left and a radical meaning “fine” on the right. Buddhists call it Zhantan and use it in the bath. The term means “clearing away the dirt.” People in the Fan area distorted it to Zhentan. People in Yunnan call Zitan (purple sandalwood) as Shengchenxiang (“better than Chinese eaglewood”). It is actually Chitan (red sandalwood).

[Previous Explanations]

Li Shizhen: The book *Daming Yitong Zhi*: “Sandalwood is produced in Guangdong and Yunnan in China, as well as Zhancheng (in ancient Vietnam), Zhenla (in ancient Cambodia), Zhaowa (in ancient Java), Boni (in ancient Kalimantan), Xianluo (in ancient Thailand), Sanfoqi (in ancient Indonesia) and in some Islamic countries. Now the drug is also produced in the areas south of the Five Ridges. The tree and its leaf are all similar to lychee. Its bark is blue-green, slippery and lustrous.”

The book *Xiang Pu* by Ye Tingui: “A tree with solid bark of yellow color is Huangtan (yellow sandalwood). A tree with white and lustrous bark is Baitan (white sandalwood). A tree with rotten and purple bark is Zitan (purple sandalwood). The wood of the above trees are solid, heavy and aro-



收，则不泄气。王佐格古论云：紫檀诸溪峒出之。性坚。新者色红，旧者色紫，有蟹爪文。新者以水浸之，可染物。真者揩壁上色紫，故有紫檀名。黄檀最香。俱可作带胯、扇骨等物。

白旃檀

〔气味〕辛，温，无毒。〔大明日〕热。〔元素曰〕阳中微阴。入手太阴、足少阴。通行阳明经。

〔主治〕消风热肿毒弘景。治中恶鬼气，杀虫藏器。煎服，止心腹痛，霍乱肾气痛。水磨，涂外肾并腰肾痛处大明。散冷气，引胃气上升，进饮食元素。噎膈吐食。又面生黑子，每夜以浆水洗拭令赤，磨汁涂之，甚良时珍。



matic. Among them, white sandalwood is the best. The product should be sealed with paper. In this way its aromatic smell is well preserved.”

The book *Gegu Lun* by Wang Zuo: “Purple sandalwood is produced in valley streams in minority areas. The wood is solid and is red when it is just felled and turns purple after a long time. There are crab claw veins. Soak the new wood in water to dye fabrics. The way to test purple sandalwood for authenticity is to strike it against a wall. If there is a purple stroke left on the wall, then it is genuine. Among them, yellow sandalwood is the most aromatic. All of them can be made into ornament of belt and frame of fan.”

BAIZHANTAN

White sandalwood

Lignum santali albi

[Quality and Taste]

It is pungent, warm and nontoxic.

Da Ming: It is hot in quality.

Zhang Yuansu: It is a drug of Yang with slight Yin. It functions on the Lung Channel of Hand Initial Yin and Kidney Channel of Foot Lesser Yin. It goes through the Greater Yang Channel.

[Indications]

Tao Hongjing: It eliminates pyogenic infection due to invading pathogenic Wind and Heat.

Chen Cangqi: It treats Zhong'e and Guiqi, and kills worms.

Da Ming: Stew the drug in water to make a decoction to stop epigastric and abdominal pain. It also treats cholera and hernia due to disorder of the Kidney. Grind the drug with water to get juice. Apply it to relieve aches in the waist and scrotum.

Zhang Yuansu: It disperses cold gas and whets the appetite.

Li Shizhen: It treats dysphagia with vomiting of food. It is also good for eliminating black nevi on the face. First, wash face with Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet and rub it



〔发明〕〔杲曰〕白檀调气，引芳香之物，上至极高之分。最宜橙、橘之属，佐以姜、枣，辅以葛根、缩砂、益智、豆蔻，通行阳明之经，在胸膈之上，处咽嗑之间，为理气要药。〔时珍曰〕楞严经云：白旃檀涂身，能除一切热恼。今西南诸番酋，皆用诸香涂身，取此义也。杜宝大业录云：隋有寿禅师妙医术，作五香饮济人。沉香饮、檀香饮、丁香饮、泽兰饮、甘松饮，皆以香为主，更加别药，有味而止渴，兼补益人也。道书檀香谓之浴香，不可烧供上真。



until it is red. Then, grind the drug with water to get some juice. Apply the juice onto the face. It works very effectively.

[Explication]

Li Gao: White sandalwood regulates the flow of qi. It is an aromatic drug capable of leading all drugs to function on the top of body. Its function can be reinforced when it is used together with Chengpi/pericarpium citri junoris/peel of fragrant citrus and Jupi/pericarpium citri reticulatae/tangerine peel. Shengjiang/rhizome zingiberis recens/fresh ginger and Dazao/gructus jujubae/Chinese date can be used as assistant drugs. If the Greater Yang Channel is to be dredged, add drugs like Gegen/radix peurariae/root of lobed kudzu vine, Sharen/fructus amomi/fruit of amomum, Yizhiren/fructus alpiniae oxyphyllae/fruit of sharp leaf galangal and Doukou/semen alpiniae katsumadai/seed of katsumade galangal. It disperses pathogenic factors resting above the chest and diaphragm and in throat. It is an important drug facilitating the flow of qi.

Li Shizhen: The Buddhist classic *Surangamasamadhisutra* — Apply powder of white sandalwood all over the body. This will eliminate fever and restlessness of all kinds. Tribal leaders in southwestern minorities all apply sandalwood powder on the body.

The book *Daye Lu* by Du Bao: “In the Sui Dynasty (581-618), there was a Buddhist master named Shou, who made five kinds of aromatic drugs. People benefited from the drugs.”

They were:

- Chenxiang Yin (Decoction of Chenxiang);
- Tanxiang Yin (Decoction of Tanxiang);
- Dingxiang Yin (Decoction of Dingxiang);
- Zelan Yin (Decoction of Zelan/herba lycopi/herb of shiny bugleweed); and
- Gansong Yin (Decoction of Gansong/rhizome nardostachydis/nardostachys rhizome).

All the above prescriptions are made of aromatic drugs assisted by other ingredients. Such decoctions taste delicious and quench the thirst. They are also good tonics. In Taoist classics, Tanxiang is taken as an “aro-



紫檀

〔气味〕咸，微寒，无毒。

〔主治〕摩涂恶毒风毒别录。刮末傅金疮，止血止痛。疗淋弘景。醋磨，傅一切卒肿千金。

〔发明〕〔时珍曰〕白檀辛温，气分之药也。故能理卫气而调脾肺，利胸膈。紫檀咸寒，血分之药也。故能和营气而消肿毒，治金疮。



matic for the bath” and cannot be made into incense to burn as a ceremonial sacrifice.

ZITAN

Purple sandalwood
Lignum santali rubra

[Quality and Taste]

It is salty, slightly cold and nontoxic.

[Indications]

Grind the drug with water to make juice and apply it to treat pyogenic infection due to invading pathogenic Wind and toxin.

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

Tao Hongjing: Scrub the wood to get powder. Apply it to treat an incised wound to stop bleeding and relieve pain. It is also good for treating stranguria.

Grind the drug together with vinegar and apply it to treat all kinds of sudden onset of swelling.

— *Qianjin Yaofang (Essential Prescriptions Worth A Thousand Gold)*.

[Explication]

Li Shizhen: White sandalwood is pungent and warm, a drug functioning on the qi system. It is therefore good to regulate qi and harmonize the Spleen and Lung and relieve obstruction in the chest and diaphragm. Purple sandalwood is salty and cold, a drug functioning on the blood system. Therefore, it is good for harmonizing Ying and eliminating pyogenic infection. It treats incised wounds, too.



降真香 (证类)

【释名】

紫藤香纲目。鸡骨香

〔珣曰〕仙传：拌和诸香，烧烟直上，感引鹤降。醮星辰，烧此香为第一，度策功力极验。降真之名以此。〔时珍曰〕俗呼舶上来者为番降，亦名鸡骨，与沉香同名。

【集解】

〔时珍曰〕今广东，广西、云南，汉中、施州、永顺、保靖，及占城、安南、暹罗、渤泥、琉球诸地皆有之。朱辅溪蛮丛笑云：鸡骨香即降香，本出海南。今溪峒僻处所出者，似是而非，劲瘦不甚香。周达观真腊记云：降香生丛林中，番人颇费斫斫之功，乃树心也。其外白皮，厚八九寸，



JIANGZHENXIANG

Rosewood

Dalbergia odorifera T. Chen.,

Dalbergia sissoo Roxb.

— *Zhenglei Bencao (Classified Materia Medica)*.

[Explanation of Names]

ZITENGXIANG

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

JIGUXIANG

Li Xun: The book *Xian Zhuan* — “Blend the drug together with other aromatics and make incense.” When this incense is burned, the smoke will ascend directly upward. Cranes will be attracted and descend. It is the best incense to be burned in a Taoist sacrificial ceremony worshipping the stars. So it is called Jiangzhen (Xiang) (aromatic enabling immortals to descend).”

Li Shizhen: Imported Jiangxiang is called Fanjiang or Jigu, which bears the same name as Chenxiang.

[Previous Explanations]

Li Shizhen: Now, the drug is produced in Guangdong, Guangxi, Yunnan, Hanzhong, Shizhou, Yongshun and Baojing in China and also in Zhancheng,* Annan,** Xianluo,*** Boni+ and Liuqiu.++

*In ancient Vietnam.

**Ancient Vietnam.

***Ancient Thailand.

+In ancient Kalimantan.

++Ancient Ryukyu Islands.



或五六寸。焚之气劲而远。又嵇含草木状云：紫藤香，长茎细叶，根极坚实，重重有皮，花白子黑。其茎截置烟灸中，经久成紫香，可降神。按嵇氏所说，与前说稍异，岂即朱氏所谓似是而非者乎？抑中国者与番降不同乎？

【气味】

辛，温，无毒。

【主治】

烧之，辟天行时气，宅舍怪异。小儿带之，辟邪恶气李珣。疗折伤金疮，止血定痛，消肿生肌时珍。

【发明】

〔时珍曰〕降香，唐、宋本草失收。唐慎微始增入之，



The book *Ximan Congxiao* by Zhu Fu: “Jiguxiang is actually Jiangxiang. The genuine drug is produced in Hainan. But now, it is also produced in mountains in minority areas, similar to what is produced in Hainan. It is solid and thin and not very aromatic.”

The book *Zhenla Ji* by Zhou Dagan: “Jiangxiang is found in mountain forests. Local people have to work very hard to find the tree and fell it. The drug is the heartwood of the tree. The outside white bark of the tree is up to eight to nine *cun* thick. When it is burned it emits a strong smell spreading far and wide.”

The book *Ji Han Caomu Zhuang*: “Zitengxiang is a tree with long stem and fine leaf. Its root is very solid and covered with several layers of bark. The flower is white and the fruit is black. Cut the trunk of the tree into small and flat segments and keep them in incense ash. After a long time, the drug becomes purple and can be used in worshipping and bringing down the immortals.” What Ji Han said in his work *Ji Han Caomu Zhuang*, it is different from what is described by others. It could just be the thing as described by Zhu Fu in his work *Manxi Congxiao*, which is similar to the real drug. Or it could be the case that drug produced in China is different from what is imported.

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

Li Xun: Burn the drug to fumigate the house to prevent attack of epidemics or evils and devils. An infant should wear a small piece of the drug to prevent vicious attacks and factors.

Li Shizhen: It is good for treating incised wound and physical damage. It stops bleeding and relieves pain, eliminates swelling and helps develop muscle.

[Explication]

Li Shizhen: Jiangxiang was not recorded in Bencao words of the Tang Dynasty (618-907) and Song Dynasty (960-1279). Tang Shenwei began to



而不著其功用。今折伤金疮家多用其节，云可代没药、血竭。按名医录云：周密被海寇刃伤，血出不止，筋如断，骨如折，用花蕊石散不效。军士李高用紫金散掩之，血止痛定。明日结痂如铁，遂愈，且无瘢痕。叩其方，则用紫藤香瓷瓦刮下研末尔。云即降之最佳者，曾救万人。罗天益卫生宝鉴亦取此方，云甚效也。

collect it in his work *Zhenglei Bencao*. But its therapeutic functions were not recorded. Now, doctors use the node of the wood to treat incised wound and physical injury, saying that it is a good substitute for Moyao/myrrh/myrrh and Xuejie/resina draconis/dragon's blood.

The book *Mingyi Lu*: "Mr. Zhou Mi was once injured by pirates, causing incessant bleeding and broken bones and tendon. Huaruishi San (Powder of Huaruishi/opicalcitur/opicalcite) was applied, but it did not seem to work." Li Gao, a low rank soldier, treated the patient by applying Zijin San. Right after the application, the pain was gone and bleeding stopped. The next day the wound was healed with a hard scab. There was no cicatrix left. When asked about the prescription of this Zijin San, the answer was that the powder was scrubbed with a piece of porcelain from Zitengxiang. It was merely Jiangxiang of good quality. The book *Weisheng Baojian* by Luo Tianyi also recorded this prescription, saying that it had been proven very effective.





乌药（宋开宝）

【释名】

旁其拾遗。鰾魮纲目。矮樟

〔时珍曰〕乌以色名。其叶状似鰾魮鲫鱼，故俗呼为鰾魮树。拾遗作旁其，方音讹也。南人亦呼为矮樟，其气似樟也。

【集解】

〔时珍曰〕吴、楚山中极多，人以为薪。根、叶皆有香气，但根不甚大，才如芍药尔。嫩者肉白，老者肉褐色。其子如冬青子，生青熟紫，核壳极薄。其仁亦香而苦。



WUYAO

Combined spicebush

Lindera strychnifolia (Sieh. Et Zucc.) Vill.

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

[Explanation of Names]

PANGQI

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

PANGPI

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

AIZHANG

Li Shizhen: The name Wuyao (“black drug”) is given after the color of the drug. As its leaf is in the shape of Pangpi (a kind of Jiyu/carassius/crucian carp), it is therefore called Pangpi tree. In *Bencao Shiyi*, it is recorded as Pangqi, a distorted name. People in the south call it Aizhang (“short camphor wood”), as the drug smells like camphor wood.

[Previous Explanations]

Li Shizhen: The tree can be found in bulk in mountains in the Wu and Chu areas. People cut the tree and burn it as firewood. Both the root and leaf are aromatic. The root is not very big, just the size of Shaoyao/radix paeoniae/peony root. The tender root is white and the old one is brown. Its fruit looks like Dongqingzi/fructus ilicis purpureae/fruit of purple flower holly, which is green first and turns purple when ripe. The capsule of the seed is very thin. The kernel is fragrant and bitter.

WUYAOGEN

Root of combined spicebush

Radix linderae



根

〔气味〕辛，温，无毒。〔好古曰〕气厚于味。阳也。入足阳明、少阴经。

〔主治〕中恶心腹痛，蛊毒疰忤鬼气，宿食不消，天行疫瘴，膀胱肾间冷气攻冲背脊，妇人血气，小儿腹中诸虫藏器。治一切气除一切冷，霍乱，反胃吐食泻痢，痈疔疥疔，并解冷热，其功不可悉载。猫、犬百病，并可磨服大明。理元气好古。中气脚气疝气，气厥头痛，肿胀喘急，止小便频数及白浊时珍。

〔发明〕〔宗奭曰〕乌药性和，来气少，走泄多，但不甚刚猛。与沉香同磨作汤点服，治胸腹冷气甚稳当。〔时珍曰〕乌药辛温香窜，能散诸气。故惠民和剂局方治中风中气诸证，用乌药顺气散者，先疏其气，气顺则风散也。严用和



[Quality and Taste]

It is pungent, warm and nontoxic.

Wang Haogu: The quality is thicker than the taste. It is a drug of Yang and functions on the Stomach Channel of Foot Greater Yang and Kidney Channel of Foot Lesser Yin.

[Indications]

Chen Cangqi: It is good for treating Zhong'e with epigastric and abdominal pain, Gudu, Guizhu and Kewu (infantile convulsive seizure due to fright). It dissolves indigestion, disperses epidemics and miasma, and brings down rushing up gas starting from the Kidney and Urinary Bladder to the back of body. It also treats abdominal pain of a woman due to disorder of blood and qi, and kills worms in the abdomen of an infant.

Da Ming: It regulates all kinds of disorders of qi and warms all kinds of cold gas. It treats cholera, regurgitation with vomiting of food, diarrhea, dysentery, carbuncles, furuncles, scabies and tinea versicolor. It eliminates fever and chills. It has too numerous therapeutic functions to name them one by one. It is also good for treating dog and cat diseases. Grind the drug with water to make juice.

Wang Haogu: It regulates Yuanqi (Primordial Vital Energy).

Li Shizhen: It treats apoplexy due to adverse qi, beriberi, hernia, syncope due to disorder of qi and headache. It relieves swelling, distention and asthma with dyspnoea, and stops frequent urination with white and turbid urine.

[Explication]

Kou Zongshi: Wuyao is mild in quality. But it does not tonify qi. It purges. Nevertheless, it is not too strong in function. Grind the drug together with Chenxiang and take it with hot water to treat cold feeling in the epigastrium and abdomen. It is quite effective.

Li Shizhen: Wuyao is pungent, warm, fragrant and dispersive. It disperses stagnation of qi. Therefore it is used in a prescription called Wuyao Shunqi San (Powder of Wuyao to Smooth the Flow of Qi). Once qi is ventilated, the invading pathogenic Wind will be dispersed, too. There is



济生方治七情郁结，上气喘急，用四磨汤者，降中兼升，泻中带补也。其方以人参、乌药、沉香、槟榔各磨浓汁七分，合煎，细细咽之。朱氏集验方治虚寒小便频数，缩泉丸，用同益智子等分为丸服者，取其通阳明、少阴经也。方见草部益智子下。

〔附方〕新十一。（略）

a prescription named Simo Tang in the book *Jisheng Fang* by Yan Yonghe treating dyspnoea and asthma due to melancholy of seven emotional factors. It is a prescription with descending as the principal tendency but still with ascending tendency. It tonifies, but also purges. The prescription:

Renshen/radix ginseng/ginseng root,
Wuyao,
Chenxiang, and
Binlang/semen arecae/areca seed.

Grind each drug with water to get seven *fen* of juice and stew all the juices together to make a decoction. Sip the decoction little by little.

The book *Zhushi Jiyan Fang*: Prescriptions of Suoquan Wan designed to treat frequent micturation due to debilitated and cold condition. The prescription is formed by equal amounts of Wuyao and Yizhiren/fructus alpiniae oxyphyllae/fruit of sharp leaf galangal that are processed into pills. This drug is good for dredging the Greater Yang and Lesser Yin Channels.

[Prescriptions]

Eleven prescriptions collected recently.





薰陆香（乳香）（别录上品）

【释名】

马尾香海药。天泽香内典。摩勒香纲目。多伽罗香

〔宗奭曰〕薰陆即乳香，为其垂滴如乳头也。熔塌在地者为塌香，皆一也。〔时珍曰〕佛书谓之天泽香，言其润泽也。又谓之多伽罗香，又曰杜噜香。李珣言薰陆是树皮，乳是树脂。陈藏器言乳是薰陆之类。寇宗奭言是一物。陈承言薰陆是总名，乳是薰陆之乳头也。今考香谱言乳有十余品，则乳乃薰陆中似乳头之一品尔。陈承之说为近理。二物原附沉香下，宋嘉祐本草分出二条，今据诸说，合并为一。



XUNLUXIANG

Frankincense

Olibanum (*Boswellia carterii* Birdw.)

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

[Explanation of Names]

MAWEIXIANG

— *Haiyao Bencao*.

TIANZEXIANG

— *Nei Dian*.

MOLEXIANG

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

DUOJIALUOXIANG

Kou Zongshi: Xunluxiang is simply Ruxiang. The name Ruxiang is given to depict its shape when it congeals like a teat (Ru = teat). When it is melted and dropped onto the ground, it is called Taxiang. It is the same thing.

Li Shizhen: In the Buddhist classic, the drug is called Tianzexiang, which means a kind of “moistened aromatic.” It is also called Duojuoluoxiang or Duluxiang (both are transliterations). Li Xun said Xunluxiang was just the bark and Ruxiang was the resin. Chen Cangqi thought that Ruxiang was a kind of Xunluxiang. Kou Zongshi thought both of them were the same thing. Chen Cheng said that Xunluxiang was a general name and Ruxiang was the kind in the shape of a teat. According to the book *Xiang Pu*, there are more than 10 species of this drug. Ruxiang is one species in Xunluxiang that looks like a teat. What Chen Cheng said is close to the truth. These two drugs were originally attached to the drug Chenxiang. The book *Jiayou Bencao* divided Xunluxiang and Ruxiang into two separate entries. Now it



【集解】

〔时珍曰〕乳香今人多以枫香杂之，惟烧之可辨。南番诸国皆有。宋史言乳香有一十三等。按叶廷珪香录云：乳香一名薰陆香，出大食国南，其树类松。以斤斫树，脂溢于外，结而成香，聚而成块。上品为拣香，圆大如乳头，透明，俗呼滴乳。次曰明乳，其色亚于拣香。又次为瓶香，以瓶收者。又次曰袋香，言收时只置袋中。次为乳塌，杂沙石者。次为黑塌，色黑。次为水湿塌，水渍色败气变者。次为斫削，杂碎不堪。次为缠末，播扬为尘者。观此则乳有自流出者，有斫树溢出者。诸说皆言其树类松。寇氏言类棠梨，恐亦传闻，当从前说。道书乳香、檀香谓之浴香，不可烧祀上真。

【修治】

〔颂曰〕乳性至粘难碾。用时以缯袋挂于窗隙间，良久取研，乃不粘也。〔大明日〕入丸散，微炒杀毒，则不粘。〔时珍曰〕或言乳香入丸药，以少酒研如泥，以水飞过，晒



is included in the same clause.

[Previous Explanations]

Li Shizhen: Merchants mix Fengxiangzhi into Ruxiang (to make a profit). They can be differentiated only by burning. Ruxiang is produced in all countries in the Nanfan area. The book *Song Shi (History of the Song Dynasty)* said that there were 13 categories of Ruxiang.

The book *Xiang Lu* by Ye Tinggui: “Ruxiang is also called Xunluxiang. It is produced in area south of Dashi (Tazi, a name for Arabia in ancient China). The tree looks like pine. When the trunk is cut into notches, resin will flow out and form pieces. The upper class drug is called Jianxiang, which is round and big, similar to a teat. It is transparent and is colloquially called Diru. Then there is Mingru, which is secondary to Jianxiang. Still a third category is called Pingxiang, which is collected in a bottle (Ping = bottle). Then, we have Daixiang (“pocket aromatic”), which is kept in the pocket. The lower quality drugs included Taru, a drug that congeals on the ground mixed with sand and stone, and Heita, which is black, and Shuishita, which is humid and eroded by water. It is a kind of drug that is ruined, with bad quality and color. Scraps after cutting are of lower quality, too. Dust of the drug collected is, of course, low in quality.” From the above records, we understand that the drug may be secreted from the tree naturally or by cutting notches in the trunk. All annotators said the tree looked like pine. But Kou Zongshi thought it looked like birch leaf pear. Kou seemed to base this on hearsay and is perhaps not correct. According to Taoist classics, Ruxiang and Tanxiang are regarded as aromatic for bathing, and not made into incense to burn at ceremonies.

[Preparation]

Su Song: Ruxiang is very greasy and difficult to grind. Before it is ground, keep the drug in a bag and hang it by the window for a long time. Then, it becomes easier to grind and no longer greasy.

Da Ming: Slightly fry the drug and then grind it. It is no longer greasy. Then it can be added in the processing of pills or powder.

Li Shizhen: The following methods of preparation are recorded:



干用。或言以灯心同研则易细。或言以糯米数粒同研，或言以人指甲二三片同研，或言以乳钵坐热水中乳之，皆易细。外丹本草云：乳香以韭实、葱、蒜煨伏成汁，最柔五金。丹房镜源云：乳香哑铜。

【气味】

微温，无毒。

〔大明曰〕乳香：辛，热，微毒。〔元素曰〕苦、辛，纯阳。〔震亨曰〕善窜，入手少阴经。

【主治】

熏陆：主风水毒肿，去恶气伏尸，癰疹痒毒。乳香同功别录。乳香：治耳聋，中风口噤不语，妇人血气，止大肠泄



— Grind Ruxiang together with a little wine into paste. Refine it in water and dry in the sun. Then, it is good to be added in the processing of pills.

— Grind Ruxiang together with Dengxincao/medulla junci/rush. In this way the drug is easily ground.

— Grind Ruxiang together with several grains of Nuomi/oryza glutinosae/polished glutinous rice.

— Grind Ruxiang together with two to three pieces of Renzhijia/ungis/human nail prepared.

— Grind Ruxiang in a fine mortar. Set the mortar in hot water.

All the above ways make the grinding of Ruxiang easier.

The book *Waidan Bencao*: “In the processing of alchemical drugs, Ruxiang is calcined together with Jiucaizi/semem allii tuberosi/seed of tuber onion, Cong/herba allii fistulosi/fistular onion and Suan/bulbus allii sativum/garlic into juice. This is a thing used to soften the Wujin (five metals Jin/aurum/gold, Yin/argentum/silver, Tong/cuprum/copper, Tie/ferrum/iron, Xi/stannum/tin).”

[Quality and Taste]

It is slightly warm and nontoxic.

Da Ming: Ruxiang is pungent, hot and slightly toxic.

Zhang Yuansu: It is bitter, pungent and of pure Yang quality.

Zhu Zhenheng: It is a drug that is scurrying all over. It functions on the Heart Channel of Hand Lesser Yin.

[Indications]

Xunlu (Xiang): It is good for treating edema due to Wind evil and pyogenic infection. It disperses vicious gas and treats Fushi (syncope due to hidden pathogen). It eliminates urticaria with itching and toxin. Ruxiang has the same therapeutic function as Xunlu.

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

Chen Cangqi: Ruxiang: It is good for treating deafness, apoplexy with lockjaw and aphasia, abdominal pain of a woman due to disorder of blood and qi. It stops watery dysentery due to disorder of the Large Intestine. It



澁，疗诸疮，令内消，能发酒，理风冷藏器。下气益精，补腰膝，治肾气，止霍乱，冲恶中邪气，心腹痛疰气。煎膏，止痛长肉大明。治不眠之才。补肾，定诸经之痛元素。仙方用以辟谷李珣。消痈疽诸毒，托里护心，活血定痛伸筋，治妇人产难折伤时珍。

【发明】

〔时珍曰〕乳香香窜，能入心经，活血定痛，故为痈疽疮疡、心腹痛要药。素问云“诸痛痒疮疡皆属心火”是矣。产科诸方多用之，亦取其活血之功尔。陈自明妇人良方云：知蕲州施少卿，得神寢丸方于蕲州徐太丞，云妇人临产月服之，令胎滑易生，极有效验。用通明乳香半两，枳壳一两，



treats sores of various kinds, dissolves indigestion, detoxifies alcoholism, and disperses invading pathogenic Wind and Cold.

Da Ming: It brings down adverse ascending gas and reinforces Jing. It tonifies the debilitated condition in the waist and knee and regulates the Kidney qi, and stops cholera. It disperses invading pathogenic factors resting at the interior with epigastric and abdominal pain, treats Guizhu. Stew the drug to make a paste and apply it to stop pain and promote growth of muscle in a wound.

Xu Zhicai: It treats insomnia.

Zhang Yuansu: It tonifies the Kidney and relieves pain of all Channels.

Li Xun: In Taoist alchemical processing, Ruxiang is used as a food substitute. People will not get hungry even without eating.

Li Shizhen: It dissolves carbuncle, phlegmon and pyogenic infections of various types. It expels pus and toxin by strengthening qi and protects the Heart. It activates the blood circulation, relieves pain and stretches the tendon. It is also good for helping baby delivery, and treating bone fractures.

[Explication]

Li Shizhen: Ruxiang is aromatic and scurrying, and functions on the Heart Channel. It activates the blood circulation and relieves pain. It is therefore a principal drug in treating carbuncles and phlegmon, sores and ulceration, epigastric and abdominal pain.

The book *Huangdi Neijing: Suwen*: “All pains, Itching, sores and ulcerations originate from excessive Fire in the Heart. This is the theoretical basis. In prescriptions treating obstetrical diseases, Ruxiang is also used. This is because the drug is good at activating the blood circulation.”

The book *Furen Daquan Liangfang (Complete Effective Prescriptions for Women)* by Chen Ziming: “Mr. Shi Shaoqing, governor of Qizhou, got a prescription named Shenqin Wan from Mr. Xu (official title Taicheng) of Qizhou. It is a prescription that should be taken in the last month of pregnancy. It makes the fetus slippery and easy to be delivered. It has been used and proven very effective.”

Half a *liang* of Ruxiang, and



为末，炼蜜丸梧子大，每空心酒服三十丸。李嗣立治痈疽初起，内托护心散，云：香彻疮孔中，能使毒气外出，不致内攻也。方见谷部绿豆下。按葛洪抱朴子云：浮炎洲在南海中，出薰陆香，乃树有伤穿，木胶流堕。夷人采之，恒患狢猯兽啖之。此兽斫刺不死，以杖打之皮不伤，而骨碎乃死。观此，则乳香之治折伤，虽能活血止痛，亦其性然也。杨清叟云：凡人筋不伸者，敷药宜加乳香，其性能伸筋。

【附方】

旧四，新二十七。（略）



one *liang* of Zhiqiao/fructus aurantii/bitter orange.

Grind into powder and make pills with refined honey the size of a parasol seed. Take 30 pills with wine before meal.

Prescription of Neituo Huxin San provided by Doctor Li Sili: It prevents the inward invasion of toxin of sores, expels the toxin and protects the Heart from the attacks.

The book *Baopuzi* by Ge Hong: “In the Nanhai sea, there is an island called Fuyan, where Xunluxiang is produced. When the tree is injured on the bark, a kind of resin flows out and drops on the ground. Local people collect it. If the drug is eaten by a wild animal called Jiqu, the animal will become very fierce and cannot be killed by stabbing or cutting. People have to kill it by beating it with a big stick. The animal will die only when its bones are broken into pieces, although nothing seems to be wrong with the skin.” From this we understand that Ruxiang is a drug that is good for treating bone fracture, relieve pain and activate blood circulation.

Doctor Yang Qingsou: When one feels contraction of the tendon, he should add Ruxiang to medicinal ointment. Ruxiang helps stretch the tendon.

[Prescriptions]

Four prescriptions collected previously, and
27 prescriptions collected recently.



没药（宋开宝）

【释名】

末药

〔时珍曰〕没、末皆梵言。

【集解】

〔志曰〕没药生波斯国。其块大小不定，黑色，似安息香。〔颂曰〕今海南诸国及广州或有之。木之根株皆如橄榄，叶青而密。岁久者，则有脂液流淌在地下，凝结成块，或大或小，亦类安息香。采无时。〔珣曰〕按徐表南州记云：是波斯松脂也。状如神香，赤黑色。〔时珍曰〕按一统志云：没药树高大如松，皮厚一二寸。采时掘树下为坎，用斧伐其皮，脂流于坎，旬余方取之。李珣言乳香是波斯松脂，此又言没药亦是松脂，盖出传闻之误尔。所谓神香者，不知何物也？



MOYAO

Myrrh

Myrrha

(*commiphora myrrha* Engl., *Balsamodendron akrenbergianum* Berg.)

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

[Explanation of Names]

MOYAO (末药)

Li Shizhen: Both Moyao (没药) and Moyao (末药) are transliterations of Sanskrit.

[Previous Explanations]

Ma Zhi: Moyao is produced in Persia. The drug may be big or small with an indefinite shape. It looks like Anxixiang/benzoinum/benzoin.

Su Song: Now it is also produced in Hainan and Guangzhou. The trunk and root of the tree look like a white canary tree. It has green and flourishing leaves. From an old tree, a kind of resin will flow and drop onto the ground to form big or small pieces. It looks like Anxixiang. There is no definite time for collection.

Li Xun: The book *Nanzhou Ji* by Xu Biao — It is actually Songzhi/colophonium/colophony produced in Persia. It looks like Shenxiang (“magic aromatic”). It is red and black.

Li Shizhen: The book *Yitong Zhi* — “Moyao grows from a tall tree like pine. Its bark is one to two *cun* thick. Cut a notch in the trunk, and resin will flow into it. After some 10 days it can be collected. Li Xun said that it is actually Songzhi of Persia.” The book also said that Moyao was Songzhi. But both are wrong. It is based only on hearsay. The Shenxiang mentioned above is not known.



【修治】

同乳香。

【气味】

苦，平，无毒。

【主治】

破血止痛，疗金疮杖疮，诸恶疮痔漏，卒下血，目中翳晕痛肤赤开宝。破癥瘕宿血，损伤瘀血，消肿痛大明。心胆虚，肝血不足好古。堕胎，及产后心腹血气痛，并入丸散服李珣。散血消肿，定痛生肌时珍。

【发明】

〔权曰〕凡金刃所伤，打损踉跄坠马，筋骨疼痛，心腹血瘀者，并宜研烂热酒调服。推陈致新，能生好血。〔宗奭曰〕没药大概通滞血。血滞则气壅瘀，气壅瘀则经络满急，经络满急故痛且肿。凡打扑腕跌，皆伤经络，气血不行，瘀



[Preparation]

The same as Ruxiang.

[Quality and Taste]

It is bitter, plain and nontoxic.

[Indications]

It removes blood stasis and relieves pain. It is used to treat incised wound and sores due to flogging. It also treats various malignant sores, hemorrhoid and fistula. It stops sudden hematochezia, and treats nebula and opacity in the eye with inflammation and pain.

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

Da Ming: It removes had mass and blood stasis, and eliminates swelling and pain.

Wang Haogu: It treats a syndrome with deficient condition of the Heart and Gall Bladder and insufficiency of Liver blood.

Li Xun: It promotes abortion, and treats puerperal abdominal pain of woman due to disorder of blood and qi. It is added as one ingredient in the processing of pills and powder.

Li Shizhen: It removes blood stasis, eliminates swelling, relieves pain and promotes muscle growth.

[Explication]

Zhen Quan: Moyao is good for treating incised wound, injury with pain of the bone and tendon and blood stasis in the epigastrium and abdomen. Grind the drug and wash it down with hot wine. It removes blood stasis and promotes growth of fresh blood.

Kou Zongshi: Moyao can dredge through blood stasis. Once blood stagnates, flow of qi is hampered. When qi cannot flow freely, the Channels and Collaterals are distended, and this leads to pain and swelling. Physical damage, beating and falling off a horse all bring harm to Channels and Collaterals. Then, the flow of qi and circulation of the blood are hampered, causing blood stasis, swelling and pain.

Li Shizhen: Ruxiang is a drug that activates blood circulation. Moyao

壅作肿痛也。〔时珍曰〕乳香活血，没药散血，皆能止痛消肿生肌。故二药每每相兼而用。

【附方】

旧三，新六。（略）



disperses blood stasis. It is also good to relieve pain, eliminate swelling and promote growth of new muscle. Therefore Ruxiang and Moyao are always used simultaneously in the same prescription.

[Prescriptions]

Three prescriptions collected previously, and
six prescriptions collected recently.





骐驎竭 (唐本草)

【释名】

血竭

〔时珍曰〕骐驎亦马名也。此物如干血，故谓之血竭。曰骐驎者，隐之也。旧与紫铆同条，紫铆乃此树上虫所造成，今分入虫部。

【集解】

〔恭曰〕骐驎竭树名渴留，紫铆树名渴廩，二物大同小异。〔志曰〕二物同条，功效全别。紫铆色赤而黑，其叶大如盘，铆从叶上出。骐驎竭色黄而赤，从木中出，如松脂。〔珣曰〕按南越志云：骐驎竭是紫铆树之脂也。欲验真伪，但嚼之不烂如蜡者为上。〔时珍曰〕骐驎竭是树脂，紫铆是虫造。按一统志云：血竭树略如没药树，其肌赤色。采法亦



QILINJIE

Dragon's blood

Resina draconis

(*Daemonorops draco* Bl.)

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

[Explanation of Names]

XUEJIE

Li Shizhen: Qilin is also a name of a kind of horse. As this drug looks like dry blood, it is called Xuejie (“exhausted blood”). It is called Qilinjie, as people want to hide its real name. In the previous Bencao works, it was included in the same clause with Zikuang. As Zikuang is a drug produced by insects on the tree, it is removed to join the “Category of Insects.”

[Previous Explanations]

Su Gong: The tree from which Xuejie is secreted is called Keliu, and the tree where Zikuang is produced is called Kelin. The two trees are similar to each other.

Ma Zhi: The two drugs are included in the same clause, but they are completely different in therapeutic functions. Zikuang is red and black. The tree has a leaf as big as a plate, and the drug is taken from the leaf. Qilinjie is yellow and red and like Songzhi, it is a kind of resin from the wood.

Li Xun: The book *Nanyue Zhi* — “Qilinjie is the resin from the tree Zikuang. To make sure of its identity, chew a little piece. If it does not become as soft as Huangla/cera flava/bee wax, then it is a good drug.”

Li Shizhen: Qilinjie is a kind of resin and Zikuang is made by insects.

The book *Yitong Zhi*: “The tree of Xuejie looks somewhat like Moyao. Its wood is red. The way of collection is the same: Cut notches in the trunk and collect the resin accumulated there. Collect the drug after some 10



于树下掘坎，斧伐其树，脂流于坎，旬日取之。多出大食诸国。今人试之，以透指甲者为真。独孤滔丹房镜源云：此物出于西胡，禀荧惑之气而结。以火烧之，有赤汁涌出，久而灰不变本色者，为真也。

【修治】

〔斆曰〕凡使先研作粉，筛过入丸散中用。若同众药捣，则化作尘飞也。

【气味】

甘、咸，平，无毒。

〔大明曰〕得密陀僧良。

【主治】

心腹卒痛，金疮血出，破积血，止痛生肉，去五脏邪气唐本。打伤折损，一切疼痛，血气搅刺，内伤血聚，补虚，并宜酒服李珣。补心包络、肝血不足好古。益阳精，消阴滞气太清修炼法。傅一切恶疮疥癣，久不合。性急，不可多使，却引脓大明。散滞血诸痛，妇人血气，小儿瘰疬时珍。



days. It is produced in western countries like Dashi (Tazi, a name for Arabia in ancient China). There is a way of testing its authenticity: If the drug can penetrate into the nail, it is a genuine one.”

The book *Danfang Jingyuan* by Dugu Tao: “The drug is produced in the Xihu area. It is a thing evolved by the shining of Mars. When it is burned, there is secretion of red fluid. After a long burning, the ash still remains the same color as the drug, showing it is genuine.”

[Preparation]

Lei Xiao: Grind the drug into powder. Screen it and add it into the processing of pills and powder. If the drug is pounded together with other drugs, it becomes dust and may fly away.

[Quality and Taste]

It is sweet, salty, plain and nontoxic.

Da Ming: Its therapeutic function will be enhanced if it is used together with Mituoseng/lithargyrum/litharge.

[Indications]

It is good for treating sudden onset of epigastric and abdominal pain. It stops bleeding in an incised wound, dissolves blood stasis, relieves pain and helps germination of new flesh. It disperses invading pathogenic factors in the Five Viscera.

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

Li Xun: It is good for treating physical injury and fracture. It relieves pain with stabbing colic and blood stasis due to internal damage, and tonifies a deficient condition. Wash down the drug with wine in all cases.

Wang Haogu: It tonifies the deficient condition of blood in the Pericardium and Liver.

It reinforces Yang Jing (Vital Essence) and dissolves stagnation of Yin qi.

— *Taiqing Xiulian Fa*.

Da Ming: It is good to apply powder of the drug onto all kinds of tinea, scabies and malignant sores that do not heal after a long time. It is a drug



【发明】

〔时珍曰〕骐驎竭，木之脂液，如人之膏血，其味甘咸而走血，盖手、足厥阴药也。肝与心包皆主血故尔。河间刘氏云“血竭除血痛，为和血之圣药”是矣。乳香、没药虽主血病，而兼入气分，此则专于血分者也。

【附方】

旧二，新十。（略）

with strong efficacy. It should not be overused, otherwise it induces secretion of pus.

Li Shizhen: It dissolves blood stagnation and relieves pain, and treats abdominal pain of a woman due to disorder of blood and qi, and infantile colonic convulsion.

[Explication]

Li Shizhen: Qilinjie is the resin of wood, which is similar to human blood and marrow. It is sweet, salty and functions on the blood system. It is a drug functioning on the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin, as the Pericardium and the Liver control the blood.

Liu Wansu: Xuejie relieves pain due to blood stasis. It is a wonder drug in harmonizing the blood. He is correct to say so. Both Ruxiang and Moyao are good for treating diseases of the blood, and functioning on the qi system, too. Xuejie only functions on the blood system.

[Prescriptions]

Two prescriptions collected previously, and
10 prescriptions collected recently.





安息香（唐本草）

【释名】

〔时珍曰〕此香辟恶，安息诸邪，故名。或云：安息，国名也。梵书谓之拙贝罗香。

【集解】

〔时珍曰〕今安南、三佛齐诸地皆有之。一统志云：树如苦楝，大而且直。叶似羊桃而长。木心有脂作香。叶廷珪香录云：此乃树脂，形色类胡桃瓢。不宜于烧，而能发众香，故人取以和香。今人和香有如饴者，谓之安息油。机曰：或言烧之能集鼠者为真。



ANXIXIANG

Benzoin

Benzoinum

(*Styrax tonkinensis* (Pierre) Craib ex Hart.)

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

[Explanation of Names]

Li Shizhen: This aromatic drug is good for preventing attacks of various vicious agents. It pacifies and oppresses all pathogenic factors. Hence, it is called Anxixiang (Anxi = pacify). According to another explanation, Anxi is a name of a country. In the Sanskrit book, the drug is recorded as Zhuobeiluoxiang (a transliteration).

[Previous Explanations]

Li Shizhen: Now the drug is produced in Annan* and Sanfoqi.**

The book *Yitong Zhi*: “The tree looks like Chinaberry. It is huge and straight. Its leaf is similar to common averhoa leaf, but it is longer. In the heart of the wood there is resin that emits fragrance.”

The book *Xianglu* by Ye Tinggui: “This is a kind of resin. It looks like pulp of Hutaosemen juglandis/seed of English Salnut. It is not good to be burned. It can arouse the fragrance of other aromatics. So it is added in the preparation of aromatics. People make a kind of aromatic in the form of Yitang. It is called Anxiyou (benzoin oil).”

Wang Ji: Some say if the drug is burned and can attract mice to gather at the fire, it is a genuine drug.

*Ancient Vietnam.

**Ancient Indonesia.



【气味】

辛、苦，平，无毒。

【主治】

心腹恶气，鬼疰唐本。邪气魍魎，鬼胎血邪，辟蛊毒，霍乱风痛，男子遗精，暖肾气，妇人血噤，并产后血运大明。妇人夜梦鬼交，同臭黄合为丸，烧熏丹穴，永断李珣。烧之，去鬼来神萧炳。治中恶魔寐，劳瘵传尸时珍。



[Quality and Taste]

It is pungent, bitter, plain and nontoxic.

[Indications]

It disperses vicious agents in the epigastrium and abdomen. It treats Guizhu (consumptive disease of unknown reason).

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

Da Ming: It disperses attacks of vicious agents, evils and devils, and prevents formation of a monster fetus. It disperses pathogenic factors in the blood, prevents attack of Gudu (disease due to noxious agents produced by various parasites), treats cholera and arthralgia due to attacking pathogenic Wind, and stops seminal emission. It warms the Kidney, and treats lockjaw in a woman due to blood disorder and vertigo due to blood disorder in puerperium.

Li Xun: It is good for treating sexual dreams in woman. Make pills with Xunhuang/realgar/red orpiment. Burn the thing and fumigate the Dantian (the elixir field in the pubic region). This will stop the ailment.

Xiao Bing: Burn the drug to keep evils and devils away and invite the immortals.

Li Shizhen: It is good for treating Zhong'e (syncope due to attack of fright and noxious factors), nightmares with crying, Laozhai (consumptive and infectious disease) and Chuanshilao (consumptive and infectious disease).



苏合香（别录上品）

【释名】

〔时珍曰〕按郭义恭广志云：此香出苏合国，因以名之。梵书谓之咄鲁瑟剑。

【集解】

〔别录曰〕苏合香出中台川谷。〔恭曰〕今从西域及昆仑来。紫赤色，与紫真檀相似，坚实极芳香，惟重如石，烧之灰白者好。〔颂曰〕今广州虽有苏合香，但类苏木，无香气。药中只用如膏油者，极芬烈。陶隐居以为狮子矢者，亦是指此膏油者言之尔。梁书云：中天竺国出苏合香，是诸香汁煎成，非自然一物也。又云：大秦国人采得苏合香，先煎其汁以为香膏，乃卖其滓与诸国贾人。是以展转来达中国者，不大香也。



SUHEXIANG

Storesin

Storax

(Liquidambar orientalis Mill.)

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

[Explanation of Names]

Li Shizhen: The book *Guang Zhi* by Guo Yigong: — “This aromatic is produced in a country called Suhe, so it is thus named. In Sanskrit, the name is written as Duolusejian (a transliteration).”

[Previous Explanations]

Suhexiang is produced in the mountain valleys in Zhongtai.

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

Su Gong: Now the drug is shipped from Western Regions and Kunlun. It is purple and red. It looks like genuine purple Tanxiang/lignum santali albi/sandalwood. It is solid and aromatic and as heavy as stone. After burning, white ash is left. Such kind of drug is of top quality.

Su Song: Although Suhexiang is available in Guangzhou, it looks like Sufangmu/lignum sappan/sappan wood and is not aromatic. For medical purpose, only that with oily paste and a strong aromatic can be used. Tao Hongjing mentioned the drug as Shizishi, which is just that kind of drug.

The Book of Liang: “A country called Zhong Tianzhuguo (ancient central India) produces Suhexiang, too. But it is made by stewing several drugs together and is not a natural product.” Some say: People in Daqin (a name for Roman Empire in ancient China) first stew Suhexiang to get a kind of juice with which they make aromatic ointment. Then, they sell the dregs to merchants coming from other countries. Therefore, the drug coming to China from such a long



然则广南货者，其经煎煮之馀乎？今用如膏油者，乃合治成者尔。〔时珍曰〕按寰宇志云：苏合油出安南、三佛齐诸国。树生膏，可为药，以浓而无滓者为上。叶廷珪香谱云：苏合香油出大食国。气味皆类笃耨香。沈括笔谈云：今之苏合香赤色如坚木，又有苏合油如麝胶，人多用之。而刘梦得传信方言苏合香多薄叶，子如金色，按之即少，放之即起，良久不定，如虫动，气烈者佳。如此则全非今所用者，宜精考之。窃按沈氏所说，亦是油也。不必致疑。

【正误】

〔弘景曰〕苏合香俗传是狮子屎，外国说不尔。今皆从西域来，亦不复入药，惟供合好香尔。〔恭曰〕此是胡人谎言，陶不悟也。〔藏器曰〕苏合香色黄白，狮子屎色赤黑，二物相似而不同。狮子屎极臭。或云：狮子屎是西国草木皮汁所为，胡人将来，欲贵重之，故饰其名尔。



distance is not very aromatic as a rule. And that could be the reason. Is it possible that the drug coming from the south is also the dregs? What we use now is a kind of ointment, which is a synthetic product.

Li Shizhen: The book *Huanyu Zhi* — “Suhexiang is produced in countries like Annan (ancient Vietnam) and Sanfoqi (ancient Indonesia). Resin is secreted from the tree. The resin that is clear and without dregs is the best.”

The book *Xiang Pu* by Ye Tinggui: “Oil of Suhexiang is produced in Dashi (Tazi, a name for Arabia in ancient China). Its quality and taste are similar to Duruxiang.”

The book *Mengxi Bitan* by Shen Kuo: “Suhexiang is red and looks like solid wood with oil like Chijiao.* People all use it as a drug.” But in Liu Mengde’s book *Chuanxin Fang*, it is recorded that the drug is as thin as a leaf. Its seeds are as yellow as gold. When you hold a grain in the hand, the seeds become less and when you put it flat, the seeds keep moving like worms. The drug has a strong aromatic smell. What he described is not the thing we use today. Further studies are required. But what Shen Kuo described is the drug with oil, which can be counted on.

[Corrections]

Tao Hongjing: Suhexiang is colloquially considered the feces of lion. But people coming from other countries do not think so. Now the drug is shipped from countries in the Western Regions. But it is no longer used as a drug, only in the processing of aromatics.

Su Gong: This is the nonsense of the Hu people (ethnic groups lived in the north and west of China in ancient times). Tao Hongjing was taken in by such nonsense.

Chen Cangqi: Suhexiang is yellow and white. The feces of lion are red and black. Their appearance is similar. But lion feces smell very bad. Some say: The so-called “lion feces” are actually made by juice made of bark and herbs. Hu people take it to China and make a good profit by calling it a good name, so that they can demand a good price.

*It is a kind of glue made of *Dongqingmupi/cortex ilicis purpureae/bark of purple flower holly*.



【气味】

甘，温，无毒。

【主治】

辟恶，杀鬼精物，温疟蛊毒痢瘕，去三虫，除邪，令人无梦魇。久服，通神明，轻身长年别录。

【发明】

〔时珍曰〕苏合香气窜，能通诸窍脏腑，故其功能辟一切不正之气。按沈括笔谈云：太尉王文正公气羸多病。宋真宗面赐药酒一瓶，令空腹饮之，可以和气血，辟外邪。公饮之，大觉安健。次日称谢。上曰：此苏合香酒也。每酒一斗，入苏合香丸一两同煮。极能调和五脏，却腹中诸疾。每冒寒夙兴，则宜饮一杯。自此臣庶之家皆仿为之，此方盛行于时。其方本出唐玄宗开元广济方，谓之白术丸。后人亦编入千金、外台，治疾有殊效。



[Quality and Taste]

It is sweet, warm and nontoxic.

[Indications]

It prevents attacks of vicious agents, kills evils and devils, and treats pyrexial malaria, Gudu (disease due to noxious agents produced by various parasites), epilepsy and convulsion with lockjaw and opisthotonos. It kills the Three Worms (ascariasis, teniasis and oxyuriasis), disperses invading pathogenic factors and keeps one free from nightmares with crying. Long-term use of the drug makes one more intelligent, feel happy and vigorous and able to enjoy a long life.

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

[Explication]

Li Shizhen: Suhexiang is a drug that moves forcibly. It dredges through all the orifices and circulates along all Viscera and Bowels. So it disperses all kinds of vicious gases resting within the body.

The book *Mengxi Bitan* by Shen Kuo — “Defender-in-Chief Wang Wenzheng was in debilitated condition suffering from various diseases. Emperor Zhenzong of the Song Dynasty (960-1279) gave him a bottle of medicinal wine, telling him that he should have the wine before meal. It would be good to harmonize qi and blood and prevent attacks of exterior pathogenic factors. So Mr. Wang had the wine and felt very comfortable. The next day, when Mr. Wang saw the emperor, he thanked him profusely. The emperor told him: This is wine of Suhexiang, made by stewing one *liang* of Pill of Suhexiang with wine. It is very good to harmonize the Five Viscera and disperse abdominal diseases. Whenever you get up early and are exposed to cold weather, you should have one cup of the wine. From then on, people all made the wine accordingly, so the prescription was spread about. The prescription was originally recorded in the book *Kaiyuan Guangji Fang* by Emperor Xuanzong of the Tang Dynasty (618-907). It was then called Baizhu Wan (Pill of Baizhu/rhizoma *atractylodis macrocephalae*/rhizome of large head *atractylodes*). Later, it was added to books like *Qianjin Yaofang* and *Waitai Miyao*. It is a prescription with very effective functions.”



龙脑香（唐本草）

【释名】

片脑纲目。羯婆罗香衍义。膏名婆律香

〔时珍曰〕龙脑者，因其状加贵重之称也。以白莹如冰，及作梅花片者为良，故俗呼为冰片脑，或云梅花脑。番中又有米脑、速脑、金脚脑、苍龙脑等称，皆因形色命名，不及冰片、梅花者也。清者名脑油，金光明经谓之羯婆罗香。

【集解】

〔恭曰〕龙脑香及膏香出婆律国。树形似杉木。脑形似白松脂，作杉木气，明净者善。久经风日或如雀屎者不佳。或云：子似豆蔻，皮有错甲，即杉脂也。今江南有杉



LONGNAOXIANG

Borneol

Borneolum syntheticum

(*Dryobalanops aromatica* Gaertn. f.)

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

[Explanation of Names]

PIANNAO

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

JIEPOLUOXIANG

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

POLÜXIANG

Li Shizhen: The name Longnao (Xiang) means that the drug is precious. Longnao = dragon brain. The drug that is as white and transparent as ice and in the shape of plum blossom is the best. It is colloquially called Bingpiannao (“borneol in the form of ice flake”) or Meihuanao (“borneol in the form of plum blossom”). In the Fan area, the drug is also called Minao, Sunao, Jinjiaonao and Canglongnao. All such names are given in accordance with the shape of the drug. Among them, Bingpian (Nao) and Meihua (Nao) are the best. The lucid drug is called Naoyou. In the Buddhist classic *Suvarnaprabhasottamassutra*, the drug is called Jiepoluoxiang (a transliteration).

[Previous Explanations]

Su Gong: Longnaoxiang and Gaoxiang are produced in Polüguo. The tree looks like Chinese fir. The resin looks like white Songzhi. It smells like Chinese fir, too. The drug that is clean and pure is best. The drug that has been exposed to the wind and sun and that looks like sparrow feces is of inferior quality. Some say: Its seed looks like Doukou/semen alpiniae



木，未经试。或方土无脂，犹甘蔗之无实也。〔颂曰〕今惟南海番舶贾客货之。南海山中亦有之。相传云：其木高七八丈，大可六七围，如积年杉木状，旁生枝，其叶正圆而背白，结实如豆蔻，皮有甲错，香即木中脂也。膏即根下清液，谓之婆律膏。按段成式酉阳杂俎云：龙脑香树名固不婆律，无花实。其树有肥有瘦：瘦者出龙脑，肥者出婆律膏。香在木心中。波斯国亦出之。断其树剪取之，其膏于树端流出，斫树作坎而承之。两说大同小异。唐天宝中交趾贡龙脑，皆如蝉、蚕之形。彼人云：老树根节方有之，然极难得。禁中呼为瑞龙脑，带之衣衿，香闻十余步外，后不复有此。今海南龙脑，多用火煨成片，其中亦容杂伪。入药惟贵生者，状若梅花片，甚佳也。〔时珍曰〕龙脑香，南番诸国皆有之。叶廷珪香录云：乃深山穷谷中千年老杉树，其枝干不曾损动者，则有香。若损动，则气



katsumadai/seed of katsumade galangal. The bark is scaly. The resin is that of Chinese fir. In the area south of the Yangtze River, there are Chinese firs, but no test has been made to find out whether it is the tree of Longnao. Such a tree does not have resin due to difference of places. This is just like the case when banana is planted in different places, and may not bear fruit.

Su Song: Now merchants in Nanhai supply the drug, which is shipped from other countries. It is also produced in the mountains in Nanhai. It is said that the tree is 70 to 80 chi tall, six to seven arms span in girth. It looks like a huge Chinese fir. Twigs grow from the side of the trunk. Its leaf is round and its back is white. Its fruit looks like Doukou. The trunk is covered with scaly bark. The drug is resin in the wood. The paste from under the root is a kind of lucid fluid. It is called Polü Gao.

The book *Youyang Zaju* by Duan Chengshi: "The name of the tree from which Longnao is secreted is called Gubupolü, which has no flower or fruit. The tree may be fat or thin. The thin tree produces Longnao and the fat tree, Polü Gao. The resin hides in the heart of the wood. The drug is also produced in Persia. One way to get the resin is to cut the twigs of the tree, allowing resin to ooze from the cut. The other way is to cut notches on the trunk. In this way, the resin will accumulate there." The above two records are more or less the same. In the middle of the reign title Tianbao of the Tang Dynasty (618-907), officials in Jiaozhi presented Longnao to the emperor as tribute. The drug was in the shape of cicada and silkworm. Local people said that this could only be obtained from the node in the root of an old tree. But it is very difficult to find it. In the palace, people called it Ruilongnao. If a little of the drug was kept in the pocket, its fragrance could be sensed some 10 steps away. But the drug was not available later. Now Longnao produced in Hainan is processed into pieces by fire and is always mixed with impurities. For medical use, the raw drug in the shape of plum blossom is the best.

Li Shizhen: Longnaoxiang is produced in countries in Nanfan.

The book *Xiang Lu* by Ye Tinggui: "Longnaoxiang is found in an old Chinese fir tree with an intact trunk and branch that has grown over a thousand years in the deep mountain. If the tree has been damaged, there is no more Longnao. Local people cut the wood into board and resin is found in



泄无脑矣。土人解作板，板缝有脑出，乃劈取之。大者成片如花瓣，清者名脑油。江南异闻录云：南唐保大中贡龙脑浆，云以缣囊贮龙脑，悬于琉璃瓶中，少顷滴沥成水，香气馥烈，大补益元气。按此浆与脑油稍异，盖亦其类尔。宋史熙宁九年，英州雷震，一山梓树尽枯，中皆化为龙脑。此虽怪异，可见龙脑亦有变成者也。

【修治】

〔恭曰〕龙脑香合糯米炭、相思子贮之，则不耗。〔时珍曰〕或言以鸡毛、相思子同入小瓷罐密收之佳。相感志言以杉木炭养之更良，不耗。今人多以樟脑升打乱之，不可不辨也。相思子见本条。

【气味】

辛、苦，微寒，无毒。

〔珣曰〕苦、辛，温，无毒。〔元素曰〕热。阳中之阳。



the seam. Then workers cut the wood open and collect the resin. The big drug may look like petals of a flower. The lucid one is called Naoyou.”

The book *Jiangnan Yiwen Lu*: “In the middle of the reign title of Baoda in the Nantang Dynasty (937-975), Longnaojiang (syrup of borneol) was presented to the emperor. Longnao was wrapped in silk fabric and the package was suspended in a bottle of glaze. After a while, the drug would drip in drops and accumulate into fluid, which was very aromatic. It was taken as a very good tonic for Yuanqi (Primordial Vital Energy). Comment: This syrup is slightly different from Naoyou. But it is a thing in the same category.”

The *Book of Songs*: “In the ninth year of reign title Xining (1076) there was a thunderstorm in Yingzhou. After that, an ovate catalpa tree withered. When the tree was cut open, it was found that the trunk was filled with Longnao. This is something extraordinary.”

[Preparation]

Su Gong: Keep Longnao together with carbonated Nuomi/oryza glutinosae/polished glutinous rice and Xiangsizi/semen abri precatarii/seed of red bean vine. In this way Longnao will be in good condition.

Li Shizhen: Some say that Longnao can be saved together with chicken feather and Xiangsizi/semen abri precatarii/seed of red bean vine. Keep them in a small jar and seal it tightly.

The book *Xianggan Zhi*: “Save it together with carbon of Chinese fir so it won’t get withered. Merchants mix Zhangnao/camphora/camphor into Longnao. Doctors should be careful and make the necessary investigation of its authenticity.”

[Quality and Taste]

It is pungent, bitter, slightly cold and nontoxic.

Li Xun: It is bitter, pungent, warm and nontoxic.

Zhang Yuansu: It is hot, a drug of Yang in Yang.

[Indications]

It is good for treating dystocia. Grind a little drug into powder. Wash it



【主治】

妇人难产，研末少许，新汲水服，立下别录。心腹邪气，风湿积聚，耳聋，明目，去月赤肤翳唐本。内外障眼，镇心秘精，治三虫五痔李珣。散心盛有热好古。入骨，治骨痛李杲。治大肠脱元素。疗喉痹脑痛，鼻瘕齿痛，伤寒舌出，小儿痘陷，通诸窍，散郁火时珍。

【发明】

〔宗奭曰〕此物大通利关隔热塞，大人、小儿风涎闭塞，及暴得惊热，甚为济用。然非常服之药，独行则势弱，佐使则有功。于茶亦相宜，多则掩茶气。味甚清香，为百药之先，万物中香无出其右者。〔震亨曰〕龙脑属火。世知其寒而通利，然未达其热而轻浮飞越，喜其香而贵细，动辄与麝同用为桂附之助。然人之阳易动，阴易亏，不可不思。



down with newly fetched well water. This will promote baby delivery.

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

It is good for dispersing the invading pathogenic factors resting in the epigastrium and abdomen. It treats arthralgia due to invading pathogenic Wind and Humidity. It dissolves stagnation and accumulation, treats deafness, brightens the eye, and eliminates nebula and an inflamed eye.

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

Li Xun: It eliminates cataract and external oculopathy, relieves palpitation and consolidates Jing, kills Three Worms and treats five kinds of hemorrhoid.

Wang Haogu: It disperses invading pathogenic Heat resting in the Heart.

Li Gao: It functions on the bone, relieving pain.

Zhang Yuansu: It treats a prolapsed rectum.

Li Shizhen: It is good for treating throat inflammation, relieving pain in the brain, treating polyp in the nostril and stopping toothache. It is good for treating febrile disease caused by Cold with protruding tongue. It accelerates retarded vesticulation of infantile smallpox, dredges through all the orifices and disperses pent-up pathogenic Fire.

[Explication]

Kou Zongshi: This drug is very good in dredging through stuffiness and obstruction. It is effective to treat apoplexy with profuse salivation and sudden onset of convulsions with fever. But it is not a commonly used drug. If it is used singly, it is not strong enough. It should be assisted and guided by other drugs. It is also good to go with tea. But if it is heavily dosed, it covers up the flavor of tea. It is a drug with lucid fragrance. Among the aromatics, it is the best.

Zhu Zhenheng: Longnao pertains to the Fire element. But normally, people take it as a drug of cold quality with dispersing function. Its function of upward penetrating and hot quality is not considered. It is always used together with Shexiang/moschus/musk to assist Rougui/cortex cinnamonomi/cassia bark and Fuzi/radix aconiti lateralis/daughter root of common monkshood. But this will stir up Yang to run wild. Yin is easily consumed.



〔杲曰〕龙脑入骨，风病在骨髓者宜用之。若风在血脉肌肉，辄用脑、麝，反引风入骨髓，如油入面，莫之能出也。

〔王纶曰〕龙脑大辛善走，故能散热，通利结气。目痛、喉痹、下疳诸方多用之者，取其辛散也。人欲死者吞之，为气散尽也。世人误以为寒，不知其辛散之性似乎凉尔。诸香皆属阳，岂有香之至者而性反寒乎？〔时珍曰〕古方眼科、小儿科皆言龙脑辛凉，能入心经，故治目病、惊风方多用之。痘疮心热血瘀倒靨者，用引猪血直入心窍，使毒气宣散于外，则血活痘发。其说皆似是而未当也。目病、惊病、痘病，皆火病也。火郁则发之，从治之法，辛主发散故尔。其气先入肺，传于心脾，能走能散，使壅塞通利，则经络条达，而惊热自平，疮毒能出。用猪心血能引龙脑入心经，非



This should be taken into consideration.

Li Gao: Longnao can penetrate into the bone, so it is used to disperse invading pathogenic Wind resting in the marrow. But if the Wind is only resting with blood and muscle, Longnao and Shexiang should not be used, otherwise they lead the Wind to penetrate into the marrow and it becomes very hard to lead it out. This is just like the case when oil is added into dough. Once it is done, it can never be retrieved.

Wang Lun: Longnao is very pungent and moves fast. Therefore, it is good to disperse pathogenic Heat and dredge through stagnation of qi. It is often used in prescriptions designed to treat pain in the eye, throat inflammation and chancre, as it is pungent and dispersive. When a person is dying, swallowing of the drug may further disperse Zhengqi (vital resistance) so as to accelerate the death. People tend to think that the drug is cold in quality. This is not correct, as the pungent and dispersing function of the drug seems to be cold. Generally speaking, all aromatics pertain to Yang. Longnao, the top of them, is not cold at all.

Li Shizhen: Doctors in ancient times treated eye diseases and infantile diseases with Longnao, as they thought it pungent and cold and able to function on the Heart Channel. The drug was often used in treating eye diseases and convulsions. To treat a case when smallpox failed to vesticulate due to invading pathogenic Heat in the Heart and blood stasis, Longnao was used together with pig blood so as to function directly on the Heart, thus leading pathogenic factors to disperse outwardly. This would promote the vesticulation of smallpox once the blood stasis was removed. Comment: The above understanding seems to be reasonable, but actually it is not. This is because eye diseases, convulsions and epilepsy and smallpox are all diseases caused by pathogenic Fire. When Fire is pent up, it should be dispersed. This is a treatment contrary to routine. A drug of pungent taste (such as Longnao) is good to disperse. At first, the drug functions on the Lung and then the Heart and Spleen. It dredges through the stagnation and facilitates the circulation of Channels and Collaterals. In this way, the convulsions will be relieved and Heat reduced, sores and toxin dispersed. When Longnao is used together with pig heart blood, it penetrates into the Heart. It does not mean Longnao can function on the Heart Channel.



龙脑能入心也。沈存中良方云：痘疮稠密，盛则变黑者。用生豮猪血一椽斗，龙脑半分，温酒和服。潘氏云一女病发热腹痛，手足厥逆，渐加昏闷，形证极恶，疑是痘候。时暑月，急取屠家败血，倍用龙脑和服。得睡，须臾一身疮出而安。若非此方，则横夭矣。又宋文天祥、贾似道皆服脑子求死不得，惟廖莹中以热酒服数握，九窍流血而死。此非脑子有毒，乃热酒引其辛香，散溢经络，气血沸乱而然尔。

【附方】

旧二，新十二。（略）



The book *Liang Fang* by Shen cunzhong: “To treat smallpox that is excessive and becomes black, take the following: Blend 0.5 *fen* of Longnao with pig blood as much as one capsule of saw tooth oak can hold. Take the drug with warm wine. Doctor Pan once treated a woman who was suffering from fever, abdominal pain with cold extremities and mental confusion. It was a very critical condition and diagnosed as smallpox. It was in summer. Then pig blood was blended with a double dosage of Longnao and taken urgently. The patient fell asleep. After a while, she had an eruption of smallpox all over. Then the case became a normal case of smallpox. Corresponding treatment was given. The patient got well later. If this prescription had not been given, the patient could have died. According to historical record, ministers like Wen Tianxiang and Jia Sidao all had Longnao when they wished to kill themselves. But the drug did not work. Another person, Liao Yingzhong, had several handful of Longnao with hot wine and he was killed with bleeding from all nine orifices. This was not due to the toxin of Longnao, but because when the hot wine was taken together with the drug, the function of dispersion of Longnao was strengthened, thus fermenting blood and qi. This was the real cause of death.”

[Prescriptions]

Two prescriptions collected previously, and
12 prescriptions collected recently.



阿魏 (唐本草)

【释名】

阿虞纲目。熏渠唐本。哈昔泥

〔时珍曰〕夷人自称曰阿，此物极臭，阿之所畏也。波斯国呼为阿虞，天竺国呼为形虞，涅槃经谓之央匱。蒙古人谓之哈昔泥，元时食用以和料。其根名稳展，云淹羊肉甚香美，功同阿魏。见饮膳正要。

【集解】

〔恭曰〕阿魏生西番及昆仑。苗叶根茎酷似白芷。捣根汁，日、煎作饼者为上。截根穿暴干者为次。体性极臭而能



AWEI

Chinese asafetida

Resina ferulae

(*Ferula sinkiangensis* K. M. Shen,

Ferula fukanensis K. M. Shen)

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

[Explanation of Names]

AYU

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

XUNQU

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

HAXINI

Li Shizhen: The meaning of the name Awei is “I am afraid of it.” A = I; Wei = afraid of. In Persia it is called Ayu. In Tianzhu (ancient India) it is called Xingyi. In the Buddhist classic *Nirvana*, the drug is called Yangkui (a transliteration). Mongolians call it Haixini. In the Yuan Dynasty (1271-1368), the drug was used as a seasoning in food preparation. Its root is called Wenzhan, which can be used to preserve mutton. It makes the meat more delicious and fresher. The root has similar therapeutic functions to Awei. For details, see the book *Yinshan Zhengyao*.

[Previous Explanations]

Su Gong: Awei is produced in Xifan (Western foreign countries) and K unlun. The seedling, leaf, root and stalk are very similar to those of *dahuriae angelica*. Pound the root to get juice. Dry the juice in the sun or stew it to make a pie. It is then a good quality drug. People also cut the root into segments and dry it in the sun. The drug smells very bad, but it can eliminate the bad smell of other things. This is really a strange thing.



止臭，亦为奇物也。又婆罗门云：熏渠即是阿魏，取根汁暴之如胶，或截根日干，并极臭。西国持咒人禁食之。常食用之，云去臭气。戎人重此，犹俗中贵胡椒，巴人重负攀也。

〔时珍曰〕阿魏有草、木二种。草者出西域，可晒可煎，苏恭所说是也。木者出南番，取其脂汁，李珣、苏颂、陈承所说是也。按一统志所载有此二种。云出火州及沙鹿、海牙国者，草高尺许，根株独立，枝叶如盖，臭气逼人，生取其汁熬作膏，名阿魏。出三佛齐及暹罗国者，树不甚高，土人纳竹筒于树内，脂满其中，冬月破筒取之。或云其脂最毒，人不敢近。每采时，以羊系于树下，自远射之。脂之毒着羊，羊毙即为阿魏。观此，则其有二种明矣。盖其树低小如枸杞、牡荆之类，西南风土不同，故或如草如木也。系羊射脂之说，俗亦相传，但无实据。谚云：黄芩无假，阿魏无真。以其多伪也。刘纯诗云：阿魏无真却有真，臭而止臭乃为珍。



A Brahman classic: Xunqu is actually Awei. The drug is made by pounding the root to get juice and drying it into a kind of glue. Or cut the root into segments and dry them in the sun. Both the drugs smell very bad. Religious people who chant incantations do not eat the thing. Both the drug is used as a seasoning in daily cuisine, and it is said it eliminates bad smells in food. The Rong (ancient name for ethnic groups inhabiting west China) cherish the drug very much. This is just like the case when Hujiao/fructus piperis nigri/black pepper is cherished as a delicious spice and people in the Ba area cherish grasshoppers.

Li Shizhen: There are two kinds of Chinese asafetida: One is a herb and the other a wood. The herbal one is produced in Western Regions, which is processed by drying in the sun or stewing. What Su Gong said was correct. The wood grows in Nanfan. What Li Xun, Su Song and Chen Cheng said was correct.

The book *Yitong Zhi*: "There are two varieties of the drug: One is a kind of herb one *chi* tall. Each herb is independent. Twigs and leaves form a crown like an umbrella. It emits a strong bad smell. Pound the drug to get juice and stew the juice to make paste. And this is Awei. It is produced in Huozhou, Shalu and Haiyaguo. The other kind is produced Sanfoqi and Xianluo. The tree is not very tall. Local people place a bamboo bucket in the tree and the juice accumulates in it. In winter, people collect the drug by breaking the bucket. It is said that the drug is very toxic and people dare not approach it. Every time, when they collect the drug, they fasten a sheep under the tree and shoot it with an arrow to which the drug sticks. If the sheep is dead after being shot, it means that the drug is genuine Awei." From the above records, we understand that there are two kinds of Awei. The tree is as short as Barbary wolfberry or hemp leaf negundo chaste tree. But as the soil and climate in the southwest are different, the drug may be from a herb or tree. As to the legend of shooting the sheep with the drug, it is only hearsay and it is not very well grounded. As an idiom goes, there is no fake for Huangqin/radix scutellariae/root of baikal skullcap and there is no genuine Awei. This means that what we buy in the market is not always guaranteed to be genuine. Liu Chun said in his poem: Awei we buy can be a fake. But there is a way to make sure: If the drug smells bad and can



【气味】

辛，平，无毒。

【主治】

杀诸小虫，去臭气，破癥积，下恶气，除邪鬼蛊毒唐本。治风邪鬼疰，心腹中冷李珣。传尸冷气，辟瘟治疰，主霍乱心腹痛，肾气瘟瘴，御一切蕈、菜毒大明。解自死牛、羊、马肉诸毒汪机。消肉积震亨。

【发明】

〔炳曰〕阿魏下细虫，极效。〔时珍曰〕阿魏消肉积，杀小虫，故能解毒辟邪，治疰、痢、疳、劳、尸注、冷痛诸证。按王璆百一选方云：夔州谭逵病疰半年。故人窦藏叟授方：用真阿魏、好丹砂各一两，研匀，米糊和，丸皂子大。



eliminate bad smell of another thing, it is a genuine drug.

[Quality and Taste]

It is pungent, plain and nontoxic.

[Indications]

It kills small worms of various kinds, eliminates bad smell, dissolves hard mass and accumulation, disperses malignant gas, and treats Gudu with vicious attacks.

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

Li Xun: It treats Guizhu and disperses invading pathogenic Wind. It relieves epigastric and abdominal cold.

Da Ming: It treats Chuanshilao (consumptive and infectious disease) with cold gas. It prevents attacks of epidemics and malaria, treats cholera with epigastric and abdominal pain, and disorder of the Kidney qi, prevents attacks of epidemics and miasma, and detoxifies toxin of all kinds of mushrooms and vegetables.

Wang Ji: It detoxifies toxin of meat of cattle, sheep and horse that died naturally.

Zhu Zhenheng: It dissolves indigestion due to overeating of meat.

[Explication]

Xiao Bing: Awei is very effective in killing small worms.

Li Shizhen: Awei is good to dissolve indigestion due to overeating of meat and kill small worms. Therefore, it is good to detoxify toxin of all kinds and prevent attacks of vicious agents. It is effective to treat malaria, dysentery, infantile malnutrition, Shizhu (consumptive and infectious disease), and pain with cold feeling of all kinds.

The book *Baiyi Xuanfang* by Wang Qiu: “Tan Kui, a native in Kuizhou, was suffering from malaria for half a year already. Dou Cangsou, his old friend, treated him with the following prescription:

One *liang* of genuine Awei, and

one *liang* of good quality Dansha/cinnabaris/cinnabar.

The drugs were ground into powder and blended with rice gruel to

每空心人参汤化服一丸，即愈。世人治疟，惟用常山、砒霜毒物，多有所损。此方平易，人所不知。草窗周密云：此方治疟以无根水下，治痢以黄连、木香汤下，疟、痢亦多起于积滞故尔。

【附方】

新十。（略）



make pills the size of Zaojia/fructus gleditsiae/fruit of Chinese honey locust. One pill was taken before meal with a decoction of Renshen/radix ginseng/ginseng root. The patient was cured finally. Generally, doctors use Changshan/radix dichroae febrifugae/root of anti-febrile dichroae and Pishuang/arsenicum sublimatum/arsenic to treat protracted malaria. Use of such toxic drugs will cause damage consequently. But this prescription only uses mild drugs. It is a pity that doctors do not know it. So it is recorded here. Doctor Zhou Mi: The drug can be washed down with rootless water if it is used to treat malaria. If it is used to treat dysentery, wash it down with a decoction of Huanglian/rhizoma coptidis/coptis rhizome and Muxiang/radix aucklandiae/costus root. Both malaria and dysentery originate from accumulation and stagnation.”

[Prescriptions]

Ten prescriptions collected recently.





卢会（宋开宝）

【释名】

奴会开宝。讷会拾遗。象胆

【集解】

〔珣曰〕卢会生波斯国。状似黑饧，乃树脂也。〔颂曰〕今惟广州有来者。其木生山野中，滴脂泪而成。采之不拘时月。〔时珍曰〕卢会原在草部。药谱及图经所状，皆言是木脂。而一统志云：爪哇、三佛齐诸国所出者，乃草属，状如鲎尾，采之以玉器捣成膏。与前说不同，何哉？岂亦木质草形乎？



LUHUI

Aloes

Aloe

Aloe vera L.

[Aloe ferox Mill.]

Aloe vera L. var chinensis (Haw.) Berger.]

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

[Explanation of Names]

NUHUI

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

NAHUI

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

XIANGDAN

[Previous Explanations]

Li Xun: Luhui is produced in Persia. It looks like black maltose. It is a kind of tree resin.

Su Song: Now the drug is only available in Guangzhou. Its tree grows in the mountain wilds. The drug is from resin dripping from the tree. There is no definite time for collection.

Li Shizhen: Luhui was originally categorized in the Category of Herbs. The book *Yao Pu* and *Tujing Bencao* all say that the drug was a kind of tree resin.

The book *Yitong Zhi*: “Luhui produced in Zhaowa and Sanfoqi is a kind of herb. It looks like the tail of a king crab. Pound the drug in a jade mortar into paste. This is a different record from the previous record. Is it the resin of a tree or a kind of herb?”



【气味】

苦，寒，无毒。

【主治】

热风烦闷，胸膈间热气，明目镇心，小儿癫痫惊风，疗五疳，杀三虫及痔病疮痿，解巴豆毒开宝。主小儿诸疳热李珣。单用，杀疳蛔。吹鼻，杀脑疳，除鼻痒甄权。研末，傅龋齿甚妙。治湿癣出黄汁苏颂。

【发明】

〔时珍曰〕卢会，乃厥阴经药也。其功专于杀虫清热。已上诸病，皆热与虫所生故也。〔颂曰〕唐刘禹锡传信方云，予少年曾患癣，初在颈项间，后延上左耳，遂成湿疮浸淫。用斑蝥、狗胆、桃根诸药，徒令蜚蠊，其疮转盛。偶于楚州，卖药人教用卢会一两，炙甘草半两，研末，先以温浆水洗癣，拭净傅之，立干便瘥。真神奇也。



[Quality and Taste]

It is bitter, cold and nontoxic.

[Indications]

It is good for treating restlessness and suffocation due to invading pathogenic Wind and Heat. It disperses Heat resting in chest and diaphragm, brightens the eye and relieves palpitation. It also treats infantile convulsion and epilepsy, and five kinds of infantile malnutrition. It kills the Three Worms, treats hemorrhoid, sore and fistula, and detoxifies toxin of Badou/fructus crotonis/croton seed.

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

Li Xun: It is good for eliminating Heat in infantile malnutrition.

Zhen Quan: Use the drug singly to kill roundworms in a case of malnutrition. Blow the powder of the drug into nostrils to treat head-boils of a malnourished infant and itching.

Su Song: Grind into powder and insert it into the dental hole to treat caries. It also treats humid tinea with secretion of yellow fluid.

[Explication]

Li Shizhen: Luhui is a drug functioning on the Greater Yin Channel. It is especially effective to kill worms and clear Heat. The aforementioned diseases are all caused by worms and invading pathogenic Heat.

Su Song: The book *Chuanxin Fang* by Liu Yuxi of the Tang Dynasty (618-907) — “While I was young, I once suffered from tinea on the neck and back. Later it developed onto the left ear. Then, it develops into a kind of humid eczema. Drugs such as Banmao/mylabris/blister beetle/telini fly, dog bile and Taogen/radix persicae/peach root were adopted. But they did not seem to work. The affected part became itchy and thorny. The sore even developed. One day in Chuzhou, I met with a pharmacist who was selling his drugs. He treated me with the following drugs: One *liang* of Luhui was ground together with 0.5 *liang* of Zhigancao/radix glycyrrhizae preparata/liquorice root prepared into powder. First the affected part was washed with warm Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet and then the powder was applied. The affected part became dry immediately. This led to a full recovery. It is really a prescription that works wonders.”



槩木（本经上品）

【释名】

黄槩别录。根名檀桓

〔时珍曰〕槩木名义未详。本经言槩木及根，不言槩皮，岂古时木与皮通用乎？俗作黄柏者，省写之谬也。

【集解】

〔别录曰〕槩木生汉中山谷及永昌。〔恭曰〕子槩亦名山石榴，子似女贞，皮白不黄，亦名小槩，所在有之。今云皮黄，谬矣。按今俗用子槩皆多刺小树，名刺槩，非小槩也。〔禹锡曰〕按蜀本图经云：黄槩树高数丈。叶似吴茱萸，亦如紫椿，经冬不凋。皮外白，里深黄色。其根结块，



BAIMU

Chinese cork tree

Phellodendron chinense Schneid.,

Phellodendron amurense Rupr.

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

[Explanation of Names]

HUANGBAI

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

TANHUAN (the root)

Li Shizhen: The origin of the name Baimu is not clear. In *Shen Nong Bencao Jing*, only the wood and root were recorded. The bark was not recorded. Is it possible that in ancient times the wood and bark were used as the same thing? It is colloquially written as Huangbai (黄柏), a simplified version of the name.

[Previous Explanations]

Baimu grows in the mountain valleys of Hanzhong and Yongchang.

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

Su Gong: Zibai is also called Shanshiliu (mountain pomegranate). Its fruit looks like *Nüzhenzi/fructus ligustri lucidi/fruit of glossy privet*. The bark is white. It is also called Xiaobai (small Chinese cork tree), which can be found everywhere. People say its bark is yellow, but this is not correct. What is sold in the market as Xiaobai is a kind of small thorny tree, which is actually Cibai (thorny Chinese cork tree).

Zhang Yuxi: The book *Shuben Tujing* (*Illustrated Materia Medica of the Shu*) — The Chinese cork tree is several dozen *chi* tall. Its leaf looks like that of medicinal *evodia* or purple Chinese *toona*. It does not wither



如松下茯苓。今所在有，本出房、商、合等州山谷中。皮紧、厚二三分、鲜黄者上。二月、五月采皮，日干。〔颂曰〕处处有之，以蜀中出者肉厚色深为佳。

【修治】

〔敦曰〕凡使槲皮，削去粗皮，用生蜜水浸半日，漉出晒干，用蜜涂，文武火炙，令蜜尽为度。每五两，用蜜三两。〔元素曰〕二制治上焦，单制治中焦，不制治下焦也。〔时珍曰〕黄槲性寒而沉，生用则降实火，熟用则不伤胃，酒制则治上，盐制则治下，蜜制则治中。

【气味】

苦，寒，无毒。

〔元素曰〕性寒味苦，气味俱厚，沉而降，阴也。又云：苦厚微辛，阴中之阳。入足少阴经，为足太阳引经药。〔好古曰〕黄芩、栀子入肺，黄连入心，黄槲入肾，燥湿所



in winter. The bark is white outside and dark yellow inside. Its root forms pieces similar to poria under the pine root. Now, the tree can be found everywhere. It was originally found in mountain valleys in Fangzhou, Shangzhou and Hezhou. Its bark is solid, two to three *fen* thick. The bark that is fresh and yellow is good. Collect the bark in the second and fifth months of the year. Dry in the sun.

Su Song: Now, the drug is produced everywhere. That produced in Sichuan with thick bark of dark color is the top quality drug.

[Preparation]

Lei Xiao: First, peel off the coarse bark and then soak it in fresh honey water for half a day. Take it out and dry it in the sun. Then, apply honey on the drug and stir-fry it with strong and mild fire until the honey is all absorbed. Use three *liang* of honey to every five *liang* of drug.

Zhang Yuansu: If the drug is processed twice, it is good for treating diseases of the Shangjiao (the upper-jiao, the upper warmer). If it is processed only once, it is good for treating ailment of the Zhongjiao (the middle-jiao, the middle warmer). If it is not prepared, it works on the Xiajiao (the lower-jiao, the lower warmer).

Li Shizhen: Huangbai is cold in quality with a descending tendency. If the drug is not prepared, it brings down excessive Fire. If it is prepared, it will not bring harm to the Stomach. If it is prepared with wine, it ascends to the upper portion of the body. When it is processed with salt, it works on the lower portion. If it is processed with honey, it stays in the middle portion and works there.

[Quality and Taste]

It is bitter, cold and nontoxic.

Zhang Yuansu: It is cold in quality and bitter in taste. It is a drug of thick quality and taste. It has the tendency of descending, a drug of Yin. It is also recorded that the drug is bitter, thick in quality and slightly pungent. It is a drug of Yang in Yin. It works on the Kidney Channel of Foot Lesser Yin. It is a guiding drug of Urinary Bladder of Foot Initial Yang.

Wang Haogu: The following drugs, all having the quality of drying the



归，各从其类也。故活人书四味解毒汤，乃上下内外通治之药。〔之才曰〕恶干漆，伏硫黄。

【主治】

五脏肠胃中结热，黄疸肠痔，止泄痢，女子漏下赤白，阴伤蚀疮本经。疗惊气在皮间，肌肤热赤起，目热赤痛，口疮。久服通神别录。热疮疮起，虫疮血痢，止消渴，杀蛀虫藏器。男子阴痿，及傅茎上疮，治下血如鸡鸭肝片甄叔。安心除劳，治骨蒸，洗肝明目，多泪，口干心热，杀疳虫，治蛔心痛，鼻衄，肠风下血，后分急热肿痛大明。泻膀胱相



Humidity factor, functioning on different Viscera as follows: Huangqin/radix scutellariae/root of baikal skullcap and Zhizi/fructus gardeniae/fruit of Cape jasmine function on the Lung. Huanglian/rhizoma coptidis/coptis rhizome works on the Heart and Huangbai/cortex phellodendri/bark of Chinese cork tree functions on the Kidney. In the book *Huoren Shu*, there is a prescription called Siwei Jiedu Tang (Decoction of Detoxification with Four Drugs), which is a prescription designed to treat diseases of the exterior and interior, the upper and lower portions of the body.

Xu Zhicai: It is mutually inhibiting to Ganqi/lacca sinica exsiccatae/dried lacquer. In alchemist processing, the drug is good for oppressing Liu-huang/sulfur.

[Indications]

It disperses accumulation of pathogenic Heat in the Five Viscera, Intestine and Stomach. It treats jaundice and hemorrhoid, and stops diarrhea and dysentery. It treats metrorrhagia with bloody and whitish discharge of woman with erosion of the vulva.

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

It is good to disperse convulsion with pathogenic factors resting with the skin and with fever and skin rash. It also treats inflamed eye with hot feeling and pain and aphtha. Long-term use enlightens one's intelligence.

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

Chen Cangqi: It treats sores with hot feeling and vesicle, treats sores with worms, stops bloody dysentery, quenches thirst in diabetes and kills moths.

Zhen Quan: It treats impotence. It can be applied to treat sores on the penis. It also treats hematochezia with discharge similar to slices of chicken and duck liver.

Da Ming: It pacifies the mind and treats consumptive diseases and hectic fever due to Yin deficiency. It clears away pathogenic factors resting with the Liver, brightens the eye, stops profuse tear shedding, moistens parched oral cavity and relieves heartburn. It kills worms in an infantile malnutrition case, relieves heart pain due to ascariasis, stops epistaxis and treats hematochezia due to attack of pathogenic Wind in the intestine with



火，补肾水不足，坚肾壮骨髓，疗下焦虚，诸痿瘫痪，利下窍，除热元素。泻伏火，救肾水，治冲脉气逆，不渴而小便不通，诸疮痛不可忍李杲。得知母，滋阴降火。得苍术，除湿清热，为治痿要药。得细辛，泻膀胱火，治口舌生疮震亨。傅小儿头疮时珍。

【发明】

〔元素曰〕黄槲之用有六：泻膀胱龙火，一也；利小便结，二也；除下焦湿肿。三也；痢疾先见血，四也；脐中痛，五也；补肾不足，壮骨髓，六也。凡肾水膀胱不足，诸痿厥脚膝无力，于黄芪汤中加用，使两足膝中气力涌出，痿软即便去也，乃瘫痪必用之药。蜜炒研末，治口疮如神。故雷公炮炙论云：口疮舌坼，立愈黄酥。谓以酥炙根黄，



pain, swelling and hot feeling in the anus.

Zhang Yuansu: It purges the Xianghuo (the ministerial Fire) of the Urinary Bladder, tonifies the insufficiency of Kidney Water, consolidates the Kidney to strengthen the bone and marrow. It tonifies deficient condition at the lower portion, treats paralysis of various types, and facilitates the function of the lower orifices and eliminates Heat.

Li Gao: It purges hidden Heat and rescues the exhausting Kidney Water. It regulates the adverse movement of qi in Chong Channel (Penetrating Vessel), treats dysuria without thirst, and relieves unbearable pain in sores.

Zhu Zhenheng: When it is used together with Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena, it moistens Yin and brings down Fire. When it is used together with Cangzhu/rhizoma atractylodis/atractylodes rhizome, it eliminates Humidity and Heat. It is a very important drug in treating paralysis. Together with Xixin/herba asari/herb of Manchurian wild ginger, it purges the Fire in Urinary Bladder. It is also good for treating aphtha on tongue and in oral cavity.

Li Shizhen: It can be applied to treat tinea capitis of infant.

[Explication]

Zhang Yuansu: Huangbai has six therapeutic functions: One: It purges the dragon Fire in the Urinary Bladder. Two: It facilitates urination. Three: It eliminates edema due to excessive Humidity at the lower portion. Four: It treats dysentery with hematochezia occurring before a stool. Five: It relieves pain in the umbilicus. Six: It tonifies the insufficient condition of the Kidney and consolidates the marrow. It can be added to the prescription Huangqi Tang (decoction of Huangqi/radix astragali/root of membranous milkvetch) designed to treat paralysis and a cold and weak knee and leg due to insufficient condition of Water in the Kidney and deficient condition of the Urinary Bladder. After taking the drug, the patient will feel a rush of strength from the knees and feet. The patient is no longer weak. It is a drug that must be used in treating paralysis. Stir-fry it together with honey and then grind it into powder. Apply it to treat aphtha. It just works wonders.

The book *Lei Gong Paozhi Lun* (*Lei Gong's Treatises on Preparation of Drugs*): To treat aphtha with chapped tongue, use stir-fried Huangbai/ra-



含之也。〔杲曰〕黄槲、苍术，乃治痿要药。凡去下焦湿热作肿及痛，并膀胱有火邪，并小便不利及黄涩者。并用酒洗黄槲、知母为君，茯苓，泽泻为佐。凡小便不通而口渴者，邪热在气分，肺中伏热不能生水，是绝小便之源也。法当用气味俱薄、淡渗之药，猪苓、泽泻之类，泻肺火而清肺气，滋水之化源。若邪热在下焦血分，不渴而小便不通者，乃素问所谓无阴则阳无以生、无阳则阴无以化。膀胱者州都之官，津液藏焉，气化则能出矣。法当用气味俱厚、阴中之阴药治之，黄槲、知母是也。长安王善夫病小便不通，渐成中满，腹坚如石，脚腿裂破出水，双睛凸出，饮食不下，痛苦不可名状。治满，利小便、渗泄之药服遍矣。予诊之曰：此乃奉养太过，膏粱积热，损伤肾水，致膀胱久而干涸，小



dix phellodendri/root of Chinese cork tree. The way to prepare it is to stir-fry the root with butter until it turns yellow. Hold a drug in mouth.

Li Gao: Huangbai and Cangzhu/rhizoma atractylodis/atractylodes rhizome are two important drugs in treating paralysis. To treat swelling and pain in the lower portion of the body accompanied by excessive Fire in the Urinary Bladder and dysuria with yellow and astringent urine, prescribe the following drugs: Use Huangbai (washed with wine) and Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena as the principal drugs, accompanied by these assistant drugs: Fuling/poria/indian bread and Zexie/rhizome alismatis/rhizome of oriental water plantain. The following prescription is good for treating dysuria with thirst. The pathology: When pathogenic Heat is resting with the qi system, the hidden Heat in the Lung makes it difficult for Water to be germinated. This cuts short the source of Water (urine). It should be treated with drugs of thin quality and taste and with draining function. Such drugs include Zhuling/polyporus/agaric and Zexie. Such drugs are good to purge Fire in the Lung and clear qi in the Lung. They also nourish the source of Water. In another case when pathogenic Heat is resting with the blood system in the Lower portion accompanied by dysuria without thirst, it is described by *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* as: Without Yin, Yang cannot be germinated, and without Yang, Yin cannot be evolved. The Urinary Bladder is a place where Jinye (body fluid) is stored. When qi can exercise its evaporation function, urination will be normal. The treatment is the adoption of drugs with thick quality and taste and a drug of Yin in the Yin. Such drugs are Huangbai and Zhimu. Mr. Wang Shanfu, a native of Chang'an, was once suffering from dysuria. After some time, the patient had a distended abdomen, which was as hard as stone. His leg and foot were chapped with secretion of fluid. The eyes were protruding and nothing could be eaten. The patient had terrible suffering. Drugs treating abdominal distention, smoothing urination and draining fluid retention had all been tried, but to no avail. When I examined the patient, I found that it was a case caused by damage to the Kidney Water due to too much consumption of nutrient food, which accumulated little by little into Heat. After a long time, the Urinary Bladder was dried up and urine could not be excreted



便不化，火又逆上，而为呕哕。难经所谓关则不得小便，格则吐逆者。洁古老人言：热在下焦，但治下焦，其病必愈。遂处以北方寒水所化大苦寒之药，黄檗、知母各一两，酒洗焙碾，入桂一钱为引，熟水丸如芡子大。每服二百丸，沸汤下。少时如刀刺前阴火烧之状，溺如瀑泉涌出，床下成流，顾盼之间，肿胀消散。内经云：热者寒之。肾恶燥，急食辛以润之。以黄檗之苦寒泻热、补水润燥为君，知母之苦寒泻肾火为佐，肉桂辛热为使，寒因热用也。〔震亨曰〕黄檗走至阴，有泻火补阴之功，非阴中之火，不可用也。火有二：君火者，人火也，心火也，可以湿伏，可以水灭，可以直折，黄连之属可以制之；相火者，天火也，龙雷之火也，阴火也，不可以水湿折之，当从其性而伏之，惟黄檗之属可以



as normal. Pathogenic Fire also ascended upward, causing vomiting and nausea. As the book *Nanjing (Difficult Classic)* put it: Guan is a case when dysuria results and Ge is the vomiting and nausea. And this was the case. Master Zhang Jiegu once said that when Heat was resting in the lower portion, treat the latter and the ailment would be gone. Huangbai and Zhimu are both drugs evolved by the winter in the north, which is very bitter and very cold, and were given in the following way:

One *liang* of Huangbai (washed with wine, baked and ground into powder),

one *liang* of Zhimu (washed with wine, baked and ground into powder), and

one *qian* of Rougui/cortex cinnamomi/cassia bark.

The drugs were made into pills with boiled water the size of Qianshi/ semen euryales/seed of gordon euryale. Two hundred pills were taken with boiling water per dose. After a while, the patient began to feel a stabbing pain in the penis as if it were burned. But urine like a spring burst out and the floor under bed was over flowed. Only after a short time, the distention disappeared. Analysis: The book *Huangdi Neijing (Canon of Medicine of the Yellow Emperor)* recommended treating a Heat syndrome with drugs of Cold quality. The Kidney is a Viscus that does not like Dryness. When it is overwhelmed by such a condition, take a drug of pungent taste to moisten it urgently. In the above prescription, Huangbai, bitter and cold, is given to purge Heat. It tonifies Water and moistens Dryness. It is a principal drug. Zhimu, bitter and cold, purges the Kidney Fire. It is used as an assistant drug. Rougui, pungent and hot, is used as a guiding drug. This is a drug of hot quality accompanying a drug of cold quality to function more effectively.

Zhu Zhenheng: Huangbai functions on extreme Yin. It is a drug that purges Heat as well as tonifying Yin. It can only be used in a case with Fire hiding in Yin. There are two kinds of Fires: One is Junhuo (the monarch Fire). It is a kind of Fire of man, a Fire of the Heart. If it is too excessive, it can be curbed by Humidity, or by Water. Drugs like Huanglian/rhizoma coptidis/coptis rhizome can be used to put it out directly. Xianghuo (the ministerial Fire) is a kind of Fire of the Heaven, a Fire of dragon and thunder. It is a kind of Fire of Yin nature and cannot be put out by Humidity or



降之。〔时珍曰〕古书言知母佐黄檗，滋阴降火，有金水相生之义。黄檗无知母，犹水母之无虾也。盖黄檗能制膀胱、命门阴中之火，知母能清肺金，滋肾水之化源。故洁古、东垣、丹溪皆以为滋阴降火要药，上古所未言也。盖气为阳，血为阴。邪火煎熬，则阴血渐涸，故阴虚火动之病须之。然必少壮气盛能食者，用之相宜。若中气不足而邪火炽甚者，久服则有寒中之变。近时虚损，及纵欲求嗣之人，用补阴药，往往以此二味为君，日日服饵。降令太过，脾胃受伤，真阳暗损，精气不暖，致生他病。盖不知此物苦寒而滑渗，且苦味久服，有反从火化之害。故叶氏医学统旨，有“四物加知母、黄檗，久服伤胃，不能生阴”之戒。

【附方】

旧十三，新三十。（略）



water, but only with drugs such as Huangbai.

Li Shizhen: Ancient classics said that assisted by Zhimu, Huangbai was good to moisten Yin and bring down Fire. This match of the two drugs is in conformity with the idea of Metal producing Water sequence (Lung producing Kidney). Without Zhimu, Huangbai does not work that efficiently. This is because Huangbai is a drug that controls the Urinary Bladder and puts out the Yin Fire in Mingmen (Gate of Life). Zhimu is good to clear the Fire in the Lung (Metal), thus nourishing the source of the Kidney Water. Therefore, masters like Zhang Jiegu, Li Gao and Zhu Zhenheng all regarded the drug as an important one in moistening Yin and bringing down Fire. This was not mentioned in earlier classics. *Pathology*: Qi is Yang and blood is Yin. When pathogenic Fire is scorching the body, Yin blood will be exhausted. Therefore diseases with deficient condition of Yin and rampant Fire require adoption of Huangbai. But the drug is only suitable for a young patient with strong physiological condition and who has a good appetite. For a patient having insufficient condition of the interior qi but with the rampage of excessive Fire, long-term use of Huangbai may lead to cold congealing. Recently, people in consumptive and debilitated condition, or those who wish to have better sex and to be more productive, like to use Huangbai and Zhimu as the principal drugs in a prescription designed to tonify Yin. They like to take the drug everyday. As the drugs have too much of a descending tendency, long-term use of them will damage the Spleen and Stomach, causing consumption of genuine Yin and a cold condition in sperm. Complications may arise consequently. This is because these people do not realize the draining and slipping quality of these two drugs, which are cold and bitter. Also, long-term use of a bitter drug may lead to accumulation of Fire.

The book *Yeshi Yixue Tongzhi*: Siwu Tang adding Zhimu and Huangbai is not a very good prescription leading to production of Yin. It hurts the Stomach only if it is taken for a long time.

[Prescriptions]

Thirteen prescriptions collected previously, and
30 prescriptions collected recently.



厚朴（本经中品）

【释名】

烈朴日华。赤朴别录。厚皮同。重皮广雅。树名榛别录。子名逐折别录。

〔时珍曰〕其木质朴而皮厚，味辛烈而色紫赤，故有厚朴、烈、赤诸名。〔颂曰〕广雅谓之重皮，方书或作厚皮也。

【集解】

〔别录曰〕厚朴生交趾、冤句。三月、九月、十月采皮，阴干。〔颂曰〕今洛阳、陕西、江淮、湖南、蜀川山谷



HOUPO

Official magnolia.

Magnolia officinalis Rehd. et Wils. var *biloba* Rehd. et Wils.

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

[Explanation of Names]

LIEPO

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

CHIPO

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

HOUPI

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

CHONGPI

— *Guang Ya*.

ZHEN (the tree)

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

ZHUZHE (the seed)

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

Li Shizhen: The wood of this tree is simple and unadorned. Its bark is thick, with a strong pungent taste and is purple in color. So it has such names as Houpo (thick and unadorned), Liepo (strong and unadorned) and Chipu (red and unadorned).

Su Song: In the book *Guang Ya*, it is called Chongpi. In the prescription books, it is also called Houpi.

[Previous Explanations]

Houpo is produced in Jiaozhi and Yuanju. Collect the bark in the third, ninth and tenth months and dry in the shade.

Su Song: Now, the tree can be found in mountain valleys in Luoyang,



中往往有之，而以梓州、龙州者为上。木高三四丈，径一二尺。春生叶如槲叶，四季不凋。红花而青实。皮极鳞皱而厚，紫色多润者佳，薄而白者不堪。

皮

〔修治〕〔斲曰〕凡使要紫色味辛者为好，刮去粗皮。入丸散，每一斤用酥四两炙熟用。若入汤饮，用自然姜汁八两炙尽为度。〔大明曰〕凡入药去粗皮，用姜汁炙，或浸炒用。〔宗奭曰〕味苦。不以姜制，则棘人喉舌。

〔气味〕苦，温，无毒。〔别录曰〕大温。〔吴普曰〕神农、岐伯、雷公：苦，无毒。李当之：小温。〔权曰〕苦、辛，大热。〔元素曰〕气温，味苦、辛。气味俱厚，体重浊而微降，阴中阳也。〔杲曰〕可升可降。〔之才曰〕干



Shaanxi, Jianghuai, Hunan and Sichuan. The drug produced in Zizhou and Longzhou is of top quality. The tree is 30 to 40 *chi* tall, one or two *chi* in diameter. In spring the leaf grows, which looks like Huye/fo^{lium} querci dentatae/leaf of daimyo oak. It does not wither in all the four seasons. The flower is red and the fruit is green. The bark is very much creased and scaly. Bark that is thick, purple and moistened is the best drug. Bark that is thin and white is no good at all.

HOUPOPI

Bark of official magnolia
Cortex magnoliae officinalis

[Preparation]

Lei Xiao: The best drug is purple and with a strong pungent taste. Scrub off the coarse bark. If the drug is to be used in the preparation of pill and powder, it should be stir-fried with butter. Use four *liang* of butter to each one *jin* of drug. If the drug is to be added in a decoction, stir-fry one *jin* of the drug with eight *liang* of juice of fresh ginger until the juice is completely exhausted.

Da Ming: First, take off the coarse bark. Then, stir-fry the drug together with juice of fresh ginger. Or, soak it in juice of fresh ginger first and then stir-fry it.

Kou Zongshi: The drug is bitter. If not prepared with juice of fresh ginger, it stimulates the throat and tongue.

[Quality and Taste]

It is very warm.

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

Wu Pu: according to Shen Nong, Qi Bo and Lei Gong. It is slightly warm, according to Li Dangzhi.

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

Zhang Yuansu: It is warm in quality, bitter and pungent in taste. It is a drug with thick quality and taste. It is a very heavy and turbid drug that descends slightly. It is a drug of Yang in Yin.



姜为之使。恶泽泻、消石、寒水石。忌豆，食之动气。

〔主治〕中风伤寒，头痛寒热惊悸，气血痹，死肌，去三虫本经。温中益气，消痰下气，疗霍乱及腹痛胀满，胃中冷逆，胸中呕不止，泄痢淋露，除惊，去留热心烦满，厚肠胃别录。健脾，治反胃，霍乱转筋，冷热气，泻膀胱及五脏一切气，妇人产前产后腹脏不安，杀肠中虫，明耳目，调关节大明。治积年冷气，腹内雷鸣虚吼，宿食不消，去结水，破宿血，化水谷，止吐酸水，大温胃气，治冷痛，主病人虚而尿白甄叔。主肺气胀满，膨而喘咳好古。



Li Gao: It is a drug that moves both upward and downward.

Xi Zhicai: Ganjiang/rhizoma zingiberis/dried ginger can be used as its guiding drug. It is mutually inhibiting to Zexie/rhizoma alismatis/rhizome of oriental water plantain, Xiaoshi/sal nitri/niter and Hanshuishi (gypsum fibrosum/gypsum or calcitum/calcite). Beans should be prohibited. If it is eaten, it arouses the movement of qi.

[Indications]

It is good for treating febrile diseases caused by Wind or Cold with headache, chill and fever, fright and palpitation. It dredges through obstruction of the flow of qi and blood. It eliminates dead muscle and kills Three Worms (ascariasis, teniasis and oxyuriasis).

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

It warms the interior and reinforces qi. It dissolves phlegm and brings down adverse ascending of gas. It treats cholera, epigastric and abdominal distention and pain, warms the cold feeling in the Stomach and suppresses the nauseating sensation in the chest. It stops diarrhea and dysentery, treats stranguria and lochia, eliminates convulsion, and disperses restlessness with heartburn. It strengthens the function of the Intestine and Stomach.

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

Da Ming: It replenishes the Spleen and is good for treating regurgitation, cholera with spasm with hot and cold gas. It disperses all kinds of adverse movement of gas in the Urinary Bladder and the Five Viscera. It is good to pacify the Viscera and Bowels of a woman in ante and postpartum periods. It kills worms in the Intestine, brightens eye, and facilitates the movement of joints.

Zhen Quan: It disperses congealed cold that has lasted for years with intestinal booming sound and indigestion. It disperses Water retention, removes blood stasis, helps digest cereals, and stops acid regurgitation. It greatly warms Stomach qi, and relieves pain with cold feeling. It is good to improve the condition of a weak patient with clean urine.

Wang Haogu: It reduces Lung distension with asthma and coughing.



〔发明〕〔宗奭曰〕厚朴，平胃散中用，最调中。至今此药盛行，既能温脾胃，又能走冷气，为世所须也。〔元素曰〕厚朴之用有三：平胃，一也；去腹胀，二也；孕妇忌之，三也。虽除腹胀，若虚弱人，宜斟酌用之，误服脱人元气。惟寒胀大热药中兼用，乃结者散之之神药也。〔震亨曰〕厚朴属土，有火。其气温，能泻胃中之实也，平胃散用之。佐以苍术，正为泻胃中之湿，平胃土之太过，以致于中和而已，非谓温补脾胃也。习以成俗，皆谓之补，哀哉！其治腹胀者，因其味辛以提其滞气，滞行则宜去之。若气实人，误服参、芪药多补气，胀闷或作喘，宜此泻之。〔好古曰〕



[Explication]

Kou Zongshi: When Houpo is used in the prescription Pingwei San,* it harmonizes the interior. Until now, Houpo has become a very commonly used drug as it warms the Spleen and Stomach as well as dispersing cold gas. It is a drug that is widely needed.

Zhang Yuansu: There are three therapeutic functions of Houpo: First, it pacifies the Stomach. Second, it eliminates abdominal distention. Third, it is prohibited to pregnant woman. Although it eliminates abdominal distention, the dosage should be carefully valued as overdosing many consume Yuanqi (Primordial Vital Energy). When it is used in a prescription designed to treat abdominal distention due to excessive cold, Houpo is a very strong drug.

Zhu Zhenheng: Houpo pertains to the Earth element with Fire. It is warm in quality and is able to purge excess in the Stomach. When it is used in Pingweisai, the drug is good to purge the pathogenic Humidity in the Stomach when it is assisted by Cangzhu/rhizoma atractylodis/atractylodes rhizome. It functions to regulate excess of the Stomach so as to keep a balanced condition. It is not that Houpo is a drug that is warm and tonifies the Stomach, although this is a normal understanding of the drug, which is not right. What a pity! When the drug is used to treat a case with abdominal distention, it functions to ventilate the stagnant qi. Once it is dredged through, the drug should not be used any more. To a patient with excessive condition of qi, if Renshen/radix ginseng root and Huangqi/radix astragali/

*Pingwei San:

Houpo,

Jiangzhi/succus zingiberis recens/juice of fresh ginger,

Chenpi/pericarpium citri reticulatae/tangerine peel,

Gancao/radix glycyrrhizae/licuorice root,

Cangzhu/rhizoma atractylodis/atractylodes rhizome,

Shengjiang/rhizoma zingiberis recens/fresh ginger,

and

Dazao/fructus jujubae/Chinese date



本草言厚朴治中风伤寒头痛，温中益气，消痰下气，厚肠胃，去腹满，果泄气乎？果益气乎？盖与枳实、大黄同用，则能泄实满，所谓消痰下气是也。若与橘皮、苍术同用，则能除湿满，所谓温中益气是也。与解利药同用，则治伤寒头痛；与泻痢药同用，则厚肠胃。大抵其性味苦温，用苦则泄，用温则补也。故成无己云：厚朴之苦，以泄腹满。〔杲曰〕苦能下气，故泄实满；温能益气，故散湿满。

〔附方〕旧九，新五。（略）



root of membranous milkvetch are given to tonify qi, then distention and stuffiness will occur. At this time, Houpo can be added in the decoction to purge excess.

Wang Haogu: *Shen Nong Bencao Jing* records that Houpo was good for treating febrile diseases caused by Wind and Cold with headache. It warms the interior and reinforces qi. When the drug is used together with Dahuang/radix et rhizoma rhei/rhubarb and Zhishi/fructus aurantii immaturus/immature bitter orange, it functions to purge excess and fullness. In other words, it dissolves phlegm and brings down adverse ascending of gas. When Houpo is used together with tangerine peel and Cangzhu/rhizoma atractylodis/atractylodes rhizome, the drug is good to eliminate pathogenic Humidity and fullness. This is the so-called warming the interior and reinforces qi. When Houpo is used together with drugs with dispersing function, it is good for treating febrile disease caused by Cold with headache. When it is used together with drugs good for treating diarrhea and dysentery, it functions to strengthen the function of Stomach and Intestine. Generally speaking, the drug is good at purging as it has a bitter taste, and tonifying, as it is warm in quality.

Li Gao: Bitter as it is, it brings down the adverse ascending of gas and purges excessive fullness in the abdomen. Warm as it is, it disperses Humidity and fullness.

[Prescriptions]

Nine prescriptions collected previously, and five prescriptions collected recently.



杜仲（本经上品）

【释名】

思仲别录。思仙本经。木绵吴普。櫛

〔时珍曰〕昔有杜仲服此得道，因以名之。思仲、思仙，皆由此义。其皮中有银丝如绵，故曰木绵。其子名逐折，与厚朴子同名。

【集解】

〔别录曰〕杜仲生上虞山谷及上党、汉中。二月、五月、六月、九月采皮。〔弘景曰〕上虞在豫州，虞、号之虞，非会稽上虞县也。今用出建平、宜都者。状如厚朴，折之多白丝者为佳。〔颂曰〕今出商州、成州、峡州近处大山中。叶



DUZHONG

Eucommia

Eucommia ulmoides Oliv.

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

[Explanation of Names]

SIZHONG

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

SIXIAN

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

MUMIAN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

MIAN

Li Shizhen: It is said that there was a Master, Du Zhong, who became an immortal by taking this drug. So the drug is called Duzhong from then on. The names such as Sizhong (Longing for Duzhong), Sixian (longing for immortality) are all given in the same reason. The silver fiber from the bark looks like the fiber of cotton, so it is also called Mumian (wooden cotton). Its seed is called Zhuzhe, which is a same name as the seed of official magnolia.

[Previous Explanations]

The Duzhong tree grows in the mountain valleys in Shangyu, Shangdang and Hanzhong. Collect the bark in the second, fifth, sixth and ninth months.

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

Tao Hongjing: Shangyu is a place in Yuzhou. It is not the Shangyu County in Guiji. Now the drug is used in Jianping and Yidu. It looks like Houpo. That with plenty of white fiber when it is broken is of top quality.



亦类柘，其皮折之白丝相连。江南谓之櫟。初生嫩叶可食，谓之櫟芽。花、实苦涩，亦堪入药。木可作屐，益脚。

皮

〔修治〕〔斲曰〕凡使削去粗皮。每一斤，用酥一两，蜜三两，和涂火炙，以尽为度。细锉用。

〔气味〕辛，平，无毒。〔别录曰〕甘，温。〔权曰〕苦，暖。〔元素曰〕性温，味辛、甘。气味俱薄，沉而降，阴也。〔杲曰〕阳也，降也。〔好古曰〕肝经气分药也。〔之才曰〕恶玄参、蛇蜕皮。

〔主治〕腰膝痛，补中益精气，坚筋骨，强志，除阴下痒湿，小便余沥。久服，轻身耐老本经。脚中酸疼，不欲践



Su Song: Now the tree is found in the big mountains close to Shanghai, Chengdu and Xiazhou. Its leaf is similar to the leaf of tricuspid cudrania, when the bark is broken into two parts, white fibers link them. It is called Mian in the area south of the Yangtze River. The new tender bud is edible. It is called Mianya. Its flower and fruit are bitter and astringent, and can also be used as drug. Its wood can be made into sandals.

DUZHONGPI

Eucommia bark

Cortex eucommiae

[Preparation]

Lei Xiao: First, peel off the coarse bark. Apply only one *liang* of butter and three *liang* of honey on one *jin* of Duzhong and then stir-fry the drug until butter and honey are well absorbed. Then, file the drug into small pieces.

[Quality and Taste]

It is pungent, plain and nontoxic.

It is sweet and warm.

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

Zhen Quan: It is bitter and warm.

Zhang Yuansu: It is warm in quality, pungent and sweet in taste. It is a drug with thin quality and taste. It is a drug with sinking and descending tendency, and a drug of Yin.

Li Gao: It is a drug of Yang with descending tendency.

Wang Haogu: It functions on the qi system of the Liver Channel.

Xu Zhicai: It is mutually inhibiting to Xuanshen/radix scrophulariae/figwort root and Shetui/periostacum serpentis/snake slough.

[Indications]

It relieves pain in the waist and knee. It tonifies the interior, reinforces Jing, consolidates tendon and bone, and enhances willpower. It eliminates humid and itching scrotum and stops urinary dripping. Long-term use



地别录。治肾劳，腰脊挛大明。肾冷，臀腰痛。人虚而身强直，风也。腰不利，加而用之甄叔。能使筋骨相着李杲。润肝燥，补肝经风虚好古。

〔发明〕〔时珍曰〕任仲古方只知滋肾，惟王好古言是肝经气分药，润肝燥，补肝虚，发昔人所未发也。盖肝主筋，肾主骨。肾充则骨强，肝充则筋健。屈伸利用，皆属于筋。杜仲色紫而润，味甘微辛，其气温平。甘温能补，微辛



makes one feel happy and vigorous and able to enjoy a long life.

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

It is good for treating sore feet too sensitive to walk on.

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

Da Ming: It is good for treating consumptive disease due to Kidney disorder and contraction of the waist and spinal cord.

Zhen Quan: It relieves lumbago due to prevalence of Cold in the Kidney. When a patient is in a debilitated condition with a stiff and rigid back, it shows the invasion of pathogenic Wind. Duzhong should be added to disperse the pathogen.

Li Gao: The drug is good for coordinating the tendon and bone to work harmoniously.

Wang Haogu: It moistens Dryness in the Liver, tonifies the debilitated condition of the Liver Channel and disperses the invading pathogenic Wind.

[Explication]

Li Shizhen: According to ancient prescription books, Duzhong is known as a drug that moistens the Kidney. But Wang Haogu thought that it was a drug functioning on the qi system of the Liver Channel. It moistens Dryness in the Liver, and tonifies the debilitated condition of the Liver. What Wang Haogu said further explored the efficacies of the drug, which were not mentioned in the past. Comment: The Liver is a Viscus that dominates the Liver, the tendon, the Kidney and the bone. When the Kidney is overfilled, the bone is solid and strong. When the Liver is fully reinforced, the tendon will be in good condition. The tendon controls the binding, stretching and working of the extremities. Duzhong is a drug that is purple in color and moistening in function. It is sweet and slightly pungent in taste, warm and plain in quality. Sweet and warm as it is, it functions as a tonic. As it is slightly pungent, it has the function of moistening. Therefore, it is a drug that functions on the Liver and tonifies the Kidney. The Son Viscus makes the Mother Viscus strong.*

*The Mother-Son relationship (producing sequence) of the Five Elements:



能润。故能入肝而补肾，子能令母实也。按庞元英谈藪：一少年新娶，后得脚软病，且疼甚。医作脚气治不效。路铃孙琳诊之。用杜仲一味，寸断片拆。每以一两，用半酒、半水一大盏煎服。三日能行，又三日全愈。琳曰：此乃肾虚，非脚气也。杜仲能治腰膝痛，以酒行之，则为效容易矣。

〔附方〕旧六，新三。（略）

Liver — Heart — Spleen — Kidney — Liver

mother — son

mother — son

mother — son

mother — son

mother — son

The book *Tan Sou* by Pang Yuanying: Shortly after a man got married, he began to suffer from deliberated and weak feet with profuse pain. A doctor treated the case as beriberi. But the treatment did not work. Later, the patient was treated by Doctor Sun Lin, who prescribed only one drug. Preparation:

Cut Duzhong into one-inch segments and break it into thin pieces. Stew one liang of the drug with one big cup each of wine and water to make a decoction. After three days of such treatment, the patient was able to walk again. After another three days, the patient fully recovered. The doctor commented: This is not a case caused by the debilitated condition of the Kidney. As Duzhong is a drug that treats pain in waist and knee, it is given together with wine to strengthen its function. So it works even better.

[Prescriptions]

Six prescriptions collected previously, and three prescriptions collected recently.





楝 (本经下品)

【释名】

苦楝图经。实名金铃子

〔时珍曰〕按罗愿尔雅翼云：楝叶可以练物，故谓之楝。其子如小铃，熟则黄色。名金铃，象形也。

【集解】

〔别录曰〕楝实生荆山山谷。〔弘景曰〕处处有之。俗人五月五日取叶佩之，云辟恶也。〔恭曰〕此有雌雄两种：雄者无子，根赤有毒，服之使人吐，不能止，时有至死者；雌者有子，根白微毒。入药当用雌者。〔颂曰〕楝实以蜀川者为佳。木高丈余，叶密如槐而长。三四月开花，红紫色，



LIAN

Chinaberry

Melia azedarach L.,

Melia toosendan Sieb. et Zucc.

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

[Explanation of Names]

KULIAN

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

JINLINGZI (the fruit)

Li Shizhen: The book *Er Ya Yi* by Luo Yuan: The leaf of the tree can be used to process things, so it is called Lian (processing). Its fruit looks like a little bell and gets yellow when ripe. So it is called Jinling (zi) (golden bell fruit).

[Previous Explanations]

Chinaberry grows in the valleys of Jingshan mountain.

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

Tao Hongjing: The tree can be found everywhere. People collect the leaf on the fifth month and wear it on their clothes, saying that this can prevent an attack of vicious agents.

Su Gong: There are two kinds of the tree: One is male and the other female. The male tree does not bear fruit. Its root is red and toxic. It will induce unstoppable vomiting, and may lead to death. The female tree has fruit. Its root is slightly toxic. Only use the female one.

Su Song: Chinaberry fruit produced in Sichuan is the best. The tree is more than 10 *chi* tall. The tree is covered with dense leaves. The leaf is similar to *Huaiye*/folium *sophorae*/leaf of Japanese pagoda tree, but is lon-



芬香满庭。实如弹丸，生青熟黄，十二月采之。根采无时。
〔时珍曰〕楝长甚速，三五年即可作椽。其子正如圆枣，以川中者为良。王禎农书言鹌鹑食其实。应劭风俗通言獬豸食其叶。宗懔岁时记言蛟龙畏楝，故端午以叶包粽，投江中祭屈原。

实

〔修治〕〔斲曰〕凡采得晒干，酒拌令透，蒸待皮软，刮去皮，取肉去核用。凡使肉不使核，使核不使肉。如使核，捶碎，用浆水煮一伏时，晒干。其花落子，谓之石茱萸，不入药用。〔嘉谟曰〕石茱萸亦入外科用。



ger. It blooms in the third and fourth months. The flower is red and purple. It is fragrant and the good smell spreads all about the courtyard. The fruit is similar to a bullet, blue-green at first and turning yellow when ripe. Collect the fruit in the 12th month. There is no definite time for collection of the root.

Li Shizhen: The Chinaberry tree grows fast. After only three to five years, its wood can be used to make house rafters. Its fruit looks like a round date. That produced in Sichuan is of top quality.

The book *Nong Shu* by Wang Zhen: Yuanchu eats its fruit.

The book *Fengsu Tong* by Ying Shao: Xiezhi eats its leaf.

The book *Suishi Ji* by Zong Lin: A dragon is afraid of Chinaberry. That is why on the fifth day of the fifth month, people make Zongzi (pyramid-shaped dumpling made of glutinous rice wrapped in bamboo or reed leaves) with leaf of Chinaberry and throw it in river to remember Qu Yuan.

LIANSHI

Fruit of Chinaberry

Fruit of Szechwan Chinaberry

Fructus meliae azedarach

Fructus toosendan

[Preparation]

Lei Xiao: Dry the drug in the sun first. Then, blend the fruit with wine until it is soaked through. Steam the drug until its capsule is soft. Scrub off the capsule and take off the kernel. Use the pulp only. For medical use, if the pulp is used, its kernel should be taken off. If the kernel is to be used, do not use the pulp. If the kernel is to be used, it should be processed like this: Pound the kernel until it is cracked into pieces. Stew it in Jiangshui/aqua setariae germinatus fermentatal/fermented water of foxtail millet for a full day and night. Then dry it in the sun. The fruit that drops automatically is called Shizhuyu, which is not used as drug.

Chen Jiamo: Shizhuyu can be used externally.

[Quality and Taste]

It is bitter, cold and slightly toxic.



〔气味〕苦，寒，有小毒。〔元素曰〕酸、苦，平。阴中之阳。〔时珍曰〕得酒煮，乃寒因热用也。茴香为之使。

〔主治〕温疾伤寒，大热烦狂，杀三虫，疥疡，利小便水道本经。主中大热狂，失心躁闷，作汤浴，不入汤使甄权。入心及小肠，止上下部腹痛李杲。泻膀胱好古。治诸疝虫痔时珍。

〔发明〕〔元素曰〕热厥暴痛，非此不能除。〔时珍曰〕棟实导小肠、膀胱之热，因引心包相火下行，故心腹痛及疝气为要药。甄权乃言不入汤使，则本经何以有治热狂、利小便之文耶？近方治疝，有四治、五治、七治诸法，盖亦配合之巧耳。



Zhang Yuansu: It is sour, bitter and plain. It is a drug of Yang in Yin.

Li Shizhen: It can be stewed with wine. In this way, it can function like a hot drug although it is still cold in quality. Huixiang/fructus foeniculi/fennel fruit can be used as its guiding drug.

[Indications]

It is good for treating acute febrile disease and that caused by Cold with high fever, restlessness and mania. It kills Three Worms, and treats scabies and sores with ulceration. It facilitates urination.

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

Zhen Quan: It brings down high fever with mania, irritation and stuffiness. Stew the drug to make a decoction. Bathe the patient with the decoction. Do not take it.

Li Gao: It functions on the Heart and Small Intestine Channels. It relieves upper and lower abdominal pain.

Wang Haogu: It purges the excess in the Urinary Bladder.

Li Shizhen: It treats hernia and hemorrhoid with worms.

[Explication]

Zhang Yuansu: It is good for treating colic with cold extremities due to pent-up pathogenic Heat. It is the only drug that works effectively in the treatment of such disease.

Li Shizhen: Kulianzi is good to bring down the pathogenic Heat resting in the Small Intestine and Urinary Bladder. It leads Xianghuo (the ministerial Fire) of the Pericardium to flow downward. It is an important drug in treating epigastric and abdominal pain and hernia. Zhen Quan said that this drug was not used in a decoction for internal service. But in *Shen Nong Bencao Jing*, the drug was recorded being able to treat fever and mania and facilitate urination. In present times, doctors treat hernia with Kulianzi and other drugs of different numbers. It is important to have a good match of all drugs.

[Prescriptions]

Three prescriptions collected previously, and eight prescriptions collected recently.



〔附方〕旧三，新八。（略）

根及木皮

〔气味〕苦，微寒，微毒。〔大明曰〕雄者根赤有毒，吐泻杀人，不可误服。雌者入服食，每一两可入糯米五十粒同煎，杀毒。若泻者，以冷粥止之。不泻者，以热葱粥发之。

〔主治〕蛔虫，利大肠别录。苦酒和，涂疥癣甚良弘景。治游风热毒，风疹恶疮疥癩，小儿壮热，并煎汤浸洗大明。

〔附方〕旧四，新六。（略）



LIANGENPI

Root-bark of Chinaberry
Cortex meliae azedarach radicis

LIANMUPI

Bark of Chinaberry
Cortex meliae azedarach

[Quality and Taste]

It is bitter, slightly cold and slightly toxic.

Da Ming: Root of the male tree is red and toxic. If taken by accident, it will induce profuse vomiting, which may be fatal. The root of the female tree can be taken if it is stewed together with Nuomi/oryza glutinosae/polished glutinous rice. One *liang* of root is stewed together with 50 grains of Nuomi/oryza glutinosae/polished glutinous rice. If it induces a loose stool, stop it by taking cold porridge. If it is wished to have a loose stool, take hot porridge with Cong/herba allii fistulosi/fistular onion.

[Indications]

It kills round worm. It facilitates the function of the Large Intestine.

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

Tao Hongjing: Blend the drug with vinegar. Apply it to treat scabies and tinea. It works very effectively.

Da Ming: It is good for treating wandering erysipelas and pyogenic infection, rubella, malignant sores, scabies and pertinacious skin disease. It brings down high fever in an infant. Stew the drug to make a decoction. Wash the affected part.

[Prescriptions]

Four prescriptions collected previously, and six prescriptions collected recently.



槐（本经上品）

【释名】

懷音怀。

〔时珍曰〕按周礼外朝之法，面三槐，三公位焉。吴澄注云：槐之言怀也，怀来人于此也。王安石释云：槐华黄，中怀其美，故三公位之。春秋元命包云：槐之言归也。古者树槐，听讼其下，使情归实也。

【集解】

〔颂曰〕今处处有之。其木有极高大者。按尔雅槐有数种：叶大而黑者名櫨槐，昼合夜开者名守宫槐，叶细而青绿者但谓之槐，其功用不言有别。四月、五月开黄花，六月、七月结实。七月七日采嫩实，捣汁作煎。十月采老实入药。



HUAI

Chinese scholar tree

Japanese pagoda tree

Sophora japonica L.

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

[Explanation of Names]

HUAI (懷)

Li Shizhen: According to the book *Zhou Li*, the three dukes should pay tribute to the three pagoda trees outside the palace. Wu Cheng annotated: Huai means “embrace.”

Wang Anshi: The flower of the pagoda tree is yellow. It embraces a beautiful heart, so it is compared to be the three dukes of the emperor.

The book *Chunqiu Yuanmingbao*: In ancient times, lawsuits were heard under a pagoda tree. In this way the judgment could be just as people told the truth.

[Previous Explanations]

Su Song: Pagoda trees can be found in everywhere. The tree may grow into very big and tall one. In the book *Er Ya*, the scholar tree was categorized into several species: That with big and black leaf is named Louhuai. The tree with a leaf that closes in the day and opens at night is called Shou-gonghuai. The tree with a fine and green leaf is just called Huai. But the book did not mention the difference of therapeutic functions of the above species. A yellow flower blooms in the fourth and fifth months. Fruit is borne in the sixth and seventh months. Collect the tender fruit on the seventh day of the seventh month and pound it into juice. It can be prepared into a kind of gruel. Collect the ripe fruit in the 10th month. Its bark and



皮、根采无时。医家用之最多。〔时珍曰〕槐之生也，季春五日而兔目，十日而鼠耳，更旬而始规，二旬而叶成。初生嫩芽可炸熟，水淘过食，亦可作饮代茶。或采槐子种畦中，采苗食之亦良。其木材坚重，有青黄白黑色。其花未开时，状如米粒，炒过煎水染黄甚鲜。其实作荚连珠，中有黑子，以子连多者为好；。周礼：秋取槐、檀之火。淮南子：老槐生火。天玄主物簿云：老槐生丹。槐之神异如此。

槐实

〔修治〕〔斲曰〕凡采得，去单子并五子者，只取两子、三子者，以铜锤锤破，用乌牛乳浸一宿，蒸过用。

〔气味〕苦，寒，无毒。〔别录曰〕酸、咸。〔之才曰〕景天为之使。



root can be collected at any time. Doctors use a lot of them.

Li Shizhen: At the beginning of the growth of the leaf, in the last five days of spring, it looks like a mouse ear. In the last five days of spring, it looks like a rabbit's eye. On the 10th day, it looks like a mouse ear. After some 20 days, it looks like a real leaf. The tender leaf can be boiled, rinsed and taken as a vegetable. It can also be used as a substitute of tea. Its seed can be collected and planted in cultivated land. Its tender leaf can be taken as a vegetable. Its wood is solid and heavy. The colors of the wood vary from blue-green to yellow, white and black. Before the flower blooms, it looks like a rice again. It can be stir-fried and stewed in water. Such water is good to dye cloth bright yellow. Its fruit is in the form of pod in which black seeds are formed. The pod with more seeds is of better quality.

The book *Zhou Li*: In autumn, a fire using scholar tree and sandalwood is preferred.

The book *Huainanzi*: An old scholar tree may start a fire automatically.

The book *Tianxuan Zhuwu Bu*: An old scholar tree may produce Dan (alchemical pellet or powder). Hence, it was considered a magic plant in ancient times.

HUAISHI

Pod of Chinese scholar tree

Fructus sophorae

[Preparation]

Lei Xiao: First pick out pod with one seed or five seeds. Use only those with two or three seeds. Pound the drug into pieces with a copper hammer. Soak the drug in milk of a black cow overnight. Steam the drug then.

[Quality and Taste]

It is bitter, cold and nontoxic.

It is sour and salty.

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

Xu Zhicai: Herb of common stonecrop can be used as its guiding drug.



〔主治〕五内邪气热，止涎唾，补绝伤，火疮，妇人乳痂，子藏急痛本经。久服，明目益气，头不白，延年。治五痔疮痿，以七月七日取之，捣汁铜器盛之，日煎令可，丸如鼠屎，纳窍中，日三易乃愈。又堕胎别录。治大热难产甄叔。杀虫去风。合房阴干煮饮，明目，除热泪，头脑心胸间热风烦闷，风眩欲倒，心头吐涎如醉，澆澆如舡车上者藏器。治丈夫、女人阴疮湿痒。催生，吞七粒大明。疏导风热宗奭。治口齿风，凉大肠，润肝燥李杲。

〔发明〕〔好古曰〕槐实纯阴，肝经气分药也。治证与桃仁同。〔弘景曰〕槐子以十月巳日采相连多者，新盆盛，



[Indications]

It disperses invading pathogenic Heat and vicious factors resting with the Five Viscera. It stops salivation and spitting. It tonifies a condition of total exhaustion and physical damage. It treats sore of burns, scalds, acute mastitis and colic in the uterus.

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

Long-term use brightens the eye and reinforces qi. It keeps hair from turning gray and prolongs one's lifespan. It treats five types of hemorrhoid and fistula. Collect the drug on the seventh day of the seventh month and pound it into juice. Keep the juice in a copper container. Stew the juice in the day until it is greased and make pills the size of mouse dung. Insert the pill into the hemorrhoid or fistula. Change three times a day. It works then. It is also effective to induce an abortion.

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

Zhen Quan: It is good for treating dystocia with high fever.

Chen Cangqi: It kills worms and disperses invading pathogenic Wind. Dry the drug in the shade and stew it in water and make a decoction. Take the decoction before sexual intercourse. It brightens the eye and eliminates hot tears. It is good to eliminate pathogenic Heat and Wind with restlessness resting in the chest, head and brain. It treats vertigo with a tendency of falling down and salivation, as if the patient is getting drunk or as if the patient is suffering from sickness or cart sickness.

Da Ming: It is good for treating humid sore with itching on the genitalia. Swallow seven pieces to promote baby delivery.

Kou Zongshi: It disperses invading pathogenic Wind and Heat.

Li Gao: It disperses invading pathogenic Wind to the oral cavity and teeth. It cools Heat in the Large Intestine and moistens Dryness of the Liver.

[Explication]

Wang Haogu: Huaishi is a drug of pure Yin. It functions on the qi system of the Liver Channel. Its therapeutic functions are similar to Taoren/semen persicae/peach seed.

Tao Hongjing: Collect Huaishi with more seeds on the Si day in the 10th month. Keep the drug in a new basin and blend it with mud. Keep it



合泥百日，皮烂为水，核如大豆。服之令脑满，发不白而长生。〔颂曰〕折嫩房角作汤代茗，主头风，明目补脑。水吞黑子，以变白发。扁鹊明目使发不落法：十月上巳日，取槐子去皮，纳新瓶中，封口二七日。初服一枚，再服二枚，日加一枚。至十日，又从一枚起，终而复始。令人可夜读书，延年益气力，大良。〔时珍曰〕按太清草木方云：槐者虚星之精。十月上巳日采子服之，去百病，长生通神。梁书言庾肩吾常服槐实，年七十余，发鬓皆黑，目看细字，亦其验也。古方以子入冬月牛胆中渍之，阴干百日，每食后吞一枚。云久服明目通神，白发还黑。有痔及下血者，尤宜服之。

〔附方〕旧一，新四。（略）



there for one hundred days. The pod will decay and the seed will be as big as a bean. Its use makes one more intelligent, keeps hair from turning gray and prolongs life.

Su Song: Cut the tip of a tender pod and boil it. Take the decoction in the way as tea. It treats severe intermittent headache, brightens the eye and tonifies the brain. Wash down the black seed with water. This turns the white hair black. Prescription of Master Bian Que: Good to brighten the eye and keep the hair from falling off. Collect Huaishi at the first Si day in the 10th month. Peel off the pod and keep it for 14 days. Take one piece of the drug on the first day. Increase the dosage by one piece each day until reaching 10. Then, start from one again. Do that repeatedly. After a long time, the person can read books clearly at night. He is more energetic and can enjoy a long life.

Li Shizhen: The book *Taiqing Caomu Fang* — The scholar tree is the essence of Xuxing.* Collect the seed on the first Si day of the 10th month. It is good for treating a hundred diseases, prolong one's lifespan and enlighten one's intelligence.

The *Book of Liang*: Mr. Yu Jianwu kept on eating Huaishi for a long time, enabling him to have black hair, and read books with small characters. This is another example showing the efficacy of this drug. An ancient prescription: soak the seed in ox bile in winter and then keep the drug in the shade for one hundred days. Swallow one after every meal. It is said that long-term use brightens the eye and enlightens the intelligence. White hair will turn black. It is especially good for people suffering from hemorrhoid with hematochezia.

[Prescriptions]

One prescription collected previously, and
four prescriptions collected recently.

*It is one star in the twenty-eight constellations in ancient Chinese astronomy.



槐花

〔修治〕〔宗奭曰〕未开时采收，陈久者良，入药炒用。染家以水煮一沸出之，其稠滓为饼，染色更鲜也。

〔气味〕苦，平，无毒。〔元素曰〕味厚气薄，纯阴也。

〔主治〕五痔，心痛眼赤，杀腹脏虫，及皮肤风热，肠风泻血，赤白痢，并炒研服大明。凉大肠元素。炒香频嚼，治失音及喉痹，又疗吐血衄血，崩中漏下时珍。

〔发明〕〔时珍曰〕槐花味苦、色黄、气凉，阳明、厥阴血分药也。故所主之病，多属二经。

〔附方〕旧一，新二十。（略）



HUAIHUA

Flower of Chinese scholar tree

Flos sophorae

[Preparation]

Kou Zongshi: Collect the flower before it blooms. The longer it is stored, the better the quality. Stir-fry it before it is used. When it is used as dyestuff, it should be briefly boiled and made into cake. It gives a bright color when it is used as a dyestuff.

[Quality and Taste]

It is bitter, plain and nontoxic.

Zhang Yuansu: It is a drug with thick taste and thin quality, a drug of pure Yin.

[Indications]

Da Ming: It is good for treating five kinds of hemorrhoid, heart pain, inflamed eye and killing worms in the abdomen and Viscera. It disperses Heat and Wind from skin. It treats hematochezia due to an attack of pathogenic Wind into the intestine, dysentery with bloody and whitish discharge. Stir-fry the drug and then grind it into powder.

Zhang Yuansu: It cools Heat in the Large Intestine.

Li Shizhen: Stir-fry the drug until it emits a kind of fragrance. It is good for treating aphonia and throat in inflammation. It is also good for stopping hematemesis and epistaxis, metrorrhagia and metrostaxis.

[Explication]

Li Shizhen: Huaihua is bitter in taste. It is yellow in color and cool in quality. It is a drug functioning on the blood system of the Greater Yang and Greater Yin Channels. That is why diseases it treats are all related to the above two Channels.

[Prescriptions]

One prescription collected previously, and



枝

〔气味〕同叶。

〔主治〕洗疮及阴囊下湿痒。八月断大枝，俟生嫩蘖，煮汁酿酒，疗大风痿痹甚效别录。炮热，熨蝎毒恭。青枝烧沥，涂癣。煨黑，揩牙去虫。煎汤，洗痔核颂。烧灰，沐头长发藏器。治赤目、崩漏时珍。

〔发明〕〔颂曰〕刘禹锡传信方，著硤州王及郎中槐汤灸痔法甚详。以槐枝浓煎汤先洗痔，便以艾灸其上七壮，以知为度。王及素有痔疾，充西川安抚使判官，乘骡入骆谷，



20 prescriptions collected recently.

HUAIZHI

Twig of Chinese scholar tree

Ramulus sophorae

[Quality and Taste]

It is the same as the leaf.

[Indications]

It is good for treating sore and humid and itching scrotum. Wash the affected part with a decoction of the drug. Cut the big twig of the scholar tree in the eighth month and keep it until a new leaf grows. Stew the drug to make a decoction to brew wine. The wine is good for treating apoplexy with paralysis and arthralgia.

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

Su Gong: Heat the drug and apply to treat a scorpion sting.

Su Song: Burn the green twig of the scholar tree and collect the juice from it. Apply it to treat tinea. Rub the teeth to kill worms. Stew it in water to make a decoction for washing hemorrhoid with polyp.

Chen Cangqi: Burn the drug into ash. Soak the ash in water. Use the filtered water to wash the hair to promote growth.

Li Shizhen: It is good for treating inflamed eye. It is also good for treating metrorrhagia and metrostaxis.

[Explication]

Su Song: The book *Chuanxin Fang* by Liu Yuxi — Wang Ji, an official working in Jiazhou, was treated by a decoction of Huaizhi and moxibustion for his hemorrhoid that had lasted a long time. First, stew Huaizhi to get a dense decoction to wash the affected part. Then, practice moxibustion with seven moxa sticks. Continue the treatment until it works. Wang Ji had been suffering hemorrhoid for a long time. Once, he was riding a mule to go to his new office in western Sichuan. While he was traveling in a mountain valley, he suddenly had a terrible attack of his hemorrhoid. He had a swol-

其痔大作，状如胡瓜，热气如火，至驿僵仆。邮吏用此法灸至三五壮，忽觉热气一道入肠中，因大转泻，先血后秽，其痛甚楚。泻后遂失胡瓜所在，登骡而驰矣。



len anus and a feeling of hot fire. When he arrived at an official post house, he collapsed and lay on the bed rigidly. An official in the post house treated him with moxibution in the aforementioned way. After burning three to five moxa sticks, he felt a hot feeling in the intestine and then he had a profuse loose stool. The stool was mixed with blood and with a purulent, foul-smelling substance. Then, the swelling disappeared. After he recovered, he could continue his journey.





秦皮（本经中品）

【释名】

椈皮音岑。椈木音寻。石檀别录。樊槻弘景。盆桂日华。苦树苏恭。苦枳

〔时珍曰〕秦皮，本作椈皮。其木小而岑高，故以为名。人讹为椈木，又讹为秦。或云本出秦地，故得秦名也。高诱注淮南子云：椈，苦枳木也。〔恭曰〕树叶似檀，故名石檀。俗因味苦，呼为苦树。

【集解】

〔别录曰〕秦皮生庐江川谷及冤句水边。二月、八月采



QINPI

Ash

Fraxinus rhynchophylla Hance.,

Fraxinus chinensis Roxb. var. *acuminata* Lingelsh,

Rraxinus stylosa Lingelsh

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

[Explanation of Names]

CENPI(欂皮)

XUNMU

SHITAN

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

FANGUI

— Tao Hongjing.

PENGUI

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

KUSHU

— Su Gong

KULI

Li Shizhen: Qinpi was originally written as 欂皮 (Cenpi). The name is distorted as Qinmu or Qin. Some say that as the tree grows in the Qin area, it is thus named. Gao You in his annotation to the book *Huainanzi* said Qin was merely Kulimu.

Su Gong: The leaf of this tree is similar to that of sandalwood, so it is called Shitan. As it is bitter, it is colloquially called Kushu (bitter tree).

[Previous Explanations]

Qinpi grows in the mountain valleys of Lujiang and in places close to



皮，阴干。〔弘景曰〕俗云是樊槻皮，而水渍以和墨书，色不脱，微青。〔恭曰〕此树似檀，叶细，皮有白点而不粗错，取皮渍水便碧色，书纸看之皆青色者，是真。〔颂曰〕今陕西州郡及河阳亦有之。其木大都似檀，枝干皆青绿色。叶如匙头许大而不光。并无花实，根似槐根。俗呼为白椴木。

皮【气味】

苦，微寒，无毒。

〔别录曰〕大寒。〔普曰〕神农、雷公、黄帝、岐伯：酸，无毒。李当之：小寒。〔权曰〕平。恶苦瓠、防葵。〔之才曰〕恶吴茱萸。大戟为之使。

【主治】

风寒湿痹洗洗寒气，除热，目中青翳白膜。久服，头不



water in Yuanju. Collect the bark in the second and eighth months and dry in the shade.

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

Tao Hongjing: It is colloquially called Fanguipi. Soak it in water and use to grind inkstone. Such ink does not fade after a long time. It is slightly blue-green.

Su Gong: This tree is similar to sandalwood. The bark is marked with white dots. It is not coarse. Soak the bark in water. In this way the water turns green. When such liquid is written with a brush pen or paper, if it is green, the drug is genuine.

Su Song: Now the tree can also be found in prefectures in Shaanxi and Heyang. The tree looks like sandalwood. The twig and trunk are blue-green. The leaf is as big as the head of a spoon. It is not lustrous. There is no flower or fruit. Its root looks like leaf of Chinese scholar tree. It is colloquially called Baixunmu.

QINPI

Ash bark

Cortex fraxini

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

It is very cold in quality.

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

Wu Pu: It is sour and nontoxic according to *Shen Nong*, Lei Gong, Huangdi and Qi Bo. It is slightly cold, according to Li Dangzhi.

Zhen Quan: It is plain. It is mutually inhibiting to Kuhu/fructus lagenariae makinois/fruit of makino bottle and Fangkui/radix peucedani praeruptori/oreoselinum.

Xu Zhicai: It is incompatible with Wuzhuyu/fructus evodiae/fruit of medicinal evodia. Daji/radix euphorbiae pekinensis/root of Peking euphorbia can be used as its guiding drug.



白，轻身本经。疗男子少精，妇人带下，小儿痢，身热。可作洗目汤。久服，皮肤光泽，肥大有子别录。明目，去目中久热，两目赤肿疼痛，风泪不止。作汤，浴小儿身热。煎水澄清，洗赤目极效甄权。主热痢下重，下焦虚好古。同叶煮汤洗蛇咬，并研末傅之藏器。

【发明】

〔弘景曰〕秦皮俗方惟以疗目，道家亦有用处。〔大明曰〕秦皮之功，洗肝益精，明目退热。〔元素曰〕秦皮沉也，阴也。其用有四：治风寒湿邪成痹，青白幻翳遮睛，女子崩中带下，小儿风热惊痢。〔好古曰〕痢则下焦虚，故张



[Indications]

It is good for treating arthralgia due to an attack of pathogenic Wind, Cold and Humidity with chills. It eliminates heat, and clears blue-green and white nebula. Long-term use makes one feel happy and vigorous. It keeps hair from graying.

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

It increases the quantity of sperm, and treats leucorrhea of woman, and infantile epilepsy with body fever. It can be stewed in water to make a decoction to wash the eye and keep it in good condition. Long-term use makes one's skin lustrous and moist. It helps one put on weight and become more productive.

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

Zhen Quan: It brightens the eye and eliminates red and swollen eyes with pain due to long time invasion of pathogenic Heat with epiphora with cold tear against the wind. Stew the drug in water to make a decoction to wash a baby to eliminate body fever. Stew the drug in water to make a decoction. Filter the decoction and wash an inflamed eye with it. It works very effectively.

Wang Haogu: It is good for treating hot dysentery with tenesmus. It tonifies debilitated condition of the lower portion.

Chen Cangqi: Stew the bark together with the leaf to make a decoction to wash sores due to snakebite. Also, grind the drug into powder and apply to the affected part.

[Explication]

Tao Hongjing: Generally speaking Qinpi is used only in the treatment of eye diseases. Taoist alchemists also use the drug.

Da Ming: Qinpi is good for dispersing pathogenic factors from the Liver, reinforce Jing, brighten the eye and eliminate fever.

Zhang Yuansu: Qinpi is a drug of heavy quality, and a drug of Yin. It has four therapeutic functions: One, it is good for treating arthralgia due to invading pathogenic Wind, Cold and Humidity. Two, it is good to eliminate blue-green and white nebula. Three, it is good for treating metrorrhagia and leukorrhea of a woman. Four, it is good for treating infantile convulsion



仲景白头翁汤，以黄檗、黄连、秦皮同用，皆苦以坚之也。秦皮浸水青蓝色，与紫草同用，治目病以增光晕，尤佳。〔时珍曰〕栲皮，色青气寒，味苦性涩，乃是厥阴肝、少阳胆经药也。故治目病、惊痫，取其平木也。治下痢、崩带，取其收涩也。又能治男子少精，益精有子，皆取其涩而补也。故老子云：天道贵涩。此药乃服食及惊痫崩痢所宜，而人止知其治目一节，几于废弃，良为可惋。淮南子云：栲皮色青，治目之要药也。又万毕术云“栲皮止水”，谓其能收泪也。高诱解作致水，言能使水沸者，谬也。

【附方】

旧三，新三。（略）



and epilepsy due to attack of pathogenic Wind and Heat.

Wang Haogu: When there is a dysentery, the lower portion is in a debilitated condition. Master Zhang Zhongjing had a description named Baitouweng Tang (Decoction of Baitouweng/radix pulsantillae/root of Chinese pulsautila) in which three ingredients were also included: Huangbai/cortex phellodendri/bark of Chinese cork tree, Huanglian/rhizoma coptidis/coptis rhizome and Qinpi. All drugs are bitter and consolidating. When Qinpi is soaked in water, it makes the water to become blue-green. When it is used together with Zicao/radix lithospermi/root of redroot gromwell, it is good for treating eye diseases and brightens the eye.

Li Shizhen: Qinpi, blue-green in color and cold in quality, bitter in taste and astringent in function, is a drug functioning on the Liver Channel of Foot Greater Yin and Gall Bladder Channel of Foot Lesser Yang. When it is used to treat eye disease, convulsions and epilepsy, it is due to the fact that the drug can bring down the adverse ascending of Liver Wood element. When it is used to treat dysentery, metrorrhagia and leucorrhea, it is because it is astringent in function. It is also good to enhance male sexuality and make him more productive. This is because the drug is astringent and tonifying.

The book *Lao Zi*: The heavenly Tao is to astringe. Qinpi is a drug used to make life — prolonging drugs and treat convulsions, epilepsy, metrorrhagia and dysentery. But it is a pity that doctors only know its efficacy in treating eye diseases. It is a drug that is largely neglected.

The book *Huainanzi*: Qinpi, blue-green in color, is a very important drug in treating eye diseases. In the chapter “Wanbi Shu” in *Huainanzi*, it was recorded that Qinpi could stop water. This means that the drug is good to stop tears. But Gao You said this meant that the drug was good for making water boil. He is, of course, incorrect.

[Prescriptions]

Three prescriptions of previous collection, and three prescriptions collected recently.

合欢（本经中品）

【释名】

合昏唐本。夜合日华。青裳图经。萌葛纲目。乌赖树

〔颂曰〕崔豹古今注云：欲蠲人之忿，则赠以青裳。青裳，合欢也。植之庭除，使人不忿。故嵇康养生论云：合欢蠲忿，萱草忘忧。〔藏器曰〕其叶至暮即合，故云合昏。

〔时珍曰〕按王璆百一选方云：夜合俗名萌葛，越人谓之乌赖树。又金光明经谓之尸利洒树。





HEHUAN

Silk tree albizzia

Albizza julibrissin Durazz

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

[Explanation of Names]

HEHUN

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

YEHE

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

QINGSHANG

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

MENGGE

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

WULAISHU

Su Song: The book *Gujin Zhu* by Cui Bao — To tranquilize a person who is in excessive rage, give him Qingshang, which is simply Hehuanhua/ flos albizziae/flower of silk tree albizzia. When the flower is planted in the courtyard, the host will not feel angry.

The book *Yangsheng Lun* by Ji Kang: *Hehuanhua* is good for relieving one's anger and Xuancao/herba hemerocallis/daylily is good for making one forget melancholy.

Chen Cangqi: Its leaf closes at night, so it is called Hehun (closes at dusk).

Li Shizhen: The book *Baiyi Xuanfang* by Wang Qiu — Hehuan is colloquially called Mengge. People in the Yue area call it Sulaishu. In the Buddhist classic *Suvarnaprabhasottamassutra* it is called tree of Shilisa (a transliteration).



【集解】

〔恭曰〕此树叶似皂荚及槐，极细。五月花发，红白色，上有丝茸。秋实作荚，子极薄细。所在山谷有之，今东西京第宅山池间亦有种者，名曰合昏。〔颂曰〕今汴洛间皆有之，人家多植于庭除间。木似梧桐，枝甚柔弱。叶似皂角，极细而繁密，互相交结。每一风来，辄自相解了，不相牵缀。采皮及叶用，不拘时月。

木皮去粗皮炒用。【气味】

甘，平，无毒。

【主治】

安五脏，和心志，令人欢乐无忧。久服，轻身明目，得所欲本经。煎膏，消痈肿，续筋骨大明。杀虫。捣末，和铛下墨，生油调，涂蜘蛛咬疮，用叶，洗衣垢藏器。折伤疼痛，花研末，酒服二钱匕宗奭。和血消肿止痛时珍。



[Previous Explanations]

Su Gong: The leaf of this tree looks like leaf of Chinese honey locust and leaf of Chinese scholar tree. It is very thin. In the fifth month, a flower blooms that is red and white, and covered with silk fur. In autumn, a pod forms. The seed is flat and very small. The tree is found in mountain valleys everywhere. Now people plant it in their gardens in the eastern and western capitals. It is called Hehun.

Su Song: Now the tree is found in areas between Bianliang and Luoyang. People plant the tree in the courtyards. It looks like a phoenix tree, but its twig is very soft and weak. Its leaf looks like the leaf of Chinese honey locust. It is very small, but there are many intertwined to form a dense crown. When the wind blows, the intertwined twigs will fall apart. Collect the bark and leaf for medical use. There is no definite time for collection.

Take off the coarse bark and stir-fry it.

[Quality and Taste]

It is sweet, plain and nontoxic.

[Indications]

It pacifies the Five Viscera, harmonizes the mind and willpower and keeps one in a happy mood. It makes one feel happy and vigorous and brightens the eye. One feels always contented.

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

Da Ming: Stew the drug to get a paste to eliminate carbuncle and swelling, and to knit broken tendon and bone.

Chen Cangqi: It kills worms. Pound the drug into powder. Blend it together with Fuqimo (black ash adhered to the pan base after burning grass) in raw oil. Apply the drug to treat a spider bite. The leaf can be used to wash dirty clothes.

Kou Zongshi: It is good for treating fracture with pain. Grind the flower into powder. Take two *qianbi* with wine per dose.

Li Shizhen: It harmonizes the blood, eliminates swelling and relieves pain.

【发明】

〔震亨曰〕合欢属土，补阴之功甚捷。长肌肉，续筋骨，概可见矣。与白蜡同入膏用神效，而外科家未曾录用何也？

【附方】

旧二，新三。（略）





[Explication]

Zhu Zhenheng: Hehuan pertains to the Earth element. It tonifies Yin effectively, promotes growth of muscle and knits broken bones and tendon. It can be processed together with Chongbaila/cera chinensis/ insect wax to make ointment. It works very effectively. But it is not recorded in books of external medicine.

[Prescriptions]

Two prescriptions of previous collection, and three prescriptions collected recently.



皂荚（本经下品）

【释名】

皂角纲目。鸡栖子纲目。乌犀纲目。悬刀

〔时珍曰〕荚之树皂，故名。广志谓之鸡栖子，曾氏方谓之乌犀，外丹本草谓之悬刀。

【集解】

〔时珍曰〕皂树高大。叶如槐叶，瘦长而尖。枝间多刺。夏开细黄花。结实有三种：一种小如猪牙；一种长而肥厚，多脂而粘；一种长而瘦薄，枯燥不粘。以多脂者为佳。其树多刺难上，采时以篾箍其树，一夜自落，亦一异也。有不结实者，树凿一孔，入生铁三五斤，泥封之，即结荚。人



ZAOJIA

Chinese honey locust

Gleditsia sinensis Lam.

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

[Explanation of Names]

ZAOJIAO

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

JIXIZI

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

Wuxi

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

XUANDAO

Li Shizhen: This refers to the pod from the tree Zao. In the book *Guang Zhi*, it is called Jixizi. In the book *Zengshi Fang*, it is recorded as Wuxi. In the book *Waidan Bencao*, it is recorded as Xuandao.

[Previous Explanations]

Li Shizhen: The honey locust tree is tall and big. The leaf is similar to Huaiye. It is thin and long, with a pointed tip. There are many spines among the twigs. In summer, a fine, yellow flower blooms. They are three species of fruits: One is as small as a pig's tooth. Another species is long, fat and thick. It is oily and sticky. Another species is long and thin. It is withered, dry and not sticky. As the tree is full of spines, it is difficult to climb up to collect the fruit. One way is to wrap the trunk with bamboo strips. After one night, the fruit will fall off automatically. This is something extraordinary. If the tree does not bear fruit, do the following: Dig a hole in the trunk and insert three to five *jin* of cast iron, sealing it with mud.

以铁砧捶皂荚，即自损。铁碾碾之，久则成孔。铁锅爨之，多爆片落。岂皂荚与铁有感召之情耶？

皂荚

〔修治〕〔斲曰〕凡使，要赤肥并不蛀者，以新汲水浸一宿，用铜刀削去粗皮，以酥反复炙透，捶去子、弦用。每荚一两，用酥五钱。〔好古曰〕凡用有蜜炙、酥炙、绞汁、烧灰之异，各依方法。

〔气味〕辛、咸，温，有小毒。〔好古曰〕入厥阴经气分。〔时珍曰〕入手太阴、阳明经气分。〔之才曰〕柏实为





Then, the tree will begin to bear fruit. When Zaojia is pounded in an iron mortar, the mortar will be badly consumed. When it is ground with an iron roller, the roller will have sunken holes on it after long time use. If the drug is stir-fried in an iron pot, flakes will fall off the pot. This shows the special relationships between Zaojia and iron.

ZAOJIA

Fruit of Chinese honey locust

Fructus gleditsiae

[Preparation]

Lei Xiao: Select fruit that is red and fat without holes eaten by moth. Soak with newly fetched well water overnight; then peel off the coarse capsule with a copper knife. Stir-fry it together with butter until the drug is completely soaked through. Pound the drug to get off the seed and the edge of the pod. Use five qian of butter to each *liang* of fruit.

Wang Haogu: The preparation of the fruit varies in accordance with its uses. It may be stir-fried together with honey, or butter. It may be squeezed to get juice or may be burned into ash.

[Quality and Taste]

It is pungent, salty, warm and slightly toxic.

Wang Haogu: It functions on the qi system of the Greater Yin Channel.*

Li Shizhen: It functions on the qi system of Lung Channel of Hand Initial Yin and Large Intestine Channel of Hand Greater Yang.

Xu Zhicai: Baishi/semen biotae/seed of Chinese arborvitae can be used as its guiding drug. It is mutually inhibiting to Maimendong/ophiopogonis/tuber of dwarf lilyturf. It is incompatible to Kongqing/azurite, Renshen/radix ginseng/ginseng root and Kushen/radix sophorae flavescen-

*Liver Channel of Foot Greater Yin and Pericardium Channel of Hand Greater Yin.



之使。恶麦门冬，畏空青、人参、苦参。〔机曰〕伏丹砂、粉霜、硫黄、硃砂。

〔主治〕风痺死肌邪气，风头泪出，利九窍，杀精物本经。疗腹胀满，消谷，除咳嗽囊结，妇人胞不落，明目益精。可为沐药，不入汤别录。通关节，除头风，消痰杀虫，治骨蒸，开胃，中风口噤大明。破坚癥，腹中痛，能堕胎。又将浸酒中，取尽其精，煎成膏涂帛，贴一切肿痛甄叔。溽暑久雨时，合苍术烧烟，辟瘟疫邪湿气宗奭。烧烟，熏久痢脱肛汪机。搜肝风，泻肝气好古。通肺及大肠气，治咽喉痹塞，痰气喘咳，风疔疥癣时珍。



tis/root of light yellow sophora.

Wang Ji: In the processing of alchemical drugs, it is used to oppress Dansha/cinnabar, Fenshuang/calomel preparata/prepared calomel, Liuhuang/sulfur and Raosha/halium purpureum.

[Indications]

It is good for treating arthralgia due to invading pathogenic Wind. It eliminates dead muscle and disperses attacks of vicious factors. It disperses Wind on the head with shedding of tears. It facilitates the function of nine orifices and kills vicious agents.

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

It is good for eliminating abdominal distention. It helps digestion of cereals, relieves coughing with a cyst in the neck, promotes descending of placenta, brightens the eye and reinforces the Jing. It can be stewed and taken as bathing water. It is not to be taken orally.

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

Da Ming: It facilitates movement of the joints. It treats severe intermittent headache, dissolves phlegm and kills worms. It is good for treating hectic fever due to Yin deficiency. It whets the appetite, and treats apoplexy with lockjaw.

Zhen Quan: It dissolves hard mass, relieves pain in the abdomen, and induces an abortion. Soak the drug in wine so as to get its essence; then, stew to make ointment to treat different kinds of swelling and pain.

Kou Zongshi: In summer, at a time when it rains a lot, burn the drug together with Cangzhu/rhizoma atractylodis/attractylodes rhizome to keep away Humidity and epidemics.

Wang Ji: Burn the drug to fumigate the affected part in a case of chronic dysentery with a prolapsed rectum.

Wang Haogu: It disperses invading pathogenic Wind and excessive qi in the Liver.

Li Shizhen: It facilitates the flow of qi in the Lung and Large Intestine. It is also good for treating inflammation of the throat with suffocation, asthma and coughing due to phlegm formation. It is effective to treat leprosy, scabies and tinea.



〔发明〕〔好古曰〕皂荚厥阴之药。活人书治阴毒正阳散内用皂荚，引入厥阴也。〔时珍曰〕皂荚属金，入手太阴、阳明之经。金胜木，燥胜风，故兼入足厥阴，治风木之病。其味辛而性燥，气浮而散。吹之导之，则通上下诸窍；服之则治风湿痰喘肿满，杀虫；涂之则散肿消毒，搜风治疮。按庞安时伤寒总病论云：元祐五年，自春至秋，蕲、黄二郡人患急喉痹，十死八九，速者半日，一日而死。黄州推官潘昌言得黑龙膏方，救活数十人也。其方治九种喉痹：急喉痹、缠喉风、结喉、烂喉、遁虫、虫喋、重舌，木舌、



[Explication]

Wang Haogu: Zaojia is a drug that functions on the Greater Yin Channel. In the book *Huoren Shu*, there is a prescription named Zhengyang San, in which Zaojia is used. This is a prescription designed to treat Yindu (toxin of Yin and cold nature). The drug is used in this prescription as a guiding drug to the Greater Yin Channel.

Li Shizhen: Zaojia is a drug that pertains to the Metal element. It functions on the Lung Channel of Hand Initial Yin and Large Intestine Channel of Hand Greater Yang. As Metal conquers Wood and Dryness conquers Wind, it functions on the Liver Channel of Foot Greater Yin and is good for treating diseases caused by excessive Wind and Wood. Zaojia is a drug with pungent taste and dry quality. It has a floating and dispersing tendency. The powder of the drug can be blown or inserted into the upper and lower orifices to dredge through them. It can be taken orally to treat arthralgia due to invading pathogenic Wind and Humidity, asthma due to formation of phlegm, swelling and fullness. It also kills worms. It can be applied externally to eliminate swelling and detoxify toxin, disperses Wind and treat sores.

The book *Shanghan Zongbing Lun* by Pang Anshi: In the fifth year of the Yuanyou reign (1090), people in Qizhou and Huangzhou were suffering from acute throat inflammation from spring to autumn eight or nine out of every 10 died. Some people even died within half a day or one day. Pan Changyan, official title Tuiguan of Huangzhou, got a prescription of Heilong Gao (an ointment). With this, he rescued the lives of several dozen people. The ointment was good for treating nine kinds of throat inflammation: acute throat inflammation, acute laryngeal infection, inflammation of prominentia laryngea, pharyngitis with erosion of the throat, Dunchong,* Chongdie,** inflammation of sublingual soft tissue, wooden tongue and invasion of flying fiber into the mouth. Prescription:

Forty big Zaojia.

Cut the drug into pieces: soak in three *dou* of water overnight and stew

*Dunchong, throat disease caused by worms.

**Chongdie, throat disease caused by worms.



飞丝入口。用大皂荚四十挺切，水三斗，浸一夜，煎至一斗半。入人参末半两，甘草末一两，煎至五升，去滓。入无灰酒一升，釜煤二匕、煎如饴，入瓶封，埋地中一夜。每温酒化下一匙，或扫入喉内，取恶涎尽为度。后含甘草片。又孙用和家传秘宝方云：凡人卒中风，昏昏如醉，形体不收，或倒或不倒，或口角流涎出，斯须不治，便成大病。此证风涎潮于上，胸痹气不通，宜用急救稀涎散吐之。用大皂荚（肥实不蛀者）四挺（去黑皮）。白矾（光明者）一两，为末。每用半钱，重者三字，温水调灌。不大呕吐，只是微微稀冷涎或出一升、二升。当待惺惺，乃用药调治。不可便大吐之，恐过剂伤人。累效不能尽述。〔宗奭曰〕此法用皂荚末一两，生矾末半两，膩粉半两，水调一二钱，过咽即吐涎。用矾者，分膈下涎也。

〔附方〕旧二十，新三十七。（略）



until 1.5 *dou* is left. Add in 0.5 *liang* of powder of Renshen/radix ginseng/ginseng root, one *liang* of powder of Gancao/radix glycyrrhizae/licuorice root. Stew the drugs until five *sheng* is left. Filter the decoction. Add in one *sheng* of ashless wine and two *qianbi* of Fuqimo (black ash adhered to the pan base after burning grass). Continue to stew the decoction until it becomes maltose-like glue. Keep the drug in a bottle and seal it closely. Bury the bottle in the ground overnight. Then, the drug is ready to take. Melt one spoon of the drug with warm wine. Or apply it onto the tongue. There will be salivation. When the malignant salivation stops, the syndrome is gone, too. After that hold one piece of Gancao in the mouth.

The book *Jiachuan Mibao Fang* by Sun Yonghe: When a patient is attacked by apoplexy, he will lose consciousness and suffer paralysis of the extremities. He may or may not fall down, or salivate. If not treated effectively, it becomes a serious disease. This is a syndrome of Wind salivation that causes obstruction of chest. The drug, Jijiu Xixian San (powder of urgent effect to dissolve salivation) should be given to induce vomiting. Prescription:

Four Zaojia (big, fat and not eaten by moth; take off black peel), and
One *liang* of Baifan/alumen/alum (bright one).

Grind into powder and take 0.5 *qian* (or for a more severe case three *Zi*) with warm water, the patient should have repeated vomiting, although it should not be profuse. He may vomit out one or two *sheng* of cold saliva. After the patient is conscious, take other drugs. Profuse vomiting may hurt the patient. This prescription has been used many times and it has worked very effectively each time.

Kou Zongshi: To treat the above case, take the following:

One *liang* of powder of Zaojia,
0.5 *liang* of powder of crude Baifan/alumen/alum, and
0.5 *liang* of Nifen/calomelas/calomel.

Wash down one or two *qian* of the powder with water. Right after it is taken, vomiting of saliva will occur. Baifen/lead carbonate is used to induce the saliva under the diaphragm.

[Prescriptions]

Twenty prescriptions of previous collection, and



子

〔修治〕〔斆曰〕拣取圆满坚硬不蛀者，以瓶煮熟，剥去硬皮一重，取向里白肉两片，去黄，以铜刀切，晒用。其黄消人肾气。

〔气味〕辛，温，无毒。

〔主治〕炒，舂去赤皮，以水浸软，煮熟，糖渍食之，疏导五脏风热壅宗爽。核中白肉，入治肺药。核中黄心，嚼食，治膈痰吞酸苏颂。仁，和血润肠李杲。治风热大肠虚秘，瘰疬肿毒疮癣时珍。

〔发明〕〔杲曰〕皂角核烧存性，治大便燥结。其性得湿则滑，滑则燥结自通也。〔时珍曰〕皂荚味辛属金，能通



37 prescriptions collected recently.

ZAOJIAZI

Seed of Chinese honey locust

Semen gleditsiae

[Preparation]

Lei Xiao: Pick up those that are round and hard without moth-eaten holes. Stew the drug in a bottle until it is well done. Peel off the hard capsule. Get two slices of white pulp. The yellow pulp is not needed. Cut the drug with a copper knife and dry in the sun. The yellow pulp consumes the Keidney qi.

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

Kou Zongshi: Stir-fry the drug. Husk off the red capsule. Soak the drug in water until it becomes soft and then stew it. Blend it with sugar and then take it as a tidbit. It works to disperse accumulation of pathogenic Wind and Heat resting with Five Viscera.

Su Song: The white pulp in the kernel can be used in a prescription designed to treat Lung disease. Chew the yellow pulp to treat stagnation of phlegm in diaphragm and acid regurgitation.

Li Gao: It harmonizes the blood and moistens the Intestine.

Li Shizhen: It is good for treating constipation of deficient nature due to invading pathogenic Wind and Heat into the Large Intestine. It also treats scrofula, pyogenic infection, sore and tinea.

[Explication]

Wang Ji: Burn Zaojiazi with its property retained. Use the drug to treat constipation with dry feces. When the drug is aided by Humidity, it becomes slippery. It dredges the dry constipation when it is slippery.

Li Shizhen: Zaojia is pungent in taste and pertains to the Metal element. It

大肠阳明燥金，乃辛以润之之义，非得湿则滑也。

〔附方〕旧三，新十一。（略）

刺

一名天丁。

〔气味〕辛，温，无毒。

〔主治〕米醋熬嫩刺作煎，涂疮癣有奇效苏颂。治痈肿妒乳，风疔恶疮，胎衣不下，杀虫时珍。

〔发明〕〔杨士瀛曰〕皂荚刺能引诸药性上行，治上焦病。〔震亨曰〕能引至痈疽溃处，甚验。〔时珍曰〕皂荚刺治风杀虫，功与荚同，但其锐利直达病所为异耳。神仙传





dredges through the Dry Metal element of Greater Yang in the Large Intestine. This is in conformity with the principle that a drug of pungent taste has the function of moistening. It is not that when the drug is aided by Humidity, it becomes slippery.

[Prescriptions]

Three prescriptions of precious collection, and
11 prescriptions collected recently.

ZAOJIACI

Spine of Chinese honey locust

Spina gleditsiae

It is also called Tianding.

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

Su Song: Stew the tender spine with rice vinegar to make a decoction. It can be applied to treat sores and tinea. It works miraculously.

Li Shizhen: It is good for treating carbuncles, swelling and acute mastitis, leprosy and malignant sores. It promotes the descending of placenta, and kills worms.

[Explication]

Yang Shiying: Zaojiaoci is a drug that guides all drugs to move upwards. It is good for treating diseases of the Shangjiao (the upper-jiao, the upper warmer).

Zhu Zhenheng: Zaojiaoci can guide drugs to function on the ulceration of carbuncle and phlegmon. It has been proven very effective.

Li Shizhen: Zaojiaci is good to disperse invading pathogenic Wind. It kills worms. It has similar therapeutic functions as Zaojia. But Zaojiaoci moves fast to reach the locus of the disease. This is a difference between the two.



云：左亲骑军崔言，一旦得大风恶疾，双目昏盲，眉发自落，鼻梁崩倒，势不可救。遇异人传方：用皂角刺三斤烧灰，蒸一时久，日干为末。食后浓煎大黄汤调一匕，饮之。一旬眉发再生，肌润目明。后入山修道，不知所终。又刘守真保命集云：疔风乃营气热，风寒客于脉而不去。宜先用桦皮散服五七日，后灸承浆穴七壮。三灸后，每旦早服桦皮散，午以升麻葛根汤下钱氏泻青丸。晚服二圣散：用大黄末半两煎汤，调皂角刺灰三钱。乃缓疏泄血中之风热也。仍戒房室三年。桦皮散见桦皮下。又追风再造散，即二圣散，云服之便出黑虫为验。数日再服，直候虫尽为绝根也。新虫嘴赤，老虫嘴黑。

〔附方〕新十二。（略）



The book *Shenxian Zhuan*: Mr. Cui Yan, official title Zuoqinqijun, was suddenly suffering from leprosy. He had dim and blind vision, eyebrows and hair falling out, and ulcerated nose with sunken bridge. He was in a critical condition. One day, he was treated by a stranger with the following prescription: Three *jin* of Zaojiaoci was burned into ash and then steamed for two hours. Then, it was dried in the sun and ground into powder. Blend one spoon of the powder with dense decoction of Hahuang/radix et rhizoma rhei/rhubarb. Take it after a meal. After some 10 days, the eyebrows and hair began to grow. The skin turned moistened and eye brightened. Later, he went into the mountain to practice Taoism. Nobody knew where he was and when he passed away.

The book *Baoming Ji* by Liu Shouzhun: leprosy is a disease caused by invading Heat in Ying (nutrient essence in blood) and invading Wind and Cold in blood. The treatment is as follows: First take Huapi San (Powder of Huapi/cortex *betulae platygylla*/bark of Asian white birch) for five to seven days. The practice moxibustion on acupoint Chengjiang. Burn seven moxa sticks. After three moxibustion treatments, take Huapi San every morning. At noon, take Qianshi Xieqing Wan with a Decoction of Shengma/rhizoma *cimicifugae*/rhizome of large trifolious bugbane and Gegen/radix *peurariae*/root of lobed kudzu vine. In the evening, take Ersheng San. Also, stew 0.5 *liang* of powder of Dahuang to make a decoction. Blend in three *qian* of ash of Zaojiaoci. Take the drug. The above treatments have the function of dispersing the invading pathogenic Wind and Heat in the blood. Sex is prohibited for three years. Prescription of Huapi San: See that under the drug of Huapi. Ersheng San, also called Zhuifeng Zaizao San, is said to have the function of dispersing black worms (to be found in stool). Keep on taking the drugs. After a few days, there will be no more worms in the stool. And this shows that the syndrome is completely gone.

[Prescriptions]

Twelve prescriptions collected recently.



无食子（唐本草）

【释名】

没石子开宝。墨石子炮炙论。麻茶泽

〔珣曰〕波斯人每食以代果，故番胡呼为没食子。梵书无与没同音。今人呼为墨石、没石，转传讹矣。

【集解】

〔时珍曰〕按方輿志云：大食国有树，一年生如栗子而长，名曰蒲卢子，可食。次年则生麻茶泽，即没石子也。间岁互生，一根异产如此。一统志云：没石子出大食诸地。树如樟，实如中国茅栗。



WUSHIZI

Nutgalls

Galla turcica

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

[Explanation of Names]

MOSHIZI(没石子)

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

MOSHIZI(墨石子)

— *Leigong Paozhilun (Lei Gong's Treatises on Preparation of Drugs)*.

MATUZE

Li Xun: People in Persia eat it as fruit. That is why people in Hu and Fan areas call it Moshizi. In Sanskrit, Mo and Wu are pronounced in the same way. So it is also called Wushizi. Now people call it Moshi (没石) or Moshi (墨石). Both are names caused by distortion.

[Previous Explanations]

Li Shizhen: The book *Fangyu Zhi* — There is one kind of tree in Dashi (Tazi, a name for Arabia in ancient China) producing a fruit similar to chestnut, but longer. It is called Puluzi, which is edible. The next year it produces Matuze, which is actually Moshizi. The tree produces the above two fruits interchangeably year by year. That is really a strange tree.

The book *Yitong Zhi*: Moshizi is produced in Dashi (Tazi, a name for Arabia in ancient China). The tree looks like camphor wood. The fruit looks like chestnut in China.

WUSHIZI

Nutgalls

Galla turcica



子【修治】

〔敷曰〕凡使勿犯铜铁，并被火惊。用颗小、无杵米者妙。用浆水于砂盆中研令尽，焙干再研，如乌犀色入药。

【气味】

苦，温，无毒。

【主治】

赤白痢，肠滑，生肌肉唐本。肠虚冷痢，益血生精，和气安神，乌髭发，治阴毒痿，烧灰用李珣。温中，治阴疮阴汗，小儿疳蠱，冷滑不禁马志。

【发明】

〔宗奭曰〕没石子，合他药染须。造墨家亦用之。〔珣曰〕张仲景用治阴汗，烧灰，先以汤浴了，布裹灰扑之，甚良。

【附方】

旧三，新五。（略）



[Preparation]

Lei Xiao: In the processing and using of the drug, no copper or iron utensils should be used. Fire is also prohibited. Select the drug that is small, without impurities, such as Xixian/seed siegesbekiae/seed of glandular stalk st. paulswort. Grind the drug together with Jiangshui in a pot until the drug is completely melted. Bake the drug and grind it again until the drug turns the color of Wuxi (Zaojia).

[Quality and Taste]

It is bitter, warm and nontoxic.

[Indications]

It is good for treating dysentery with bloody and whitish discharge and watery stool. It helps produce muscle.

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

Li Xun: It treats cold dysentery with debilitated condition of the Intestine. It reinforces the blood and helps produce Jing, harmonizes qi and pacifies the mind. It blackens the hair and beard, and treats fistula due to attack of Yindu (toxin of Yin and cold nature). Burn the drug to get ash and apply.

Ma Zhi: It warms the interior, treats sores of Yin nature and stops perspiration of Yin. It also treats nasal and oral eczema. It stops cold and slippery dysentery.

[Explication]

Kou Zongshi: Blend Moshizi with other drugs to make an agent to blacken the hair. It is also added in the making of a Chinese ink stick.

Li Xun: Master Zhang Zhongjing used Moshizi to treat perspiration of Yin nature. Burn the drug into ash. First, bathe the patient with hot water. Then, wrap the ash with a cloth bag and apply it on the body. It works very effectively.

[Prescriptions]

Three prescriptions of previous collection, and five prescriptions collected recently.



诃黎勒 (唐本草)

【释名】

诃子

〔时珍曰〕诃黎勒，梵言天主持来也。

【集解】

〔恭曰〕诃黎勒生交州、爱州。〔颂曰〕今岭南皆有而广州最盛。树似木槌，花白。子形似卮子、橄榄，青黄色，皮肉相着。七月、八月实熟时采，六路者佳。岭南异物志云：广州法性寺有四五十株，子极小而味不涩，皆是六路。每岁州贡，只以此寺者。寺有古井，木根蘸水，水味不咸。每子熟时，有佳客至，则院僧煎汤以延之。其法用新摘诃子



HELILE

Medicine terminalia

Terminalia chebula Retz.,

Terminalia chebula Retz. var. *tomentella* Kurt.

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

[Explanation of Names]

HEZI

Li Shizhen: In Sanskrit, it means “coming of the heavenly god.”

[Previous Explanations]

Su Gong: Helile is produced in Jiaozhou and Aizhou.

Su Song: Now the drug is produced in the area south of the Five Ridges, especially in Guangzhou. The tree looks like Chinese soapberry. The flower is white. The fruit is similar to *Zhizi*/fructus *gardeniae*/fruit of Cape jasmine or *Ganlan*/fructus *canarii*/fruit of white canary tree. It is blue-green and yellow. The pulp and capsule are connected with each other. Collect the fruit in the seventh and eighth months when it gets ripe. Fruit with six angles is the best.

The book *Lingnan Yiwu Zhi*: In the Faxing Temple of Guangzhou, there are 40 to 50 medicine terminalia trees. The fruit is very small, but it is not astringent. All of them have six angles. Every year, prefectural officials offer a tribute to the emperor of fruit produced only in this temple. There is an ancient well in the temple. Dip the root of medicine terminalia into the water. In this way, the water is no longer salty. When the fruit gets ripe, monks in this temple will cook the drug in water to make a decoction to entertain their distinguished guests. The way of preparation: Break five grains of newly picked Hezi together with one *cun* of liquorice root into pieces. Stew them in newly fetched well water to make a decoction, which looks



五枚，甘草一寸，破之，汲井水同煎，色若新茶。今其寺谓之乾明古寺，尚在，旧木犹有六七株。南海风俗尚贵此汤，然煎之不必尽如昔时之法也。诃子未熟时，风飘堕者，谓之随风子，暴干收之，益小者佳，彼人尤珍贵之。

【修治】

〔斲曰〕凡用诃黎勒，酒浸后蒸一伏时，刀削去路，取肉锉焙用。用核则去肉。

【气味】

苦，温，无毒。

〔权曰〕苦、甘。〔炳曰〕苦、酸。〔珣曰〕酸，涩，温。〔好古曰〕苦、酸，平。苦重酸轻，味厚，阴也，降也。

【主治】

冷气，心腹胀满，下食唐本。破胸膈结气，通利津液，止水道，黑髭发甄权。下宿物，止肠癖久泄，赤白痢萧炳。消痰下气，化食开胃，除烦治水，调中，止呕吐霍乱，心



like soup of new tea.

Su Song: Now the temple is called Ancient Temple of Qianming. There are still six to seven old trees left. Local people still cherish the soup made of the drug in this temple. But the way of preparation is not completely the same as that in ancient times. Hezi that falls off the tree before it gets ripe is called Suifengzi (seed gone with the wind). People collect the drug and dry it in the sun. The smaller the fruit, the better the quality. Local people cherish it a lot.

[Preparation]

Lei Xiao: Soak the drug in wine and then steam it for a full day. Cut off the angles with a knife. File the pulp and bake it dry. If the seed is to be used, take off the pulp.

[Quality and Taste]

It is bitter, warm and nontoxic.

Zhen Quan: It is bitter and sweet.

Xiao Bing: It is bitter and sour.

Li Xun: It is sour, astringent and warm.

Wang Haogu: It is bitter, sour and plain. It is basically bitter with a slightly sour taste. It is a drug with thick taste, a drug of Yin with descending tendency.

[Indications]

It disperses cold gas, eliminates epigastric and abdominal distention and fullness, and helps the digestion.

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

Zhen Quan: It dissolves accumulation of qi resting in the chest and diaphragm, facilitates the circulation of Jinye (body fluid), stops incontinence, and blackens beard and hair.

Xiao Bing: It disperses indigestion, stops hematochezia with projectile bleeding, and halts chronic dysentery with bloody and whitish discharge.

Da Ming: It dissolves phlegm accumulation and qi stagnation. It whets the appetite and helps digestion. It eliminates restlessness and is good for



腹虚痛，奔豚肾气，肺气喘急，五膈气，肠风泻血，崩中带下，怀孕漏胎，及胎动欲生，胀闷气喘。并患痢人肛门急痛，产妇阴痛，和蜡烧烟熏之，及煎汤熏洗大明。治痰嗽咽喉不利，含三数枚殊胜苏颂。实大肠，敛肺降火震亨。

【发明】

〔宗奭曰〕诃黎勒，气虚人亦宜缓缓煨熟少服。此物虽涩肠而又泄气，其味苦涩故尔。〔杲曰〕肺苦气上逆，急食苦以泄之，以酸补之。诃子苦重泻气，酸轻不能补肺，故嗽药中不用。〔震亨曰〕诃子下气，以其味苦而性急。肺苦急，急食苦以泻之，谓降而下走也，气实者宜之。若气虚者，似难轻服。又治肺气，因火伤极，遂郁遏胀满。其



treating fluid retention. It harmonizes the interior, stops nausea and vomiting, and treats cholera with epigastric and abdominal pain of deficient nature. It brings down Bentun originating from Kidney disorder, pacifies acute asthma, and treats five types of dysphagia. It treats hematochezia due to an attack of pathogenic Wind into intestine, metrorrhagia and leucorrhea. It also stops vaginal bleeding during pregnancy and treats threatened abortion with stuffiness and panting. It is also used to relieve acute pain in the anus in a case of dysentery and pain in vagina of a woman in puerperium. Burn the drug together with Huangla/cera flava/bee wax and fumigate the affected part. Or stew the drug in water to make a decoction. Fumigate and wash the affected part with the hot decoction.

Su Song: It is good for treating coughing with phlegm accumulation and inflamed throat. Hold three pieces of the drug in the mouth. It works perfectly.

Zhu Zhenheng: It consolidates the Large Intestine, astringent the Lung and brings down the ascending Fire.

[Explication]

Kou Zongshi: When the drug is taken into a patient suffering from debilitated qi, the drug should be roasted. Dosage should be small. This drug has the function of astringing the intestine. But it also purges qi, as it is bitter and astringent in taste.

Li Gao: If the Lung is damaged by the adverse ascending gas, the treatment should be adoption of a bitter drug to purge the pathogen. A drug of sour taste should also be given as a tonic. Hezi, bitter and heavy, purges qi. It is also sour and light. It is not a drug that can tonify the Lung. So the drug is not used in a prescription designed to treat coughing.

Zhu Zhenheng: Hezi brings down the adverse ascending gas, as it is bitter and functions swiftly. When the Lung is in a strained condition, a drug of bitter use should be taken to purge it. When the pathogen is brought down, strains will be relieved. This is only applicable to those who have strong qi. For those who have debilitated condition of qi, Hezi should not be given. The drug is also good for treating Lung distention due to attack of extreme pathogenic Fire. This is because Hezi is sour and bitter in taste and



味酸苦，有收敛降火之功也。〔时珍曰〕诃子同乌梅、五倍子用则收敛，同橘皮、厚朴用则下气，同人参用则能补肺治咳嗽。东垣言嗽药不用者，非矣。但咳嗽未久者，不可骤用尔。嵇含草木状言作饮久服，令髭发白者变黑，亦取其涩也。〔珣曰〕诃黎皮主嗽，肉主眼涩痛。波斯人将诃黎勒、大腹等在船上，用防不虞。或遇大鱼放涎滑水中数里，船不能通，乃煮此洗其涎滑，寻化为水，则其治气消痰功力可知矣。〔慎微曰〕金光明经·流水长者子除病品云：热病下药，服诃黎勒。又广异记云：高仙芝在大食国得诃黎勒，长五寸，置抹肚中，便觉腹中痛，因大利十余行，疑诃黎勒为祟。后问大食长老。云：此物人带一切病消，利者乃出恶物尔。仙芝宝之，后被诛，失所在。〔颂曰〕诃黎主痢，唐本



has the function of astringing and bringing down Fire.

Li Shizhen: Use together with Wumei/fructus mume/smoked plum and Wubeizi/galla chinensis/Chinese nutgall, Hezi is good to exercise its astringing function. When it is wished to bring down the adverse ascending gas, use it together with Jupi/pericarpium citri reticulatae/tangerine peel and Houpo/cortex magnoliae officinalis/bark of officinal magnolia. When it is used together with Renshen/radix ginseng/ginseng root, it has the function of tonifying the Lung and bringing down the coughing. Li Gao said that Hezi was generally not used in prescriptions designed to treat coughing. But it should not be used to a case of coughing just contracted.

The book *Caomu Zhuang* by Ji Han: Stew the drug to make a decoction, which, if used for a long time, turns gray hair black.

Li Xun: Helipi/pericarpium chebulae/peel of medicine terminalia is good for treating coughing. Its pulp is good to relieve pain and uncomfortable feeling in the eye. Persians bring with them drugs such as Helile and Dafupi/pericarpium arecae/areca peel while they are sailing in the sea. Sometimes when the ship cannot move due to sticky saliva secreted by a huge fish, they stew Hezi to make decoction, which will be poured into the sea to dissolve the sticky saliva. From this, we can understand its efficacy of dissolving phlegm.

Tang Shenwei: The Buddhist classic *Savarnaprabhasottamassutra* — When febrile disease is treated by taking drugs to bring down the pathogenic Heat, Helile can be added.

The book *Guangyi Ji*: Gao Xianzhi once got Helile in Dashi (Tazi, a name for Arabia in ancient China). He kept the drug, five *cun* long, in the pocket of his underwear. Then, he began to feel an abdominal pain followed by some 10 loose stools. He thought this was due to Helile. Later, he asked an elder in the country, who told him that keeping the drug close to one's body would treat all kinds of diseases, substances in the stool were foul and filthy things that had caused the troubles. Mr. Gao Xianzhi cherished the drug very much. But later, when he was executed, the drug could not be found.

Su Song: Helile is good for treating dysentery. But this is not recorded in *Tang Bencao (Materia Medica of the Tang Dynasty)*. Master Zhang



草不载。张仲景治气痢有方。唐·刘禹锡传信方云：予曾苦赤白下，诸药服遍久不瘥，转为白脓。令狐将军传此方：用河黎勒三枚，两炮一生，并取皮末之，以沸浆水一合服之。若只水痢，加一钱匕甘草末；若微有脓血，加二匕；血多，加三匕。

【附方】

旧十，新五。（略）

Zhongjing had a prescription treating dysentery with passing of flatus in which Hezi was used.

The book *Chuanxin Fang* by Liu Yuxi of the Tang Dynasty (618-907): I was once suffering from dysentery with bloody and whitish discharge. I tried many prescriptions, but none could work. Later, the stool turned into whitish pus. Then, I met with General Linghu, who told me the following prescription: Grind three Hezi (with peel) into powder. Among them, two drugs are stir-baked and the other one remains unprepared. Take the powder with one *ge* of boiling Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet. If it is dysentery with watery discharge, add in a *qianbi* of powder of Gancao/radix glycyrrhizae/licuorice root. If there is a slight bloody pus, add two *qianbi* of the above drug. If there is more blood, add three *qianbi*.

[Prescriptions]

Ten prescriptions collected previously, and
five prescriptions collected recently.





棕榈 (宋嘉祐)

【释名】

栝榈

〔时珍曰〕皮中毛缕如马之骏髻，故名。椶俗作棕。髻音间，鬣也。栝音并。

【集解】

〔时珍曰〕棕榈，川、广甚多，今江南亦种之，最难长。初生叶如白及叶，高二三尺则木端数叶大如扇，上耸，四散歧裂，其茎三棱，四时不凋。其干正直无枝，近叶处有皮裹之，每长一层即为一节。干身赤黑，皆筋络，宜为钟杵，亦可旋为器物。其皮有丝毛，错纵如织，剥取缕解，可织衣、帽、褥、椅之属，大为时利。每岁必两三剥之，否则树死，或不长也。三月于木端茎中出数黄苞，苞中有细子成列，乃花之孕也，状如鱼腹孕子，谓之棕鱼，亦曰棕笋。



ZONGLÜ

Fortune windmill palm

Trachyarpus wagnerianus Becc.

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

[Explanation of Names]

BINGLÜ

Li Shizhen: Fiber in Zongban/petiolus trachycarpi/petiole of fortune windmill palm looks like the long hair on horse neck.

[Previous Explanations]

Li Shizhen: Windmill palm is found in bulk in Sichuan, Guangdong and Guangxi. Now the tree is also planted in the area south of the Yangtze River. It is a plant that grows very slowly. At first, its leaf looks like the leaf of Baiji (common bletilla). When the plant is two to three *chi* tall, there are several leaves on the top that are as big as a fan. The leaf grows upward with its leaf scattered and cracked. Its stem is triangular. The plant does not wither in all seasons. Its trunk is upright without a branch. At the leaf base, it is covered with Zonglüpi, one layer appearing each year. Its trunk is red and black covered with veins and fibers. It can be used as a bell stick or can be carved into utensils. The Zonglüpi is covered with silky fur that looks like a woven thing. When it is taken away from the trunk, its fiber can be combed into good order, and be used as fiber to weave clothes, hats, mattresses or chairs. It is something that is commonly used by local people. The Zonglüpi must be peeled off two to three times a year; otherwise, the plant does not grow, or even dies. In the third month, several yellow buds appear on top of the stem in which fine seeds are arranged in good array. This is the bud of flower. It looks like a fish jelly full of roe. So, it is also called Zongyu (windmill palm fish) or Zongsun (windmill palm shoot).



渐长出苞，则成花穗，黄白色。结实累累，大如豆，生黄熟黑，甚坚实。或云：南方此木有两种：一种有皮丝，可作绳；一种小而无丝，惟叶可作帚。郑樵通志以为王彗者，非也。王彗乃落帚之名，即地肤子。别有蒲葵，叶与此相似而柔薄，可为扇、笠，许慎说文以为棕榈亦误矣。

笋及子花

〔气味〕苦，涩，平，无毒。〔藏器曰〕有小毒，戟人喉，未可轻服。〔珣曰〕温，有大毒，不堪食。〔时珍曰〕棕鱼皆言有毒不可食，而广、蜀人蜜煮、醋浸，以供佛、寄远，苏东坡亦有食棕笋诗，乃制去其毒尔。

〔主治〕涩肠，止泻痢肠风，崩中带下，及养血藏器。

Then, a flower spike appears from the bud, which is yellow-white. Fruits are formed in bulk the size of a soybean. It is yellow first and turns black when ripe. It is very hard and solid. Some say that there are two species of the plant in the south: One with Zonglüpi, which can be used to make rope, and the other small and without fiber. Its leaf can be made into broom. The book *Tong Zhi* by Zheng Qiao thought this was just Wanghui, which is not correct. This is because Wanghui is the other name of Luozhou, which is just Difuzi/fructus kochiae/belvedere fruit. There is another kind called Pukui (Chinese fan palm). It has similar leaf to windmill palm, but it is softer and thinner. It can be used to make a fan or hat. In the book *Shuowen Jiezi* (*Book of Philology* by Xu Shen), it is recorded as Zonglü (windmill palm), which is not correct.

ZONGLÜSUN and ZONGLÜZIHUA

Bud, fruit and flower of fortune windmill palm

Flos et fructus trathycarpi

[Quality and Taste]

It is bitter, astringent, plain and nontoxic.

Cheng Cangqi: Slightly toxic, stimulates the throat. It should not be taken without careful consideration.

Li Xun: It is warm and very toxic. It cannot be taken orally.

Li Shizhen: People call say that flower bud of windmill palm is toxic and cannot be taken orally. But people in Guangdong, Guangxi and Sichuan process it with honey or vinegar. Then, it can be eaten, used as a sacrifice in worshipping the Buddha, or sent to friends afar as a gift. Su Dongpo, man of literature of the Song Dynasty (960-1279) also wrote a poem in praise of the windmill palm bud. This is because the drug has been detoxified by certain processes.

[Indications]

Chen Cangqi: It astringes the Intestine, stops diarrhea, dysentery and hematochezia due to an attack of pathogenic Wind into the intestine, treats metrorrhagia and leucorrhea, and nourishes the blood.





〔附方〕新一。（略）

皮

〔气味〕同子。

〔主治〕止鼻衄吐血，破癥，治肠风赤白痢，崩中带下，烧存性用大明。主金疮疥癬，生肌止血李珣。

〔发明〕〔宗奭曰〕棕皮烧黑，治妇人血露及吐血，须佐以他药。〔时珍曰〕棕灰性涩，若失血去多，瘀滞已尽者，用之切当，所谓涩可去脱也。与乱发同用更良。年久败棕入药尤妙。

〔附方〕新六。（略）



[Prescriptions]

One prescription collected recently.

ZONGLÜPI

Leaf – sheath – fiber of fortune windmill palm

Fiber trachycarpi

[Quality and Taste]

The same as the fruit.

[Indications]

Da Ming: It stops epistaxis and hematemesis, and dissolves hard mass. It is also good for treating hematochezia due to attack of pathogenic Wind into the intestine and dysentery with whitish and bloody discharge. Burn the drug with its property retained.

Li Xun: It is good for treating an incised wound, scabies and tinea, helps the growth of flesh and stops bleeding.

[Explication]

Kou Zongshi: Burn Zonglüpi in until it becomes black. Take the drug to treat bloody lochia and hematemesis in women. It should be used together with other drugs.

Li Shizhen: Ash of Zonglüpi is astringent. When there is a lot of blood loss and stasis has been exhausted, use of this drug is just right. This is called drug of astringency that can rescue a case of total evanescence. It works even better if it is used together with Renfa/crinis hominis/human hair. The longer the Zonglüpi is stored, the better it works.

[Prescriptions]

Six prescriptions collected recently.



巴豆（本经下品）

【释名】

巴菽本经。刚子炮炙。老阳子

〔时珍曰〕此物出巴蜀，而形如菽豆，故以名之。宋本草一名巴椒，乃菽字传讹也。雷斅炮炙论又分紧小色黄者为巴，有三棱色黑者为豆，小而两头尖者为刚子。云巴与豆可用，刚子不可用（杀人）。其说殊乖。盖紧小者是雌，有棱及两头尖者是雄。雄者峻利，雌者稍缓也。用之得宜，皆有功力；用之失宜，参、朮亦能为害，况巴豆乎？



BADOU

Croton

Croton tiglium L.

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

[Explanation of Names]

BASHU

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

GANGZI

— *Lei Gong Paozhilun* (*Lei Gong's Treatises on Preparation of Drugs*).

LAOYANGZI.

Li Shizhen: The drug is produced in the Ba and Shu (eastern Sichuan and Sichuan). It looks like a bean. So it is named Badou (bean in Ba). In *Song Bencao*, the name of the drug was recorded as Bajiao, which is a distorted version of Bashu.

The book *Lei Gong Paozhi Lun*: The seed that is yellow and solid like a small bean is called Ba. A seed of triangular shape and black color is Dou. A small seed with pointed tips on both ends is called Gangzi. Both Ba and Dou can be used medically. But Gangzi cannot be used, as it may kill a person. Comment: Such a record is just groundless. As a matter of fact, the seed that is small and solid is the female one. The seed with angles and pointed tips is the male one. The male one functions more strongly than the female. When either of them is used properly, both work just perfectly. If the drug is not used in the right way, it brings harm for sure. Harm may occur even when drugs like Renshen/radix ginseng/ginseng root and Baizhu/rhizoma *atractylodis macrocephalae*/rhizome of large head *atractylodes* are



【集解】

〔时珍曰〕巴豆房似大风子壳而脆薄，子及仁皆似海松子。所云似白豆蔻者，殊不类。

【修治】

〔弘景曰〕巴豆最能泻人，新者佳，用之去心、皮，熬令黄黑，捣如膏，乃和丸散。〔斆曰〕凡用巴与豆敲碎，以麻油并酒等煮干研膏用。每一两，用油、酒各七合。〔大明曰〕凡入丸散，炒用不如去心、膜，换水煮五度（各一沸）也。〔时珍曰〕巴豆有用仁者，用壳者，用油者，有生用者，麸炒者，醋煮者，烧存性者，有研烂以纸包压去油者（谓之巴豆霜）。

【气味】

辛，温，有毒。



not used in the right way.

[Previous Explanations]

Li Shizhen: The seedpod of croton looks like that of Dafengzi/semen *hydnocarp*i/*chaulmoogra* seed. But its capsule is crispy and thin. Its seed and kernel all look like Haisongzi/semen *pini koraiensis*/seed of Korean pine. Su Song said that it looked like Baidoukou, but this is wrong.

[Preparation]

Tao Hongjing: Badou has drastic properties. The newly collected drug is better in quality. Take off the capsule and heart. Stir-fry the drug until it turns yellow-black and pound it into paste. Then, it can be used in the making of medicinal powder or pill.

Lei Xiao: Pound Ba and Dou into small pieces. Stew the drug in sesame oil and wine until all the liquid is consumed. Then, grind the drug into paste. Ration: Each *liang* of drug needs seven *ge* each of wine and sesame oil.

Da Ming: When the drug is to be used in making medical powder or pill, processing of the drug by stir-frying is not as good as the following: Take off the heart and membrane first and stew the drug for one boiling. Do that five times, changing to fresh water each time.

Li Shizhen: Badou can be prepared by either of the following methods:

- To use the kernel only;
- to use the capsule only;
- to use the oil only;
- to use the crude drug;
- to stir-fry the drug together with Maifu/*testa tritici levis*/wheat bran;
- to stew the drug with vinegar;
- to burn the drug with its property retained; or
- to grind the drug into powder and wrap it with paper and press off the oil (This is *Badoushuang*/semen *crotonis pulveratum*/defatted croton seed powder).

[Quality and Taste]

It is pungent, warm and toxic.



〔别录曰〕生温熟寒，有大毒。〔普曰〕神农、岐伯、桐君：辛，有毒。黄帝：甘，有毒。李当之：热。〔元素曰〕性热味苦，气薄味厚，体重而沉降，阴也。〔杲曰〕性热味辛，有大毒，浮也，阳中阳也。〔时珍曰〕巴豆气热味辛，生猛熟缓，能吐能下，能止能行，是可升可降药也。别录言其熟则性寒，张氏言其降，李氏言其浮，皆泥于一偏矣。盖此物不去膜则伤胃，不去心则作呕，以沉香水浸则能升能降，与大黄同用泻人反缓，为其性相畏也。王充论衡云：万物含太阳火气而生者，皆有毒。故巴豆辛热有毒。〔之才曰〕芫花为之使。畏大黄、黄连、芦笋、菰笋、藜



It is warm when it is not prepared. It becomes cold when it is stir-fried. It is a drug with excessive toxicity.

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

Wu Pu: It is pungent and toxic according to Shen Nong, Qi Bo and Tong Jun. It is sweet and toxic according to the Yellow Emperor. It is hot in quality according to Li Dangzhi.

Zhang Yuansu: It is hot in quality and bitter in taste. It has thin quality and thick taste. It is a drug of heavy quality with sinking and descending tendency. It is a Yin drug.

Li Gao: It is hot in quality and pungent in taste. It is a drug of excessive toxicity. It has a floating tendency, a drug of Yang in Yang.

Li Shizhen: Badou is hot in quality and pungent in taste. It works fiercely when it is not prepared and slows down a bit when it is prepared. It may induce vomiting and a loose stool. It may accelerate the movement or halt it. It may ascend or descend. But in *Mingyi Bielu*, it was recorded that the drug was cold when prepared. Zhang Yuansu said that the drug had a tendency of descending, while Li Gao said the drug had a tendency of ascending. All the above records are one-sided. If the membrane of Badou is not peeled off, it damages the Stomach. If the heart of the drug is not taken off, it causes vomiting. Soaked in a decoction of Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood, Badou is good both at ascending and descending. When it is used together with Dahuang/radix et rhizoma rhei/rhubarb, it functions even milder. This is because the two drugs are mutually inhibiting.

The book *Lun Heng* by Wang Chong: All things, enriched by the fire toxin of the sun are toxic. Dadou, pungent and hot, is such a toxic drug.

Xu Zhicai: Yuanhua/flos genkwae/flower bud of lilac daphne can be used as its guiding drug. It is incompatible with:

Dahuang/radix et rhizome rhei/rhubarb,

Huanglian/rhizoma coptidis/coptis rhizome,

Lusun/gemma et folium phragmitis/reed shoot and leaf,

Gusun/gemma zizaniae caduciflorae/shoot of fewflower wildrice,

Lilu/rhizoma et radix veratri/rhizome and root of false hellebore,

Jiang/miscellus amyllum preparatum/fermented soybean,



芦、酱、豉、冷水，得火良，恶藜草，与牵牛相反。中其毒者，用冷水、黄连汁、大豆汁解之。

【主治】

伤寒温疟寒热，破癥瘕结聚坚积，留饮痰癖，大腹水肿，荡练五脏六腑，开通闭塞，利水谷道，去恶肉，除鬼毒蛊疰邪物，杀虫鱼本经。疗女子月闭烂胎，金疮脓血，不利丈夫阴，杀斑蝥蛇虺毒。可炼饵之，益血脉，令人色好，变化与鬼神通别录。治十种水肿，痿痹，落胎药性。通宣一切病，泄壅滞，除风补劳，健脾开胃，消痰破血，排脓消肿毒，杀腹脏虫，治恶疮瘕肉，及疥癩疗肿日华。导气消积，去脏腑停寒，治生冷硬物所伤元素。治泻痢惊痢，心腹痛疝



Douchi/semen sojae preparatum/fermented soybean, and Cold water.

The drug is reinforced if it is processed by fire. It is mutually inhibiting to Rangcao/herbazingiberis miogae/herb of mioga ginger. It is mutually contradicting to Qianniuzi/semen pharbitidis/pharbitis seed. The way to detoxify toxin of Badou: cold water, juice of Huanglian/rhizoma coptidis/coptis rhizome, and juice of Dadou/semen sojae nigra/seed of black soybean.

[Indications]

It is good for treating febrile disease caused by Cold, pyrexial malarial with chill and fever. It dissolves hard mass, accumulation and assemblage. It resolves Liuyin (remaining fluid-retention, prolonged edema) and phlegm accumulation in the hypochondrium, distended abdomen as ascites. It purges all kinds of stagnation in the Five Viscera and Six Bowels. It facilitates stool and urination, eliminates magignant flesh in a sore, treats Guizhu, Gudu and different vicious agents and kills fish and worms.

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

It is good for treating the menopause, a dead fetus, and incised wound with bloody pus. It is no good for male sexuality. It detoxifies toxin of Banmao/mylabris/blister beetle/telini fly and snakes. The drug can be processed to make alchemical drugs. It is then good for nourishing blood and improving the complexion. It makes one more enlightened.

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

It is good for treating 10 kinds of edema, paralysis and arthralgia. It promotes an abortion.

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

It disperses all kinds of pathological conditions, purges accumulation and abdominal mass, dispels invading pathogenic Wind and tonifies consumptive disease. It replenishes the Spleen, whets the appetite, dissolves phlegm, removes blood stasis, dispels pus and eliminates pyrogenic infection. It kills worms in the abdomen and Viscera, and treats malignant sores with polyp, pertinacious skin disease and furuncle.

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



气，风喎耳聋，喉痹牙痛，通利关窍时珍。

【发明】

〔元素曰〕巴豆乃斩关夺门之将，不可轻用。〔震亨曰〕巴豆去胃中寒积。无寒积者勿用。〔元素曰〕世以巴豆热药治酒病膈气，以其辛热能开肠胃郁结也。但郁结虽开，而亡血液，损其真阴。〔从正曰〕伤寒风湿，小儿疮痘，妇人产后，用之下膈，不死亦危。奈何庸人畏大黄而不畏巴豆，以其性热而剂小耳。岂知以蜡匱之，犹能下后使人津液枯竭，胸热口燥，耗却天真，留毒不去，他病转生。故下药宜以为禁。〔藏器曰〕巴豆主癥癖瘕气，痞满积聚，冷气血块，宿食不消，痰饮吐水。取青黑大者，每日空腹服一枚，



Zhang Yuansu: It facilitates the flow of qi and dissolves lump. It disperses remaining Cold in the Viscera and Bowels and indigestion due to intake of crude, cold and hard food.

Li Shizhen: It treats diarrhea, dysentery, convulsions and epilepsy, hernia and epigastric and abdominal pain. It is good for treating deviation of mouth due to invading pathogenic Wind and deafness, inflamed throat and toothache. It facilitates the function of the joints and orifices.

[Explication]

Zhang Yuansu: Badou is a warrior that fights fiercely and bravely. It should not be used until it is badly needed. Careful consideration has to be given before a decision is made.

Zhu Zhenheng: Badou is good to eliminate Cold accumulation in the Stomach. If this is not present, the drug should not be used.

Zhang Yuansu: Doctors generally consider Badou a hot drug and as being good for treating stagnation in the diaphragm due to alcoholism. This is because the pungent taste and hot quality of this drug enable to dredge through the pent-up accumulation in the Stomach and Intestine. But once the accumulation is opened up, blood and Jinye (body fluid) are also exhausted. It consumes genuine Yin.

Zhang Congzheng: The following diseases should not be treated by Badou: Febrile diseases caused by pathogenic Wind and Humidity, infantile smallpox, and postpartum diseases. If the drug is used to dissolve accumulation in the diaphragm, the patient's condition may become critical. But generally, a mediocre doctor only knows that Dahuang is drastic, but he does not know that Badou is a dangerous drug. This is because Badou is hot in quality and it is normally used in small dosage. Actually, even when Badou is processed with Huangla/cera flava/bee wax (to lessen its toxicity), if it is used as drastic medicine, it still exhausts Jinye, bringing a perched mouth, fever in the chest and restlessness. It has consumed Zhenqi (original Vital Energy) of the patient and its toxin will remain in the interior. This may induce complications. So it is generally prohibited to use it as a drastic treatment.

Chen Cangqi: Badou is good for treating following syndrome: Hard



去壳勿令白膜破，乃作两片（并四边不得有缺损）吞之，以饮压令下。少顷腹内热如火，利出恶物。虽利而不虚，若久服亦不利。白膜破者不用。〔好古曰〕若急治为水谷道路之剂，去皮、心、膜、油，生用。若缓治为消坚磨积之剂，炒去烟令紫黑用，可以通肠，可以止泻，世所不知也。张仲景治百病客忤备急丸用之。〔时珍曰〕巴豆峻用则有戡乱劫病之功，微用亦有抚缓调中之妙。譬之萧、曹、绛、灌，乃勇猛武夫，而用之为相，亦能辅治太平。王海藏言其可以通肠，可以止泻，此发千古之秘也。一老妇年六十余，病溏泄已五年，肉食、油物、生冷犯之即作痛。服调脾、升提、止涩诸药，入腹则泄反甚。延余诊之，脉沉而滑，此乃脾胃久伤，冷积凝滞所致。王太仆所谓大寒凝内，久利溏泄，愈而复发，绵历岁年者。法当以热下之，则寒去利止。遂用蜡匮巴豆丸药五十丸与服，二日大便不通亦不利，其泄遂愈。自是每用治泄痢积滞诸病，皆不泻而病愈者近百人。妙在配合得宜，药病相对耳。苟用所不当用，则犯轻用损阴之戒矣。



mass in the shape of a hanging noose, stagnancy of qi, accumulation and abdominal mass, blood clot due to pathogenic Cold, indigestion, Tanyin (phlegm and fluid retention) with the spitting of fluid. Take one grain of Badou that is black and big. Take it in before a meal. Take off the capsule and do not damage the white membrane. Cut the drug into two pieces. Be careful not to damage the edge of the drug. Wash it down with Minyin or hot water. After a while, the patient will feel very hot in the abdomen. A stool with foul substances will be defecated. Although he patient has a loose stool, it does not consume the patient too much. If the drug is given over a long period, there will be no more loose stool. If the white membrane on the seed is damaged, it cannot be used.

Wang Haogu: If Badou has to be used in an urgent case, it should be used in the following way: Take off the peel, heart, membrane and oil of the crude seed. If the drug is to be used as a mild laxative, stir-fry the drug until smoke is exhausted and it turns purple-black. It is then good to dissolve indigestion and hardened stagnation. It may also work against constipation. But it may also stop diarrhea. This is what the medical profession just began to realize. Master Zhang Zhongjing used the drug in his prescription Beiji Wan (Pill for Emergency Rescue) designed to treat Kewu (infantile convulsive seizure due to fright).

Li Shizhen: If Badou is used in bigger dosage, it has the function of treating a serious disease and dispersing the invading pathogenic factors. If it is used in a small dosage, it has the function of harmonizing the interior. This is just like the case that during the Han Dynasty (206 BC-AD 220), generals like Xiao He, Cao Can, Zhou Bo and Guan Ying could fight valiantly in the battlefield. In peaceful times, when they were appointed as ministers, all of them could administer the country in orderly way. Wang Haogu said that Badou could dredge constipation and could also stop diarrhea. This is a great discovery ever made in the last thousand years. Here is a case to prove it: An old woman over 60 years old had been suffering from watery diarrhea in the previous five years. Whenever she ate meat, oily or cold food, she would suffer from abdominal pain. Drugs to regulate the Spleen, drugs with ascending tendency and astringent function had been given. But these worsened the diarrhea. When I examined the patient, I found her



【正误】

〔弘景曰〕道家亦有炼饵法，服之云可神仙。人吞一枚便死，而鼠食之三年重三十斤：物性乃有相耐如此。〔时珍曰〕汉时方士言巴豆炼饵，令人色好神仙，名医别录采入本草。张华博物志言鼠食巴豆重三十斤。一谬一诬，陶氏信为实语，误矣。又言人吞一枚即死，亦近过情，今并正之。

【附方】

旧十三，新二十六。（略）

油

〔主治〕中风痰厥气厥，中恶喉痹，一切急病，咽喉不通，牙关紧闭。以研烂巴豆绵纸包，压取油作捻点灯，吹灭熏鼻中，或用热烟刺入喉内，即时出涎或恶血便苏。又舌上无故出血，以熏舌之上下，自止时珍。



pulse was deep and slippery. This was due to the prolonged damage to the Spleen and Stomach that had caused cold accumulation and abdominal mass.

[Corrections]

Tao Hongjing: Taoists also use the drug to make alchemical drugs, saying that eating the drug may lead one to become immortal. But it is recorded once a person died only because he had swallowed one grain of the drug. But it is also recorded that a rat, having eaten the thing over three years, grew to 30 *jin* of weight. It seems that the rat had an extraordinary compatible ability to the drug. This is rare.

Li Shizhen: In the Han Dynasty (206 BC-AD 220), alchemical practitioners said that when Badou was alchemically processed, it might help one keep a good complexion and enjoy a life like an immortal. The book *Mingyi Bielu* recorded this in the text. The book *Bowu Zhi* by Zhang Hua recorded that a rat, after eating Badou for three years, grew to 30 *jin* in weight. Tao Hongjing believed both of these pieces of information. This is actually not reliable. As to the record saying that one person died only because he ate one grain of the drug, it is believed to be hearsay.

[Prescriptions]

Thirteen prescriptions of previous collection, and
26 prescriptions collected recently.

BADOU YOU

Croton oil

Oleum crotonis

[Indications]

Li Shizhen: It is good for treating apoplexy with syncope due to excessive phlegm and disorder of qi, Zhong'e and throat inflammation. It also treats obstruction of the throat and lockjaw in all acute cases. Method of rescuing the patient: Grind Badou and wrap it with soft paper. Squeeze it to get oil. Light a lamp with the oil. Blow it out, so as to let out the smoke.

壳

〔主治〕消积滞，治泻痢时珍。

〔附方〕新二。（略）



Fumigate the nostril or blow it into throat. Then the patient will have salivation or bleeding, and be restored. The smoke can be used to fumigate the tongue when there is bleeding for unknown reason. Fumigate both sides of the tongue. This will stop the bleeding.

BADOUQIAO

Seed coat of croton
Pericarpium crotonis

[Indications]

Li Shizhen: It dissolves accumulation and stagnation, and stops diarrhea and dysentery.

[Prescriptions]

Two prescriptions collected recently.





桑（本经中品）

【释名】

子名椹

〔时珍曰〕徐锴说文解字云：叒（音若）。东方自然神木之名，其字象形。桑乃蚕所食，异于东方自然之神木，故加木于叒下而别之。典术云：桑乃箕星之精。

【集解】

〔时珍曰〕桑有数种：有白桑，叶大如掌而厚；鸡桑，叶花而薄；子桑，先椹而后叶；山桑，叶尖而长。以子种者，不若压条而分者。桑生黄衣，谓之金桑，其木必将槁矣。种



SANG

Mulberry

Morus alba L.

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

[Explanation of Names]

SHEN (the fruit)

Li Shizhen: The book *Shuowen Jiezi* by Xu Kai: Ruo is the name of a sacred wood in the east. It is a pictographic character. As the mulberry leaf is eaten by silkworm, it is different from the sacred wood in the east. So the character Ruo becomes the upper radical and another character “wood” becomes the lower part of the character.

The book *Dian Shu*: Mulberry is evolved from the essence of Jixing.*

[Previous Explanations]

Li Shizhen: There are several species of mulberry:

- Baisang (white mulberry): Its leaf is thick, as big as a palm.
- Jisang (chicken mulberry): Its leaf is thin, with flowery veins.
- Zisang (fruit mulberry): The fruit is born first and then the leaf begins to grow.
- Shangsang (mountain mulberry): The leaf is long, with a pointed tip.

The tree can be planted by sowing the seed or burying part of the twig in the earth (layering). But it is preferable to plant the tree by layering,

*The seventh of the 28 constellations into which the celestial sphere was divided in ancient Chinese astronomy (consisting of four stars in the shape of a sieve in Sagittarius).



树书云：桑以构接则桑大。桑根下埋龟甲，则茂盛不蛀。

桑根白皮

〔修治〕〔别录曰〕采无时。出土上者杀人。〔弘景曰〕东行桑根乃易得，而江边多出土，不可轻信。〔时珍曰〕古本草言桑根见地上者名马领，有毒杀人。旁行出土者名伏蛇，亦有毒而治心痛。故吴淑事类赋云：伏蛇疗疾，马领杀人。〔斆曰〕凡使，采十年以上向东畔嫩根，铜刀刮去青黄薄皮一重，取里白皮切，焙干用。其皮中涎勿去之，药力俱在其上也。忌铁及铅。或云：木之白皮亦可用。煮汁染褐色，久不落。

〔气味〕甘，寒，无毒。〔权曰〕平。〔大明曰〕温。



when mulberry is covered with a yellow coating, it is called Jinsang (golden mulberry). But this is the end of the plant when it is going to wither.

The book *Zhongshu Shu*: If mulberry is grafted onto paper mulberry, the tree will develop into a big one. Bury a Guijia/plastrum testudinis/tortoise plastron under the root of mulberry. In this way, the tree will flourish and no moth will be found.

SANGGENBAIPI

Root-bark of white mulberry

Cortex mori radiceis

[Preparation]

There is no definite time for collection. A root exposed above ground is no good and may kill a person.

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

Tao Hongjing: It is easy to get the root stretching eastward. A tree growing close to water always has its root exposed above ground. What is said in *Mingyi Bielu* that such root may kill a person is still open to question.

Li Shizhen: In ancient Bencao works, it is recorded that mulberry root exposed above the ground is called Maling, which is toxic and may kill a person. The root that grows horizontally above the ground is called Fushe. It is also toxic but it is good to treat heart pain.

The book *Shilei Fu* by Wu Shu: Fushe is a drug that is good to treat disease and Maling is toxic and may kill a person.

Lei Xiao: Collect the tender root stretching eastward, more than 10 years old. Scrub off the green-yellow thin bark. Cut the white bark into pieces and bake dry. Do not wash away the secretion on the bark, as it is the essence of the drug. Avoid using iron or lead objects in the processing of the drug. Some say that the white bark of wood is also good for medical use. The drug can be stewed to make a decoction to dye cloth into brown color, which lasts a long time.

[Quality and Taste]

It is sweet, cold and nontoxic.



〔元素曰〕苦、酸。〔杲曰〕甘、辛，寒。可升可降，阳中阴也。〔好古曰〕甘厚而辛薄，入手太阴经。〔之才曰〕续断、桂心、麻子为之使。

〔主治〕伤中，五劳六极，羸瘦，崩中绝脉，补虚益气本经。去肺中水气，唾血热渴，水肿腹满胪胀，利水道，去寸白，可以缝金疮别录。治肺气喘满，虚劳客热头痛，内补不足甄权。煮汁饮，利五脏。入散用，下一切风气水气孟诜。调中下气，消痰止渴，开胃下食，杀腹脏虫，止霍乱吐泻。研汁，治小儿天吊惊痫客忤，及傅鹅口疮，大验大明。



Zhen Quan: It is plain.

Da Ming: It is warm.

Zhang Yuansu: It is bitter and sour.

Li Gao: It is sweet, pungent and cold. It is a drug that may ascend or descend, a drug of Yin in Yang.

Wang Haogu: It is mainly sweet, blended with a slightly pungent taste. It functions on the Lung Channel of Hand Initial Yin.

Xu Zhicai: Its guiding drugs: Xuduan/radix dipsaci/root of Himalayan teasel, Guixin/cortex cinnamomi/inner bark of cassia, and Damazi/semens cannabidis/hemp seed.

[Indications]

It is good for tonifying a condition of interior exhaustion. It treats diseases caused by five overstrains and six extremes, and improves a condition of emaciation. It also treats metrorrhagia with insensible pulse, tonifies the deficiency and reinforces qi.

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

It disperses fluid retention resting in the Lung with spitting of blood, fever and thirst, eliminates puffy edema with abdominal distention, facilitates urination, and kills tapeworm. It can knit an incised wound.

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

Zhen Quan: It is good for treating asthma and distention due to Lung disorder, and consumptive disease with guest heat and headache. It tonifies a condition of interior insufficiency.

Meng Xian: Stew the drug in water to make a decoction. Take the decoction. It benefits all the Five Viscera. When the drug is added in the making of medicinal powder, it is good to disperse all kinds of invading pathogenic factors and fluid retention.

Da Ming: It regulates the interior, brings down adverse ascending gas, eliminates phlegm and quenches thirst, whets appetite and helps digestion. It kills worms in the Viscera and Bowels, stops cholera with vomiting and diarrhea. Grind the drug with water to get juice. It can be used to treat infantile convulsion and epilepsy with up-lifted eyes. It also treats Kewu (infantile convulsive seizure due to fright). It can also be applied externally



泻肺，利大小肠，降气散血时珍。

〔发明〕〔杲曰〕桑白皮，甘以因元气之不足而补虚，辛以泻肺气之有余而止嗽。又云：桑白皮泻肺，然性不纯良，不宜多用。〔时珍曰〕桑白皮长于利小水，乃实则泻其子也，故肺中有水气及肺火有余者宜之。十剂云：燥可去湿，桑白皮、赤小豆之属是矣。宋医钱乙治肺气热盛，咳嗽而后喘，面肿身热，泻白散：用桑白皮（炒）一两，地骨皮（焙）一两，甘草（炒）半两。每服一二钱，入粳米百粒，水煎，食后温服。桑白皮、地骨皮皆能泻火从小便去，甘草泻火而缓中，粳米清肺而养血，此乃泻肺诸方之准绳也。元医罗天益言其泻肺中伏火而补正气，泻邪所以补正也。若



to treat infantile thrush. It is proven very effective.

Li Shizhen: It purges the Lung, and facilitates the function of the Large and Small Intestine. It brings down adverse ascending gas and disperses stagnation of blood.

[Explication]

Li Gao: Sangbaipi/cortex mori radicis/rootbark of white mulberry, sweet in taste, is a drug in that tonifies the insufficient condition of Yuanqi (Primordial Vital Energy). It is also pungent, enabling it to purge excessive Lung qi so as to stop coughing. It has other functions, too, but should not be used in heavy dose.

Li Shizhen: Sanbaipi is good for smoothing urination. This is a treatment called “purging the son Viscus when there is an excess.”* So, the drug is good to purge existing Water or Fire in the Lung.

The book *Shi Ji (Ten Functions of Prescriptions)*: Drugs of dry quality can be used to purge Humidity. Sangbaipi and Chixiaodou/semens phaseolli/rice bean are such drugs.

The book *Xiao'er Yaozheng Zhijue (Key to Therapeutics of Children's Diseases)* by Qian Yi recorded the prescription Xiebai San to treat coughing and asthma with puffy face and fever in body due to excessive Heat in the Lung. The prescription:

- One *liang* of Sangbaipi (stir-fired),
- one *liang* of Digupi/cortex lycii radices/rootbark of Chinese wolfberry (baked), and
- half a *liang* of Gancào/radix glycyrrhizae/licuorice root (stir-fried).

*The Mother-Son relationship of the Five Viscera:

LIVER — HEART — SPLEEN — LUNG — KIDNEY — LIVER

mother—son

 mother—son

 mother—son

 mother—son

 mother—son

 mother—son

肺虚而小便利者，不宜用之。〔颂曰〕桑白皮作线缝金疮肠出，更以热鸡血涂之。唐安金藏剖腹，用此法而愈。

〔附方〕旧九，新五。（略）

桑椹

一名文武实。

〔主治〕单食，止消渴苏恭。利五脏关节，通血气。久服不饥，安魂镇神，令人聪明，变白不老。多收暴干为末，





Stew one to two *qian* with 100 grains of Jingmi/semem oryzae/polished round-grained non-glutinous rice in water to make a decoction and take warm after meal. Analysis: Both Sangbaipi and Digupi are good to purge Fire and let it flow out with the urine. Gancao is good to purge Fire and harmonize the interior. Jingmi clears Heat in the Lung and nourishes the blood. So this prescription is the most important one setting a good standard for all prescriptions that are aimed at purging excess in the Lung. Luo Tianyi, doctor of the Yuan Dynasty (1271-1368), once said that the drug was good to purge hidden Fire in the Lung and tonify Zhengqi (vital resistance). Analysis: When pathogenic factors are dispersed, it is just a good tonic for the Zhengqi. If the Lung is in a deficient condition and urination is smooth, the drug should not be used at all.

In the above diagram, the Lung is the mother of the Kidney. Therefore, when urine controlled by the Kidney, the son) is smoothed, the mother will be purged off its excessive Fire and Water.

Su Song: Sangbaipi can be made into a thread to sew an incised wound with protruding intestine. After sewing, apply hot chicken blood on the affected part. It is recorded that Mr. An Jincang, a gentleman living during the Tang Dynasty (618-907), once committed hara-kiri. But he was rescued by the above treatment.

[Prescriptions]

Nine prescriptions collected previously, and
five prescriptions collected recently.

SANGSHEN

Mulberry fruit

Fructus mori

It is also called Wenwushi.

[Indications]

Su Gong: Take the drug independently. It quenches thirst in diabetes.

Chen Cangqi: It tonifies the Five Viscera, facilitates the movement of joints and motivates the circulation of blood and qi. Long-term use makes



蜜丸日服藏器。捣汁饮，解中酒毒。酿酒服，利水气消肿时珍。

〔发明〕〔宗奭曰〕本经言桑甚详，然独遗乌椹，桑之精英尽在于此。采摘微研，以布滤汁，石器熬成稀膏，量多少入蜜熬稠，贮瓷器中。每抄一二钱，食后、夜卧，以沸汤点服。治服金石发热口渴（生精神）及小肠热，其性微凉故也。仙方日干为末，蜜和为丸，酒服亦良。〔时珍曰〕椹有乌、白二种。杨氏产乳云，孩子不得与桑椹，令儿心寒，而陆玑诗疏云，鸠食桑椹多则醉伤其性，何耶？四民月令云：四月宜饮桑椹酒，能解百种风热。其法用椹汁三斗，重汤煮至一斗半，入白蜜二合，酥油一两，生姜一合，煮令得所，瓶收。每服一合，和酒饮之。亦可以汁熬烧酒，藏之经年，味力愈佳。史言魏武帝军乏食，得干椹以济饥。金末大荒，



one no longer hungry (even without eating normal food). It pacifies the soul and mind, and increases wisdom. It helps turn white hair black and keeps one looking young. Collect the drug and dry it in the sun; then grind it into powder. Make pills with honey and take it daily.

Li Shizhen: Pound the fresh fruit to get juice. Drink the juice to dissolve alcoholism. Brew wine with fruit. Such wine works to eliminate fluid retention and swelling.

[Explication]

Kou Zongshi: In *Shen Nong Bencao Jing*, mulberry was recorded in great detail. But Sangshen was not recorded. Actually it is the essence of mulberry. Collect the fruit and grind it slightly. Wrap it with cloth and squeeze to get juice; stew this in a stone container until it condenses into thin paste. Then, add a suitable dose of honey and stew it until it becomes a good ointment. Keep it in a porcelain container. Take one to two *qian* per dose after meal or at night before bedtime with hot water. It is good for quenching thirst from taking alchemical stone drugs and eliminating invading pathogenic Heat resting in the Small Intestine. It is slightly cool in quality. In the processing of alchemical drugs for life prolongation, the drug is dried and ground into powder. Then, it is blended with honey and made into pills. It can be taken with wine. It works effectively.

Li Shizhen: There are two species of Sangshen: One is black and the other white.

The book *Yangshi Chanru*: Do not take Sangshen to an infant, as it may bring Cold to the Heart.

The book *Shi Shu* by Lu Ji: When a turtledove eats too much Sangshen, it will get intoxicated and be hurt. Comment: Why should this happen? Nobody knows.

The book *Simin Yueling*: It is good for drinking wine of Sangshen in the fourth month. Such wine is good for dispersing various kinds of invading pathogenic Wind and Heat. Preparation: Stew three *dou* of juice of mulberry fruit until half is left. Then, add in two *ge* of white honey, one *liang* of butter and one *ge* of fresh ginger. Stew the drug until it becomes a good ointment. Keep it in a bottle. Blend one *ge* of the ointment with wine



民皆食椹，获活者不可胜计。则椹之干湿皆可救荒，平时不可不收采也。

叶

〔气味〕苦、甘，寒，有小毒。〔大明曰〕家桑叶：暖，无毒。

〔主治〕除寒热，出汗本经。汁：解蜈蚣毒别录。煎浓汁服，能除脚气水肿，利大小肠苏恭。炙熟煎饮，代茶止渴孟诜。煎饮，利五脏，通关节，下气。嫩叶煎酒服，治一切风。蒸熟（捣），罨风痛出汗，并扑损淤血。授烂，涂蛇、虫伤大明。研汁，治金疮及小儿吻疮。煎汁服，止霍乱腹痛



and take it at one draft. The juice of the drug can also be added in the brewing of wine. After years of storage, the wine becomes even more effective. History books record that, once a troop of Emperor Wudi of the Wei [Three Kingdoms Period (220-280)] lacked food. Soldiers collected dry Sangshen and ate it as a food substitute. During famines towards the end of the Jin Dynasty (1115-1234), people all ate Sangshen in order to survive the calamity. From the above records, it is known that Sangshen, fresh or dry, can be used as a food substitute in times of emergency and famine. So, it should be collected and saved regularly to prepare for times of urgent need.

SANGYE

Mulberry leaf

Folium mori

[Quality and Taste]

It is bitter, sweet, cold and slightly toxic.

Da Ming: Domestic mulberry leaf: Warm and nontoxic.

[Indications]

It eliminates pathogenic Cold and Heat, and induces perspiration.

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

Its juice is good for detoxifying toxin of Wugong/scolopendra/centipede.

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

Su Gong: Stew the drug in water to make a dense juice. Drink the juice to treat beriberi with edema. It also facilitates the function of the Large and Small Intestine.

Meng Xian: Stir-fry the drug and then stew it in water to make a decoction. Take it in the same way as tea.

Da Ming: Stew the drug in water to make a decoction. Take it to facilitate the function of the Five Viscera, dredge through the joints and bring down the adverse ascending gas. Its tender leaf can be stewed with wine. Take it to disperse all kinds of pathogenic Wind. Steam the drug and then pound it into paste. Apply it to treat arthralgia due to invading pathogenic Wind. It also induces perspiration. It treats physical damage and removes



吐下，亦可以干叶煮之。鸡桑叶：煮汁熬膏服，去老风及宿血藏器。治劳热咳嗽，明目长发时珍。

〔发明〕〔颂曰〕桑叶可常服。神仙服食方：以四月桑茂盛时采叶。又十月霜后三分，二分已落时，一分在者，名神仙叶，即采取，与前叶同阴干捣末，丸、散任服，或煎水代茶饮之。又霜后叶煮汤，淋濯手足，去风痹殊胜。又微炙和桑衣煎服，治痢及金疮诸损伤，止血。〔震亨曰〕经霜桑叶研末，米饮服，止盗汗。〔时珍曰〕桑叶乃手、足阳明之药，汁煎代茗，能止消渴。

〔附方〕旧二，新十一。（略）



blood stasis. Rub the fresh leaf and apply it to the bite of a snake or worm.

Chen Cangqi: Grind the drug to get juice. It can be applied to treat incised wound and infantile aphtha. Stew the drug in water to make a decoction. Take the decoction to treat cholera with vomiting, diarrhea and abdominal pain. If the fresh leaf is not available, use the dry leaf. Jisangye (chicken mulberry leaf): Stew the drug in water to make a decoction. Continue to stew the decoction to make a paste. Take the paste to disperse prolonged pathogenic Wind and blood stasis.

Li Shizhen: It is good for treating consumptive disease with fever and coughing. It brightens the eye and promotes hair growth.

[Explication]

Su Song: Sangye can be used regularly over a long time. Hereunder is a prescription of life prolongation: Collect the mulberry leaf in the fourth month when it flourishes. Another time for collection is in the 10th month, when, after frost falls, two thirds of the leaves have fallen off. Pick the one third left on the tree. This is called mulberry leaf for the immortals. Mix both leaves collected in the fourth month and after frost and dry them in the shade. Pound them into powder and then make pills or medicinal powder. Or they can be stewed to make a decoction, which can be taken in the same way as tea. Sangye collected after frost fall is good to treat arthralgia due to invading pathogenic Wind. Stew the drug in water to make a decoction to wash the hands and feet. Slightly stir-fry the drug and stew it together with Sangbaipi in water to make a decoction to treat dysentery. It also treats sores and incised wound. It stops bleeding.

Zhu Zhenheng: Sangye exposed to frost can stop night sweats. Grind the drug into powder. Take it with Miyin.

Li Shizhen: Sangye is a drug that functions on the Large Intestine Channel of Hand Greater Yang and Stomach Channel of Foot Greater Yang. Stew it in water to make a decoction. Take the decoction in the same way as tea to quench thirst in diabetes.

[Prescriptions]

Two prescriptions collected previously, and



枝

〔气味〕苦，平。

〔主治〕遍体风痒干燥，水气脚气风气，四肢拘挛，上气眼运，肺气咳嗽，消食利小便。久服轻身，聪明耳目，令人光泽。疗口干及痈疽后渴，用嫩条细切一升，熬香煎饮，亦无禁忌。久服，终身不患偏风苏颂。出近效方，曰桑枝煎。一法：用花桑枝寸锉，炒香，瓦器煮减一半，再入银器，重汤熬减一半，或入蜜亦可。

〔发明〕〔颂曰〕桑枝不冷不热，可以常服。抱朴子言：仙经云，一切仙药，不得桑煎不服。〔时珍曰〕煎药用桑者，取其能利关节，除风寒湿痹诸痛也。观灵枢经治寒痹内热，用桂酒法，以桑炭炙布巾，熨痹处；治口僻用马



11 prescriptions collected recently.

SANGZHI

Mulberry twig

Ramulus more

[Quality and Taste]

It is bitter and plain.

[Indications]

Su Gong: It is good for treating itching all over the body with dry skin, fluid retention and beriberi. It disperses invading pathogenic Wind. It also treats contraction of the extremities, dyspnoea and dim vision, coughing due to disorder of the Lung qi. It helps digestion and facilitates urination. Long-term use makes one feel happy and vigorous. It brightens the eye and sharpens the hearing. It keeps the skin lustrous and moist. It quenches thirst with a dry mouth after one has just recovered from carbuncle and phlegmon. Cut one *sheng* of the tender Sangzhi into small segments and stew it in water until there is a good smell. Take the decoction. There is no taboo. Long-term use prevents attacks of hemiplegia. This is a prescription named Sangzhi Jian (Decoction of Sangzhi) recorded in the book *Jinxiao Fang*. Another prescription: File Sangzhi into segments of one *cun* each. Stir-fry it until a good smell is emitted. Stew the drug in a pottery container until half of the decoction is consumed. Then, filter the decoction and stew it again in a silver pot until half is left. A little honey can be added.

[Explication]

Su Song: Sangzhi is a drug that is neither cold nor hot, so it can be taken regularly.

The book *Baopuzi*: An alchemist classic said that all alchemical drugs should be processed with a decoction of Sangzhi.

Li Shizhen: When Sangzhi is added in the stewing of drugs, it is aimed at facilitating the movement of joints and dispersing arthralgia and pain due to invading pathogenic Wind and Cold. In the book *Huangdi Neijing*:



膏法，以桑钩钩其口，及坐桑灰上，皆取此意也。用痈疽发背不起发，或瘀肉不腐溃，及阴疮、瘰疬、流注、疔疮、顽疮、恶疮久不愈者，用桑木灸法，未溃则拔毒止痛，已溃则补接阳气，亦取桑通关节，去风寒，火性畅达，出郁毒之意。其法以干桑木劈成细片，扎作小把，然火吹息，灸患处。每吹灸片时，以瘀肉腐动为度，内服补托药，诚良方也。又按赵潘养疴漫笔云：越州一学者少年苦嗽，百药不效。或令用南向柔桑条一束，每条寸折纳锅中，以水五碗，煎至一碗，盛瓦器中，渴即饮之，服一月而愈。此亦桑枝煎变法尔。



Lingshu (Canon of Medicine of the Yellow Emperor: Miraculous Pivot), the following therapy to treat arthralgia with internal Heat due to attacking pathogenic Cold was recorded: Stir-fry a piece of cloth soaked in wine of cassia bark and then apply hot onto the affected part. The following therapy is good for treating deviation of mouth: Make a hook with a mulberry twig and hook the mouth. Also, let the patient sit on the ash of a mulberry twig. Such are the applications of the drug. The following diseases can be treated by stir-frying mulberry twig:

- retarded lumbar dorsal carbuncle and phlegmon,
- malignant stasis of flesh that does not ulcerate,
- sores of Yin type,
- scrofula,
- pyogenic infection with deep ulcerous pus and mass,
- chronic ulcer of the shank,
- pertinacious skin sores, and
- malignant sores that have lasted a long time.

If there is no ulceration, the treatment will be good to detoxify the toxin and relieve pain. If it is ulcerous, it will accelerate the healing and tonify Yang. This treatment is based on the understanding that mulberry twig is good to facilitate the movement of joints, disperse invading pathogenic Wind and Cold and detoxify the pent-up toxin by the Fire therapy. Treatment: Cut Sangzhi into fine slices and fasten them into small bundles. Burn the drug and blow off the flame. Scorch the affected part with the burning bundle. Blow on the bundle. In this way, the affected part should have a jumping sensation. Also take drugs to tonify qi. It is a good prescription.

The book *Yangke Manbi* by Zhao Jin: In Yuezhou, there was a young student who was suffering from prolonged coughing that could not be healed by any means. Someone told him to treat himself by the following therapy: One soft Sangzhi stretching southward was broken into segments of one *cun* each. It was stewed in five bowls of water until one bowl was left. The decoction was kept in a pot. The patient drank the decoction whenever he felt thirsty. After one month of such treatment, the syndrome was gone. This is another example showing the different uses of Sangzhi.



楮（别录上品）

【释名】

楮音媾，亦作构。楮桑

〔颂曰〕陆玑诗疏云：构，幽州谓之楮桑，或曰楮桑。荆扬，交广谓之楮。〔时珍曰〕楮本作柎，其皮可绩为纆故也。楚人呼乳为楮，其木中白汁如乳，故以名之。陆佃埤雅作楮米之楮，训为善者，误矣。或以楮、构为二物者，亦误矣。详下文。

【集解】

〔时珍曰〕按许慎说文言楮楮乃一种也，不必分别，惟辨雌雄耳。雄者皮斑而叶无丫叉，三月开花成长穗，如柳花状，不结实，歉年人采花食之。雌者皮白而叶有丫叉，亦开



CHU

Paper mulberry leaf

Broussonetia papyrifera(L.) Vent.

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

[Explanation of Names]

GOU

GOUSANG

Su Song: The book *Shi Shu* by Lu Ji – Gou is also called Gousang in Youzhou. It is also called Chusang. In Jingzhou, Yangzhou and Jiaoguang, it is called Gou.

Li Shizhen: Chu was originally written as 柎 (Zhu), as its bark can be made into fiber like *Zhuma/boehemeria nivea/ramie*. People in the Chu area call the resin Gou. As there is a kind of white resin from the heart of the wood, it is also called Gou. But in the book *Pi Ya* by Lu Dian, it is recorded as Gu (cereal), which is wrong. Some people think Chu and Gou are two different things. It is also wrong. See details below.

[Previous Explanations]

Li Shizhen: According to *Shuowen Jiezi*, both Chu and Gou indicate the same thing, but there can be male and female trees. The male tree has dotted bark and its leaf has no forks. In the third month, flowers bloom and form a long tassel, which is similar to *Lihua/semn salicis babylonicae/seed of Babylon weeping willow*. No fruit is borne then. In times of famine, people collect the flower and serve it as a food substitute. The female tree has white bark and a leaf with forks. Small flowers bloom, after which the fruit forms, which looks like *Yangmei/fructus myrica rubrae/fruit of Chinese wax myrtle*. When the fruit is half ripe, it can be soaked in hot water and the seed peeled off. Then, it can be preserved with honey and served



碎花，结实如杨梅，半熟时水澡去子，蜜煎作果食。二种树并易生，叶多涩毛。南人剥皮捣煮造纸，亦缉练为布，不坚易朽。裴渊广州记言：蛮夷取穀皮熟捶为揭里罽布，以拟毡，甚暖也。其木腐后生菌耳，味甚佳好。

楮实

亦名穀实别录。楮桃纲目。

〔修治〕〔斲曰〕采得后，水浸三日，搅旋投水，浮者去之。晒干，以酒浸一伏时了，蒸之，从巳至亥，焙干用。经验后方：煎法：六月六日，采取穀子五升，以水一斗，煮取五升，去滓。微火煎如饧用。

〔气味〕甘，寒，无毒。



as a tidbit. Both trees are easy to grow. The leaves are covered with tough hair. People in the south pound the bark and stew it in water. It is used to make paper, and can also be used to weave a kind of fabric, which is not so good and gets rotten easily.

The book *Guangzhou Ji* by Pei Yuan: Barbarian people in the south pound the bark of the tree to make a kind of fabric called Jieliji, which is used as a felt substitute. It keeps warm effectively. After the paper mulberry wood gets rotten, Mu'er/auricularia/Jew's ear grows on it, which is a delicious food.

CHUSHI

Paper mulberry fruit

Fructus broussonetiae

GOUSHI

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

CHUTAO

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

[Preparation]

Lei Xiao: Soak the newly collected drug in water for three days. Then, stir up the water with a stick. Some of the fruits will float. Take off the floating ones and dry in the sun. Then, soak the drug in wine for a full day. Steam the drug from Sishi (9-11 hours) to Haishi (21-23 hours) and then bake dry. The book *Jingyanhou Fang* recorded another method of preparation: On the sixth day of the sixth month, collect five *sheng* of Chushi and stew it in one *dou* of water until five *sheng* is left. Filter off the dregs. Then, stew the decoction on a mild fire until it condenses into a maltose-like paste. Then, it is ready for use.

[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

It is good for treating impotence. It eliminates puffy edema, reinforces



〔主治〕阴痿水肿，益气充肌明目。久服，不饥不老，轻身别录。壮筋骨，助阳气，补虚劳，健腰膝，益颜色大明。

〔发明〕〔弘景曰〕仙方采捣取汁和丹用，亦干服，使人通神见鬼。〔颂曰〕仙方单服，其实正赤时，收子阴干，筛末，水服二钱匕，益久乃佳。抱朴子云：楮木实赤者服之，老者成少，令人彻视见鬼神。道士梁须年七十，服之更少壮，到百四十岁，能行及走马。〔时珍曰〕别录载楮实功用大补益，而修真秘旨书言久服令人成骨软之痿。济生秘览治骨哽，用楮实煎汤服之，岂非软骨之征乎？按南唐书云：烈祖食饴喉中噎，国医莫能愈。吴廷绍独请进楮实汤，一服疾失去。群医他日取用皆不验，扣廷绍。答云：噎因甘起，故以此治之。愚谓此乃治骨哽软坚之义尔，群医用治他噎，故不验也。



qi, promotes muscle growth and brightens the eye. Long-term use makes one no longer hungry and keeps one from aging. One may feel happy and vigorous.

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

Da Ming: It strengthens the tendon and bone, reinforces Yang qi, tonifies a condition of consumptive disease, replenishes the waist and knee and improves complexion.

[Explication]

Tao Hongjing: Taoist alchemists collect the drug and pound it to get juice. The juice can be blended with alchemical drugs. Or the dry fruit can be taken directly. The drug enables one to be highly enlightened and perhaps able to communicate with immortals and spirits.

Su Song: Taoist alchemists collect the fruit when it is just red. The fruit is dried in the shade. Then, it is pounded and screened. Take two *qianbi* of the powder per dose with water. The longer one uses the drug, the better the efficacy.

The book *Baopuzi*: Use of red Chushi enables the aged to become younger, with a very sharp eye, and perhaps able to communicate with immortals and spirits. When the Taoist Liang Xu began to take the drug at the age of 70, he felt that he was even younger. He lived up to 140 years old. He walked as fast as a horse.

Li Shizhen: The book *Mingyi Bielu* — Chushi is a drug with strong tonifying effect.

The book *Jisheng Milan*: Stew Chushi to make a decoction to treat a bone stuck in throat. Comment: This shows that the drug can soften the bone.

The book *Nantang Shu*: Emperor Liezu once suffered obstruction while eating maltose and no physician could treat the case. Doctor Wu Tingshao treated the ailment with a decoction of Chushi and one dose cured the problem. Later, other physicians used the same decoction to treat other patients, but it was no longer successful. When asked about this, Doctor Wu replied: As the thing that got stuck is sweet, this decoction succeeded. Comment: The decoction is effective to treat things stuck in the throat. If it is used to treat dysphagia due to other reasons, it is no longer effective.



枳（本经中品）

【释名】

子名枳实本经。枳壳宋开宝。

〔宗奭曰〕枳实、枳壳一物也。小则其性酷而速，大则其性详而缓。故张仲景治伤寒仓卒之病，承气汤中用枳实，皆取其疏通、决泄、破结实之义。他方但导败风壅之气，可常服者，故用枳壳，其义如此。〔时珍曰〕枳乃木名，从只，谐声也。实乃其子，故曰枳实。后人因小者性速，又呼老者为枳壳。生则皮厚而实，熟则壳薄而虚，正如青橘皮、陈橘皮之义。宋人复出枳壳一条，非矣。寇氏以为破结实而名，亦未必然。



ZHI

Bitter orange
Citrus aurantium L.,
Citrus wilsonii Tanaka,
Poncirus trifoliata Raf.

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

[Explanation of Names]

ZHISHI (the fruit)

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

ZHIQIAO

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

Kou Zongshi: Zhishi/fructus aurantii immatutrus/immature bitter orange and zhiqiao/fructus aurantii/bitter orange are the same thing. The small fruit is stronger in function and moves faster. The bigger fruit works mildly. Master Zhang Zhongjing used Zhishi in his prescription of Chengqi Tang* to treat febrile disease caused by Cold. The drug was used to dredge

*The drug was used in both Da Chengqi Tang and Xiao Chengqi Tang.

Da Chengqi Tang:

Dahuang/radix et rhizome rhei/rhubarb,

Houpo/cortex magnoliae officinalis/bark of official magnolia,

Zhishi, and

Mangxiao/natrii sulfas/mirabilite.

Xiao Chengqi Tang:

Dahuang,

Houpo, and

Zhishi.



【集解】

〔颂曰〕今洛西、江湖州郡皆有之，以商州者为佳。木如橘而小，高五七尺。叶如橙，多刺。春生白花，至秋成实。七月、八月采者为实，九月、十月采者为壳。今医家以皮厚而小者为枳实，完大者为枳壳，皆以翻肚如盆口状、陈久者为胜。近道所出者，俗呼臭橘，不堪用。

【修治】

〔弘景曰〕枳实采，破令干，除核，微炙令香用。以陈者为良。俗方多用，道家不须。〔敝曰〕枳实、枳壳性效不同。若使枳壳，取辛苦腥并有隙油者，要尘久年深者为佳。并去穰核，以小麦麸炒至麸焦，去麸用。

枳实

〔气味〕苦，寒，无毒。〔别录曰〕酸，微寒。〔普



through obstruction and facilitate circulation of qi. In other prescriptions, Zhiqiao is used to dredge through the accumulation of pathogenic Wind. It can be served regularly.

Li Shizhen: Zhi is the name of a tree. It is written by two radicals: The wood on the left and Zhi on the right. So, the character is pronounced as Zhi. The fruit is called Zhishi. But, later people call the small fruit (as it has stronger function) as Zhishi and the old one as Zhiqiao. When the fruit is gets ripe, it becomes spongy with thin pulp. This is the same as in the case of Qingpi/pericarpium citri reticulatae viride/green tangerine peel and Chenpi/pericarpium citri reticulatae/tangerine peel. In *Kaibao Bencao*, a book written in the Song Dynasty (960-1279), Zhiqiao was recorded as an independent entry, which is a redundancy. Kou Zongshi thought Zhishi/fructus aurantii immaturus/immature bitter orange was good to dredge through the accumulation, hence its name. This is groundless.

[Previous Explanations]

Su Song: Now, the drug is produced in Luoxi, Jiang and Hu prefectures. That produced in Shangzhou is the best. The tree looks like an orange tree, but is smaller. It is five to seven *chi* tall. Its leaf is similar to that of fragrant citrus. It is covered with spines. In spring, a white flower blooms. The fruit is borne in autumn. When the fruit is collected in the seventh and eighth months, it is Zhishi. If it is collected in the ninth and tenth months, it becomes Zhiqiao. But doctors today take fruit that is small and has thick peel as Zhishi and the big fruit as Zhiqiao. A fruit that opens up like a basin and is stored for a long time is considered top quality. The drug produced in nearby places is colloquially called Chouju (orange that smells badly) and can be used medically.

[Preparation]

Tao Hongjing: Break open the fruit and dry it. Take off the kernel and slightly stir-fry it until emits a fragrant smell. The longer it is stored, the better the quality. It is a common drug widely used by physicians. But it is not used by Taoist alchemists.



曰] 神农：苦，雷公：酸，无毒。李当之：大寒。〔叔曰〕辛、苦。〔元素曰〕性寒味苦，气厚味薄，浮而升（微降）。阴中阳也。〔杲曰〕沉也，阴也。

〔主治〕大风在皮肤中，如麻豆苦痒，除寒热结，止痢，长肌肉，利五脏，益气轻身本经。除胸胁痰癖，逐停水，破结实，消胀满，心下急痞痛逆气，胁风痛，安胃气，止溏泄，明目别录。解伤寒结胸，主上气喘咳，肾内伤冷，阴痿而有气，加而用之甄权。消食，散败血，破积坚，去胃中湿热元素。

〔发明〕〔震亨曰〕枳实泻痰，能冲墙倒壁，滑窍破气



Lei Xiao: Zhishi and Zhiqiao are not the same in quality and functions. If Zhiqiao is to be used, choose the drug that is pungent, bitter and fishy with oil in the slit. The longer and dusty it is, the better its efficacy. Take off the pulp and kernel and stir-fry it together with Maifu/testa tritici levis/wheat bran until the bran gets scorched. Do not use the bran.

ZHISHI

Imonature bitter orange
 Fructus aurantii immaturus

[Quality and Taste]

It is bitter, cold and nontoxic.

It is sour and slightly cold.

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

Wu Pu: It is bitter according to Shen Nong. It is sour and nontoxic according to Lei Gong. It is very cold in quality according to Li Dangzhi.

Zhen Quan: It is pungent and bitter.

Zhang Yuansu: Cold in quality and bitter in taste, it is a drug with thick quality and thin taste, a drug with floating and ascending tendency (and slightly descending). It is a drug of Yang in Yin.

Li Gao: It is a drug with descending tendency, a drug of Yin nature.

[Indications]

When pathogenic Wind invades the skin, one feels as if there are hemp seeds or beans in the skin with terrible itching. Then Zhishi can be adopted to drive them away. It is also good for eliminating accumulation of Cold and Heat. It stops dysentery, helps growth of muscle, facilitates the functions of the Five Viscera, reinforces qi and makes one feel happy and vigorous.

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

It disperses stagnation of phlegm resting in the chest and hypochondrium. It expels fluid retention, disperses accumulation and mass, and dissolves distention and fullness. It also treats acute pain in the epigastrium with stagnant qi and adverse ascending gas. It relieves pain in hypochon-



之药也。〔元素曰〕心下痞及宿食不消，并宜枳实、黄连。
〔杲曰〕以蜜炙用，则破水积以泄气，除内热。洁古用去脾经积血。脾无积血，则心下不痞也。〔好古曰〕益气则佐之以人参、白术、干姜，破气则佐之以大黄、牵牛、芒消，此本经所以言益气而复言消痞也。非白术不能去湿，非枳实不能除痞。故洁古制枳术丸方，以调胃脾；张仲景治心下坚大如盘，水饮所作，枳实白术汤，用枳实七枚，术三两，水一斗，煎三升，分三服，腹中软，即消也。余见枳壳下。



drium, pacifies the Stomach qi, stops watery diarrhea and brightens the eye.

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

Zhen Quan: It treats blocked up chest in febrile disease caused by Cold, and coughing and asthma with dyspnoea. It warms Cold in the Kidney. It treats impotence with disordered qi.

Zhang Yuansu: It dissolves indigestion, disperses blood stasis, removes hard mass and disperses invading pathogenic Humidity and Heat resting with the Stomach.

[Explication]

Zhu Zhenheng: Zhishi is a drug that purges the phlegm retention mightily in a way as if a wall is pushed down. It is a drug that facilitates the function of the orifices and dissolves stagnant qi.

Zhang Yuansu: To treat epigastric stagnation of qi with indigestion, both Zhishi and Huanglian/rhizoma coptidis/coptis rhizome should be given.

Li Gao: Stir-fry the drug together with honey. Then, the drug is good to disperse fluid retention and purge stagnant qi. It also eliminates interior Heat. Zhang Jiegu used the drug to purge the blood stasis in the Spleen Channel. Without such stagnation of blood in the Spleen, there will be no stagnancy of qi.

Wang Haogu: If it is wished to reinforce qi when Zhishi is adopted, use the drug together with Renshen/radix ginseng/ginseng root, Baizhu/rhizome atractylodis macrocephalae/rhizome of large head atractylodes and Ganjiang/rhizome zingiberis/dried ginger. If stagnation of qi is to be dispersed, use the drug together with Dahuang/radix et rhizoma rhei/rhubarb, Qianniuzi/semen pharbitidis/pharbitis seed and Mangxiao/natrii sulfas/mirabilite. That is why, in *Shen Nong Bencao Jing*, it was recorded that the drug was good to reinforce qi and also good to eliminate stagnancy of qi. Baizhu is a drug that disperses the invading pathogenic Humidity. Zhishi is a drug that dissolves stagnancy of qi. Master Zhang Jiegu had the prescription Zhizhu Wan (Pill of Zhishi and Baizhu), which is designed to regulate the Spleen and Stomach. Master Zhang Zhongjing had a prescription named Zhishi Baizhu Tang (Decoction of Zhishi and Baizhu), which is good to treat epigastric hardness as big as a plate due to invading fluid

〔附方〕旧九，新四。（略）

枳壳

〔气味〕苦、酸，微寒，无毒。〔叔曰〕苦、辛。〔元素曰〕气味升降，与枳实同。〔杲曰〕沉也，阴也。

〔主治〕风痒麻痹，通利关节，劳气咳嗽，背膊闷倦，散留结胸膈痰滞，逐水，消胀满大肠风，安胃，止风痛开宝。遍身风疹，肌中如麻豆恶痒，肠风痔疾，心腹结气，两胁胀虚，关膈壅塞甄权。健脾开胃，调五脏，下气，止呕逆，消痰，治反胃霍乱泻痢，消食，破癥结痃癖五膈气，及





retention. The prescription:

Seven Zhishi, and
three *liang* of Zhu/rhizoma atractylodis macrocephalae/rhizome of
large head atractylodes.

Stew in one *dou* of water until three sheng is left. Take the decoction in
three draughts. When abdomen is no longer distended, it indicates that the
syndrome is gone. For details, see explanation under Zhiqiao.

[Prescriptions]

Nine prescriptions collected previously, and
four prescriptions collected recently.

ZHIQIAO

Bitter orange
Fructus aurantii

[Quality and Taste]

It is bitter, sour, slightly cold and nontoxic.

Zhen Quan: It is bitter and pungent.

Zhang Yuansu: It has the same quality, taste and tendency with Zhishi.

Li Gao: It has a drug with descending tendency, a drug of Yin.

[Indications]

It is good for treating numbness and itching due to invading pathogenic
Wind. It facilitates the movement of the joints, treats coughing in consump-
tive diseases, relieves general fatigue in the arms and back, and disperses
phlegm stagnation remaining in the chest and diaphragm. It purges fluid
retention, eliminates distention and treats hematochezia due to attack of
pathogenic Wind into the intestine. It pacifies the Stomach and stops pain
due to invading pathogenic Wind.

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

Zhen Quan: It treats rubella all over body with terrible itching under
the skin, and hematochezia due to an attack of pathogenic Wind into the
intestine and hemorrhoid, it relieves stagnation of qi in the epigastrium



肺气水肿，利大小肠，除风明目。灸热，熨痔肿大明。泄肺气，除胸痞元素。治里急后重时珍。

〔发明〕〔元素曰〕枳壳破气，胜湿化痰，泄肺走大肠，多用损胸中至高之气，止可二三服而已。禀受素壮而气刺痛者，看在何部经分，以别经药导之。〔杲曰〕气血弱者不可服，以其损气也。〔好古曰〕枳壳主高，枳实主下；高者主气，下者主血。故壳主胸膈皮毛之病，实主心腹脾胃之病，大同小异。朱肱活人书言，治痞宜先用桔梗枳壳汤，非用此治心下痞也。果知误下，气将陷而成痞，故先用此，使不致于痞也。若已成痞而用此，则失之晚矣，不惟不能消痞，反损胸中之气，先之一字有谓也。〔时珍曰〕枳实、枳



and abdomen with distention in the hypochondrium and stuffiness in diaphragm.

Da Ming: It replenishes the Spleen, whets the appetite, regulates the Five Viscera, brings down adverse, ascending gas, stops nausea and vomiting, and eliminates phlegm. It treats regurgitation, cholera and dysentery, and helps digestion. It dissolves hard mass and lump in the shape of a hanging noose and treats five types of dysphagia. It eliminates edema due to disorder of Lung qi, facilitates the function of the Large and Small Intestine, disperses invading pathogenic Wind and brightens the eye. Stir-fry the drug and apply the hot drug to treat hemorrhoid with swelling.

Zhang Yuansu: It purges excessive qi in the Lung and relieves stagnant qi in the chest.

Li Shizhen: It is good for treating dysentery with tenesmus.

[Explication]

Zhang Yuansu: Zhiqiao removes the blocked-up condition of qi, disperses Humidity and dissolves phlegm. It purges excessiveness in the Lung and functions on the Large Intestine. If the drug is overdosed, it consumes the qi resting in the upper part of the chest. So generally speaking, no more than two to three doses can be used in the any period of the time. To a patient with strong build and stabbing pain, Zhiqiao can be given. Guiding drugs should be added in accordance with the location of the disease and the affected Channels, so that the drug can function directly on the disease.

Li Gao: Patients having debilitated condition of qi and blood should not have Zhiqiao, as it consumes qi badly.

Wang Haogu: Zhiqiao functions on the upper part of the body, and Zhishi on the lower part. Zhiqiao functions on the qi system, and Zhishi on the blood system. Zhiqiao is good for treating diseases in the chest, diaphragm and skin. Zhishi is good to treat disease in the epigastrium, abdomen, Spleen and Stomach. Both drugs have similar functions.

The book *Huoren Shu* by Zhu Gong: To treat stagnant qi, drugs like Jiegeng/radix platycodi/platycodon root and Zhiqiao should be given at an early time. This is because, when a pergative is wrongly given, qi will be brought down. If the above two drugs have been used before stagnation



壳气味功用俱同，上世亦无分别。魏、晋以来，始分实、壳之用。洁古张氏、东垣李氏又分治高治下之说。大抵其功皆能利气。气下则痰喘止，气行则痞胀消，气通则痛刺止，气利则后重除。故以枳壳利胸膈，枳实利肠胃。然张仲景治胸痹痞满，以枳实为要药；诸方治下血痔痢、大肠秘塞、里急后重，又以枳壳为通用。则枳实不独治下，而壳不独治高也。盖自飞门至魄门，皆肺主之，三焦相通，一气而已。则二物分之可也，不分亦无伤。杜壬方载湖阳公主苦难产，有方士进瘦胎散方。用枳壳四两，甘草二两，为末。每服一钱，白汤点服。自五月后一日一服，至临月，不惟易产，仍无胎中恶病也。张洁古活法机要改以枳术丸日服，令胎瘦易



of qi takes place, the ailment will be prevented; if stagnancy has already occurred, they should not be given any more, as it is too late to eliminate the stagnancy and will only consume qi in the chest. So the drug should be used earlier, and this is of key importance.

Li Shizhen: The quality, taste and functions of Zhiqiao and Zhishi are almost the same. Drugs sold in the pharmacy do not look too different. Since the Wei Dynasty (220-265) and Jin Dynasty (265-420), Zhiqiao and Zhishi were taken as different drugs. Masters Zhang Jiegu and Li Gao began to differentiate the drugs by their functions to the upper and lower positions of the body. Generally speaking, both of them are good to facilitate the flow of qi. Once qi is brought down, asthma with phlegm will be halted and the stagnant qi will be dissolved. Stabbing pain will also be relieved and tenesmus in dysentery will be stopped. Master Zhang Zhongjing treated chest obstruction syndrome and stagnancy of qi with Zhishi as the main ingredient. Zhiqiao is generally used in the treatment of hemorrhoids and dysentery with hematochezia, constipation and tenesmus. From the above practice, we know that Zhishi is not only used to treat diseases resting of the lower part of the body, and Zhiqiao is not only used in treating troubles of the upper part. Actually, the body from the lips down to the anus is all controlled by the Lung. The Sanjiao is but one entity and qi circulates all the way along. So when Zhishi and Zhiqiao are considered functioning on the lower and upper part of the body, it is reasonable. When both drugs are used in the same way without differentiating the location of disease, it still works with good reason. The book *Du Ren Fang (Prescriptions of Dr. Du Ren)* recorded a case: Princess Huyang was perplexed by habitually difficult labor. A Taoist practitioner offered a prescription Shoutai San (Powder to Shrink the Fetus):

Four *liang* of Zhiqiao, and
two *liang* of Gancao/radix glycyrrhizae/licuorice root.

The above drugs were ground into powder. One *qian* was taken with hot water per dose. The drug was taken from the fifth month of pregnancy, once a day. The delivery was very easy and puerperal diseases were largely prevented. The book *Huofa Jiyao* by Zhang Jiegu recorded a prescription Zhizhu Wan (Pills of Zhishi and Baizhu), which can be used to facilitate



生，谓之束胎丸。而寇宗奭衍义言，胎壮则子有力易生，令服枳壳药反致无力，兼子亦气弱难养，所谓缩胎易产者，大不然也。以理思之，寇氏之说似觉为优。或胎前气盛壅滞者宜用之，所谓八九月胎必用枳壳、苏梗以顺气，胎前无滞，则产后无虚也。若气禀弱者，即大非所宜矣。〔震亨曰〕难产多见于郁闷安逸之人，富贵奉养之家。古方瘦胎饮，为湖阳公主作也。予妹苦于难产，其形肥而好坐，予思此与公主正相反也。彼奉养之人，其气必实，故耗其气使平则易产。今形肥则气虚，久坐则气不运，当补其母之气。以紫苏次加补气药，与十数贴服之，遂快产。

〔附方〕旧三，新十六。（略）



delivery. It is also called Shutai Wan (Pills to Shrink the Fetus).

The book *Bencao Yanyi*: When the fetus is in a good condition, it means the mother has strong build and she would be able to deliver the baby easily. If Zhiqiao is taken over a long period, it only makes the mother weak and this will lead to a difficult labor. The baby, having injured by repeated adoption of drugs like Zhiqiao, should also be weak. And this makes the nursing of the baby more difficult. So Kou Zongshi felt the above prescription was not good at all for a pregnant woman. Comment: After lengthy reasoning, I feel that what Kou Zongshi said is more reasonable. If, just before the delivery, the patient feels suffocated with excessiveness, Zhiqiao can be used to relieve the condition a little bit. There is the saying, when qi has to be smoothed in the eighth and ninth months of pregnancy, Zhiqiao and Zisugeng/caulis perillae/perilla stem can be used. If there is no stagnation before the delivery, there should be no debilitated condition after the delivery. If the patient is in a weak and debilitated condition, Zhiqiao should not be used at all.

Zhu Zhenheng: Difficult labor often occurs to a woman living an easy life, but with plenty of melancholy and worries. They are often from rich and noble families. So the prescription Shoutai San (Powder to Shrink the Fetus) was specially designed for Princess Huyang. My sister of plump build and preferring to sit quietly at home, was once suffering from a difficult labor. The princess, carefully taken care of, was a patient with strong build. So drugs such as Zhiqiao were given to bring down the excessive qi, thus reaching a balance. In this way, the delivery was smoothed. But, my sister was just contrary to the princess: She was of plump build and generally debilitated. She also preferred sitting all the time, making her qi stagnant. Treatment should be to tonify qi. Prescription of Zisu Yin (Decoction of Zisuzi) adding qi tonifying drugs was administered. After a dozen doses, her delivery was a smooth one.

[Prescriptions]

Three prescriptions collected previously, and
16 prescriptions collected recently.



卮子（本经中品）

【释名】

木丹本经。越桃别录。鲜支纲目。花名薝卜

〔时珍曰〕卮，酒器也。卮子象之，故名。俗作椀。司马相如赋云：鲜支黄砾。注云：鲜支即支子也。佛书称其花为薝卜，谢灵运谓之林兰，曾端伯呼为禅友。或曰：薝卜金色，非卮子也。

【集解】

〔时珍曰〕卮子叶如兔耳，厚而深绿，春荣秋瘁。入夏开花，大如酒杯，白瓣黄蕊。随即结实，薄皮细子有须，霜后收之。蜀中有红卮子，花烂红色，其实染物则赭红色。



ZHIZI

Cape jasmine

Gardenia jasminoides Ellis

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

[Explanation of Names]

MUDAN

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

YUETAO

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

XIANZHI

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

ZHANBU

Li Shizhen: Zhi is a kind of wine vessel. As Zhizi/fructus gardeniae/fruit of Cape jasmine looks like it, it is named Zhi (zi). The character is colloquially written as Zhi (a character adding the radical “wood” to the left). Sima Xiangru mentioned Xianzhi in his prose. It is an early mention of the drug Zhizi, as one annotation goes. In the Buddhist book, the flower of Cape jasmine is called Zhanbu. Xie Lingyun called it Linlan and Zeng Duanbo called it Chanyou. Some say Zhanbu is a flower of golden color. It is not the flower of cape jasmine.

[Previous Explanations]

Li Shizhen: The leaf of cape jasmine looks like a rabbit's ear. It is thick and of dark green. It flourishes in spring and withers in autumn. The flower blooms in summer as big as a wine vessel. It has a white petal and yellow pistil and stamen. Fruit is then borne right after the flowering. It has thin peel, a fine seed and tassel. Collect the fruit in late autumn after frost falls.



【修治】

〔斆曰〕凡使须要如雀脑，并须长有九路赤色者为上。先去皮、须取仁，以甘草水浸一宿，漉出焙干，捣筛为末用。〔震亨曰〕治上焦、中焦连壳用，下焦去壳，洗去黄浆，炒用。治血病，炒黑用。〔好古曰〕去心胸中热，用仁；去肌表热，用皮。

【气味】

苦，寒，无毒。

〔别录曰〕大寒。〔元素曰〕气薄味厚，轻清上行，气浮而味降，阳中阴也。〔杲曰〕沉也，阴也。入手太阴肺经血分。丹书：卮子柔金。

【主治】

五内邪气，胃中热气，面赤酒疱鼯鼻，白癩赤癩疮疡本



In Sichuan, there is a species of cape jasmine with crimson flower. Its fruit can be used as reddish-brown dyestuff.

[Preparation]

Lei Xiao: Choose the drug that looks like sparrow brain, with long tassels in nine kinds of red colors. Take off the peel and tassel. Get the kernel and soak in water of Gancao/radix glycyrrhizae/liquorice root overnight. Take out the drug and bake it dry. Pound into powder and screen it. It is now ready for use.

Zhu Zhenheng: To treat diseases resting with the upper and middle portion of the body cavity, the drug with pericarpium should be used. If it is used to treat disease of the lower portion, the pericarpium should be peeled off. The yellow juice should be washed away and then the drug should be stir-fried. To treat blood disorders, the drug should be stir-fired until it turns black.

Wang Haogu: If it is wished to eliminate pathogenic Heat in the Heart, the kernel of the fruit should be used. If it is wished to disperse the pathogenic Heat resting at the exterior, the pericarpium should be used.

[Quality and Taste]

It is bitter, cold and nontoxic.

It is very cold.

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

Zhang Yuansu: It is thin in quality and thick in taste. It is light, with floating quality but with sinking taste. It is a drug of Yin in Yang.

Li Gao: It is a drug of Yin, with descending tendency. It functions on the blood system of the Lung Channel of Hand Initial Yin. According to an alchemical book, Zhizi is good to soften gold.

[Indications]

It is good for dispersing the invading pathogenic factors in the Five Viscera. It eliminates Heat in the Stomach. It treats flushed face with rosacea, white, red pertinacious skin lesions, sores and tinea versicolor.

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



经。疗目赤热痛，胸心大小肠大热，心中烦闷别录。去热毒风，除时疾热，解五种黄病，利五淋，通小便，解消渴，明目，主中恶，杀廕虫毒甄叔。解玉支毒弘景羊躑躅也。主暗哑，紫癜风孟诜。治心烦懊恼不得眠，脐下血滞而小便不利元素。泻三焦火，清胃腕血，治热厥心痛，解热郁，行结气震亨。治吐血衄血，血痢下血血淋，损伤瘀血，及伤寒劳复，热厥头痛，疝气，汤火伤时珍。

【发明】

〔元素曰〕卮子轻飘而象肺，色赤而象火，故能泻肺中之火。其用有四：心经客热一也，除烦躁二也，去上焦虚热



It treats an inflamed eye with pain and hot feeling. It eliminates pathogenic Heat resting with chest, the epigastrium, Large and Small Intestine with restlessness and stuffiness.

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

Zhen Quan: It disperses pathogenic Heat, Wind and toxin, eliminates fever in an epidemic, treats jaundice of five types, and five kinds of stranguria, facilitates urination, and quenches thirst in diabetes. It brightens the eye. It treats Zhong'e (syncope due to attack of fright and noxious factors) and detoxifies the toxin of Zhechong/eupolyphaga seu opisthopatia/female ground beetle.

Tao Hongjing: It detoxifies toxin of Yangzhizhu/radix rhododendri mollis/root of Chinese azalea.

Meng Xian: It is good for treating aphasia, numbness, and tinea versicolor.

Zhang Yuansu: It is good for treating insomnia with restlessness, anorexia and heartburn. It treats dysuria due to blood stasis under the umbilicus.

Zhu Zhenheng: It purges pathogenic Fire resting with the Sanjiao, clears blood stasis in the stomach, and treats heart pain with collapse, with cold extremities due to pent-up extreme Heat. It dissolves accumulation of Heat and stagnation of qi.

Li Shizhen: It is good for treating hematemesis, epistaxis, bloody dysentery, hematochezia and stranguria with hematuria. It dissolves blood stasis in a wound or injury, and treats Laofu (relapse due to overstrain) of febrile disease caused by Cold. It relieves headache due to pent-up Heat with cold extremities, and treats hernia, burns and scalds.

[Explication]

Zhang Yuansu: Zhizi is a drug that is light and hollow. It resembles the Lung. Its red color resembles Fire, so it can purge Fire in the Lung. The drug has the following four therapeutic functions:

- It is good for eliminating guest Heat resting with the Heart Channel;
- It eliminates restlessness and irritation;
- It disperses Heat of deficient condition resting with the upper portion; and



三也，治风四也。〔震亨曰〕卮子泻三焦之火，及痞块中火邪，最清胃脘之血。其性屈曲下行，能降火从小便中泄去。凡心痛稍久，不宜温散，反助火邪。故古方多用卮子以导热药，则邪易伏而病易退。〔好古曰〕本草不言卮子能吐，仲景用为吐药。卮子本非吐药，为邪气在上，拒而不纳，食令上吐，则邪因以出，所谓“其高者因而越之”也。或用为利小便药，实非利小便，乃清肺也。肺清则化行，而膀胱津液之府，得此气化而出也。本草言治大小肠热，乃辛与庚合，又与丙合，又能泄戊，先入中州故也。仲景治烦躁用卮子豉汤，烦者气也，躁者血也。气主肺，血主肾。故用卮子以治肺烦，香豉以治肾躁。〔杲曰〕仲景以卮子色赤味苦，入心而治烦；香豉色黑味咸，入肾而治躁。〔宗奭曰〕仲景治伤寒发汗吐下后，虚烦不得眠；若剧者，必反覆颠倒，心中懊



— It disperses invading pathogenic Wind.

Zhu Zhenheng: Zhizi purges pathogenic Fire resting in the Sanjiao. It dissolves Fire pathogen from lumps due to stagnation of qi. It clears away blood stasis in the stomach effectively. It has the tendency of descending, thus bringing Fire to exhaust from urine. Heart pain that has lasted a long time should not be treated with warm and dispersing drugs, lest it will reinforce Fire pathogen. To treat such cases, Zhizi is best to lead away Heat. In this way, the pathogenic factors will be easily dispersed and the syndrome gone.

Wang Haogu: In *Shen Nong Bencao Jing*, Zhizi is was not recorded as an emetic. But Master Zhang Zhongjing used it to induce vomiting. Why? Zhizi is not an emetic. When pathogenic factors are resting with the upper portion, generally speaking, drugs are rejected. So when Zhizi is given, its rejection induces vomiting. This is in conformity with the principle in *Huangdi Neijing* of “bringing out the pathogen when it is resting in a high location.” Some others use Zhizi as a diuretic. Actually, it is not such a drug, so why does it work? This is because it clears Heat in the Lung. Once the Lung is cleared of Heat, its vaporization function will resume. And this will enable the Urinary Bladder, the house of Jinye (body fluid), to exercise its dissolving function of fluid. Thus, urination is smoothed when the vaporization function works. *Shen Nong Bencao Jing* also recorded that Zhizi was good to purge Heat resting with the Large and Small Intestine. As the drug functions first on the Stomach, its function of clearing Heat is reinforced. Master Zhang Zhongjing treated a syndrome with restlessness and irritation with Zhizi Chi Tang (Decoction of Zhizi and Douchi/sojae preparatum/fermented soybean). Analysis: Restlessness is due to disorder of qi and irritation is based on disorder of blood. Qi dominates the Lung and the blood dominates the Kidney. Zhizi is used to clear restlessness due to Lung disorder, and Douchi is used to moisten the Kidney so as to clear away irritation.

Li Gao: Analysis of the above prescription: Zhizi, red in color and bitter in taste, is good to function on the Heart and eliminate restlessness. Douchi, black and salty, functions on the Kidney and eliminates irritation.

Kou Zongshi: Master Zhang Zhongjing treated the following syndrome



恹，卮子豉汤治之。因其虚，故不用大黄，有寒毒故也。卮子虽寒而无毒，治胃中热气，既亡血亡津液，腑脏无润养，内生虚热，非此物不可去也。又治心经留热，小便赤涩，用去皮卮子（火煨）。大黄、连翘、炙甘草等分末之，水煎三钱服，无不利也。〔颂曰〕张仲景及古今名医治发黄，皆用卮子、茵陈、甘草、香豉四物作汤饮。又治大病后劳复，皆用卮子、鼠矢等汤，利小便而愈。其力极多，不可悉载。

【附方】

旧十，新十七。（略）



with Zhizi Chi Tang (Decoction of Zhizi and Douchi): After one has just recovered from febrile disease caused by Cold and experienced adoption of diaphoretics, emetics and purgatives, the patient is vexatious and cannot fall asleep, with heartburn in a more severe case. As the patient is in a debilitated condition, Dahuang/radix et rhizoma rhei/rhubarb, a cold and toxic drastic, is not used. Zhizi, although cold in quality, is nontoxic. It is a drug that functions very effectively when it is used to clear away Heat in the Stomach under a condition that blood and Jinye (body fluid) have been consumed. When the Viscera and Bowels lose their nourishment, internal Heat is produced. Under such conditions, Zhizi is a must drug. The drug is also good to disperse the remaining Heat in the Heart Channel accompanied by dysuria with scanty and brownish urine. Prescription: Grind equal amounts of the following drugs into powder: Zhizi (roasted in hot ash, Dahuang, Lianqiao/fructus forsythiae/capsule of weeping forsythia and Zhigancao/radix glycyrrhizae perparata/liquorice root prepared. Stew three *qian* of the powder per dose in water. It works effectively whenever it is used in the right situation.

Su Song: Matser Zhang Zhongjing and later famous doctors have all treated jaundice with the following drugs: Zhizi, Yinchenhao/herba artemisiae scopariae/herb of virgate/capillary wormwood, Gancao/radix glycyrrhizae/liquorice root and Douchi. The above drugs are stewed in water to make a decoction. The following prescription is effective in treating relapse after one has just recovered from a serious disease: Stew Zhizi and rat dung to make a decoction. After the decoction is taken, urination is smoothed and the syndrome can be used in numerous prescriptions, which is beyond description.

[Prescriptions]

Ten prescriptions collected previously, and
17 prescriptions collected recently.



酸枣（本经上品）

【释名】

槭尔雅。山枣

【集解】

〔颂曰〕今近汴洛及西北州郡皆有之，野生多在坡坂及城垒间。似枣木而皮细，其木心赤色，茎叶俱青，花似枣花。八月结实，紫红色，似枣而圆小味酸。当月采实，取核中仁，孟子曰“养其槭棘”是也。嵩阳子言酸枣县所出为真，今之货者皆是棘实，用者尤宜详辨。〔宗奭曰〕天下皆有之，但以土产宜与不宜尔。嵩阳子言酸枣木高大，今货者皆棘子，此说未尽。盖不知小则为棘，大则为酸枣。平地则易长，居崖堦则难生。故棘多生崖堦上，久不樵则成干，人



SUANZAO

Spine date

Ziziphus jujuba Mill.

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

[Explanation of Names]

ER

— *Er Ya*.

SHANZAO

[Previous Explanations]

Su Song: Now the drug is produced in areas close to Bianliang and Luoyang and in the northwest. The wild tree grows on hills or close to the city wall. It looks like date tree, but its bark is fine. Its heartwood is red. Both the twig and leaf are green. The flower resembles the date flower. Fruit is borne in the eighth month, which is purple-red. It looks like date, but it is round, small and sour. Collect the fruit in the eighth month and get the kernel in the seed. Mencius once mentioned Erzao, which is an early mention of this fruit. As the book *Songyangzi* records, fruit produced in Suanzao County is the genuine fruit. Now what can be purchased in market is actually Jishi. Whenever this drug is used, careful differentiation should be made.

Kou Zongshi: The fruit can be found everywhere in the country. Whether the fruit is suitable for medical use or not depends on the place of origin. *Songyangzi* says that the tree of Suanzao was big and tall and what people could buy in the market was really Jizi. This is not correct. Generally speaking, people call the small ones Ji and the big one Suanzao. If the tree is planted on the plain, it grows easily. If it grows among rocks in cliff,



方呼为酸枣，更不言棘，其实一本也。此物才及三尺，便开花结子。但科小者气味薄，木大者气味厚。今陕西临潼山野所出亦好，乃土地所宜也。后有白棘条，乃酸枣未长大时枝上刺也。及至长成，其实大，其刺亦少。故枣取大木，刺取小科，不必强分别焉。

酸枣【气味】

酸，平，无毒。

〔宗奭曰〕微热。〔时珍曰〕仁：味甘，气平。〔斆曰〕用仁。以叶拌蒸半日，去皮、尖。〔之才曰〕恶防己。

【主治】

心腹寒热，邪结气聚，四肢酸痛湿痹。久服，安五脏，轻身延年本经。烦心不得眠，脐上下痛，血转久泄，虚汗烦



it is difficult for the tree to develop. If the fruit is not collected in due time, it dries up. And people call it Suanzao. Actually, both Ji and Suanzao are the same thing. A young tree as tall as three *chi* will begin to bear flower and fruit. But the fruit from a small tree is thin in quality and taste. That from a big tree is thick in quality and taste. Fruit growing in the mountains in Lintong (Shaanxi) is also of good quality. This is due to the different soil and climate. The clause Baiji is the spine on a young tree of spine date. When the tree grows bigger, it bears bigger fruit and its spine become sparse. So when Suanzao is to be collected, choose a big tree. When Jici/spina zizophi spinosae/spine of spine date is collected, collect it from a young tree. It is not necessary to differentiate between Ji and Suanzao.

SUANZAO

Fruit of spine date

Fructus zizophi spinosae

[Quality and Taste]

It is sour, plain and nontoxic.

Kou Zongshi: It is slightly hot.

Li Shizhen: The kernel: It is sweet in taste and plain in quality.

Lei Xiao: If the kernel is to be used, blend the seed with the leaf and steam for half a day. Take off the capsule and tip.

Xu Zhicai: It is mutually inhibiting to Fangji/radix stephaniae tetrandrae/root of four-stamen stephania.

[Indications]

It disperses accumulating pathogenic factors in the epigastrium and abdomen accompanied by chills and fever. It relieves arthralgia due to invading pathogenic Humidity with soreness and pain in the extremities. Long-term use pacifies the mind, and makes one feel happy and vigorous and able to enjoy a long life.

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

It treats insomnia with restlessness, relieves pain in the area around the umbilicus, and stops chronic dysentery due to blood disorder. It quenches



渴，补中，益肝气，坚筋骨，助阴气，能令人肥健别录。筋骨风，炒仁研汤服甄权。

【发明】

〔恭曰〕本经用实疗不得眠，不言用仁。今方皆用仁。补中益肝，坚筋骨，助阴气，皆酸枣仁之功也。〔宗奭曰〕酸枣经不言用仁，而今天下皆用之。〔志曰〕按五代史：后唐刊石药验云：酸枣仁，睡多生使，不得睡炒熟。陶云食之醒睡，而经云疗不得眠。盖其子肉味酸，食之使不思睡；核中仁服之，疗不得眠。正如麻黄发汗，根节止汗也。〔时珍曰〕酸枣实味酸性收，故主肝病，寒热结气，酸痺久泄，脐下满痛之证。其仁甘而润，故熟用疗胆虚不得眠、烦渴虚汗之证，生用疗胆热好眠，皆足厥阴、少阳药也。今人专以为心家药，殊昧此理。



thirst with restlessness and perspiration of deficient nature. It tonifies the interior, reinforces the Liver qi, consolidates tendon and bone and enhances Yin qi. It makes one become stout.

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

Zhen Quan: It is good to disperse invading pathogenic Wind into tendon and bone. Stir-fry the Suanzaoren/semen ziziphi spinosae/seed of spine date and then grind it into powder. Wash it down with hot water.

[Explication]

Su Gong: In *Shen Nong Bencao Jing*, it is the fruit, but not the seed, that is used to treat insomnia. But now, every time the seed is used to treat insomnia. Suanzaoren is good to tonify the interior, reinforce the Liver, consolidate tendon and bone and enhance Yin qi.

Kou Zongshi: In the classic, the seed is not mentioned, but now doctors all use Suanzaoren (but not Suanzaao).

Ma Zhi: the *Wu Dai Shi [Book of the Five Dynasties (907-960)]* records a book *Kanshi Yaoyan* in which it is written that the raw drug is good for treating drowsiness and the stir-fried drug is good for treating insomnia. Tao Hongjing said that the fruit is good for combating drowsiness. The classic records that the drug is good for treating insomnia. Comment: The seed is sour in taste and is good to treat drowsiness. The kernel in the seed is good to treat insomnia. Different parts of the drug have different therapeutic functions, which is similar to the case of Mahuang/herba ephedrae/ephedra, which are good to induce a sweat, but Mahuanggenjie/radix et nodus ephedrae/ephedra root and node is good for stopping sweating.

Li Shizhen: Suanzaao is sour in taste and astringent in quality. It is a drug that treats Liver diseases with stagnation of qi and chills and fever, as well as stops chronic diarrhea with soreness and numbness, distended and painful abdomen under the umbilicus. Suanzaoren/semen ziziphi spinosae/seed of spine date, sweet and moistening, is good for treating drowsiness due to invading pathogenic Heat into the Liver with restlessness, thirst and perspiration of deficient nature. It is a drug functioning on Liver Channel of Foot Greater Yin and Gall Bladder Channel of Foot Lesser Yang. But now, doctors all take it as a drug that is only good for treating diseases of

【附方】

旧六，新二。（略）



the Heart. They do not know this.

[Prescriptions]

Six prescriptions collected previously, and
two prescriptions collected recently.





蕤核（蕤，儒谁切。本经上品）

【释名】

白椶音蕤。

〔时珍曰〕尔雅「椶，白椶」即此也。其花实蕤蕤下垂，故谓之椶，后人作蕤。柞木亦名椶而物异。

【集解】

〔弘景曰〕今出彭城。大如乌豆，形圆而扁，有文理，状似胡桃核。今人皆合壳用，此应破取仁秤之。〔颂曰〕今河东·并州亦有之。木高五七尺，茎间有刺。〔时珍曰〕郭璞云：白椶，小木也。丛生有刺，实如耳珰，紫赤可食。即此也。



RUIHE

Hedge prinsepia

Prinsepia uniflora Batal.

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

[Explanation of Names]

BAIRUI

Li Shizhen: The book *Er Ya – Yu* is simply Bairui. And this is an early record of this drug. As the flower and fruit of this plant hang down, the drug is named Rui (hanging down). Zuomu is also called Yu. But they are two different things.

[Previous Explanations]

Tao Hongjing: Now the drug is produced in Pengcheng. It is as big as Heidou/semen sojae nigra/seed of black soybean. It is round and flat, covered with veins. It looks like the pulp of Hutao/semes juglandis/seed of English walnut. Doctors generally use the drug with the capsule, but the correct way is to crack the seed and use the kernel only. Measurement should be based on the kernel, not the seed.

Su Song: Now the drug is also produced in Bingzhou of the Hedong area. The tree is about five to seven *chi* tall and stem is covered with thorns.

Li Shizhen: Guo Pu – Bairui is a kind of small tree. It grows in tussock and its stem is covered with thorns. Its fruit looks like a kind of ear ornament. It is purple-red and edible.

RUIREN

Nut of hedge prinsepia

Nux prinsepiae



仁【修治】

〔敷曰〕凡使蕤核仁，以汤浸去皮、尖，擘作两片。每四两，用芒消一两，木通草七两，同水煮一伏时，取仁研膏入药。

【气味】

甘，温，无毒。

〔别录曰〕微寒。〔普曰〕神农、雷公：甘，无毒。生平地，八月采之。

【主治】

心腹邪结气，明目，目赤痛伤泪出，目肿眦烂。久服，轻身益气不饥本经。强志，明耳目吴普。破心下结痰痞气，鼈鼻别录。治鼻衄甄权。生治足睡，熟治不眠藏器。

【发明】

〔弘景曰〕医方惟以疗眼，仙经以合守中丸也。〔颂



[Preparation]

Lei Xiao: Soak the fruit in hot water first. Then take off the capsule and tip, and break it into two pieces. Stew each four *liang* of the drug together with one *liang* of Mangxiao/natrii sulfas/mirabilite and seven *liang* of Tongcao/caulis aristolochiae manshuriensis/stem of Manchurian Dutchman's pipe in water for a full day and night. Grind the Ruiren into paste. It is now ready for medical use.

[Quality and Taste]

It is sweet, warm and nontoxic.

It is slightly cold.

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

Wu Pu: It is sweet and nontoxic according to Shen Nong and Lei Gong. The tree grows on the plain. Collect the fruit in the eighth month.

[Indications]

It disperses accumulation of pathogenic factors in the epigastrium and abdomen. It brightens the eye, and treats an inflamed eye with pain and tears, ulceration of the canthus and swelling eyeball. Long-term use reinforces qi, and makes one feel happy and vigorous and not hungry.

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

It enhances willpower, brightens the eye and sharpens the ear.

— *Wu Pu Bencao (Wu Pu's Herbal)*.

It dissolves retention of phlegm and stagnation of qi in the epigastrium. It treats nasal sinusitis.

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

Zhen Quan: It is good for treating epistaxis.

Chen Cangqi: The raw drug is good for treating drowsiness and the stir-fried one is good for treating insomnia.

[Explication]

Tao Hongjing: Doctors use the drug only to treat eye diseases. Taoist alchemists use it in the processing of Shouzhong Wan (Pills to Keep the In-



曰]按刘禹锡传信方所著治眼法最奇。云：眼风泪痒，或生翳，或赤眦，一切皆主之。宣州黄连（末）。蕤核仁（去皮，研膏）等分和匀，取无虫干枣二枚，割下头，去核，以二物填满，却以割下头合定，用少薄绵裹之，以大茶碗量水半碗，于银器中，文武火煎取一鸡子大，以绵滤罐收，点眼万万不失。前后试验数十人皆应，今医家亦多用得效也。

【附方】

新七。（略）

terior in a Good State).

Su Song: The book *Chuanxin Fang* by Liu Yuxi records a prescription designed to treat eye diseases. It is an extraordinary recipe, which is good for treating epiphora with itching induced by wind or with opacity, or with inflamed canthus and all related diseases:

Powder of Huanglian/rhizoma coptidis/coptis rhizome produced in Xuanzhou, and

Rui ren (peeled and ground into paste).

Blend evenly. Cut off one end of two dry dates (without moth) and take off the kernels. Pack them with the powder and cover the exposed end. Wrap the dates with thin cotton fabric and stew in a silver pot with half a teacup of water on a fire (sometimes mild, sometimes strong) until the drug is as big as an egg. Filter the drug to get juice, which can be used to drip into the eye. It works very effectively. Seven dozen patients have been treated by this therapy, and all have been treated by this therapy, and all had a good response. Now doctors are also using this prescription. It works all the time.

[Prescriptions]

Seven prescriptions collected recently.





山茱萸 (本经中品)

【释名】

蜀酸枣本经。肉枣纲目。魁实别录。鸡足吴普。鼠矢吴普。

〔宗奭曰〕山茱萸与吴茱萸甚不相类，治疗大不同，未审何缘命此名也？〔时珍曰〕本经一名蜀酸枣，今人呼为肉枣，皆象形也。



SHANZHUYU

Asiatic cornelian cherry

Cornus officinalis Sieb. et Zucc.

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

[Explanation of Names]

SHUSUANZAO

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

ROUZAO

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

JISHI

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

JIZU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

SHUSHI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Kou Zongshi: Shanzhuyu and Wuzhuyu/fructus evodiae/fruit of medicinal evodia are not the same at all in their shape and therapeutic functions. So why should they be named so closely to each other?*

Li Shizhen: In *Shen Nong Bencao Jing*, the drug is also called Shusuanzao, and now the drug is called Rouzao. Both names are based on the shape of the fruit (Zao=date).

*The names Shanzhuyu and Wuzhuyu are similar, as the latter two characters of both terms are the same. By the names, people may think they are both Zhuyu. But one is Zhuyu from the mountain (Shanzhuyu, Shan=mountain) and the other is Zhuyu from Wu (an area in southeastern China).



【集解】

〔别录曰〕山茱萸生汉中山谷及琅琊、冤句、东海承县。九月、十月采实，阴干。〔弘景曰〕出近道诸山中大树。子初熟未干，赤色，如胡颓子，亦可啖；既干，皮甚薄，当合核用也。〔颂曰〕今海州、兖州亦有之。木高丈余，叶似榆，花白色。雷斅炮炙论言一种雀儿苏，真相似，只是核八棱，不入药用。〔时珍曰〕雀儿苏，即胡颓子也。

实【修治】

〔斅曰〕凡使以酒润，去核取皮，一斤只取四两已来，缓火熬干方用。能壮元气，秘精。其核能滑精，不可服。

【气味】

酸，平，无毒。



[Previous Explanations]

Shanzhuyu grows in the mountain valleys of Hanzhong and also in Langya, Yuanju and Chengxian of Donghai. Collect the fruit in the ninth and tenth months and dry in the shade.

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

Tao Hongjing: The tree is big and grows in the nearby mountains. The fruit is red when it is not dried and looks like Hutuizi/fructus elaeagni/fruit of thorny elaeagnus. The fresh fruit can be eaten as fruit. When it gets dry, its pulp is very thin and when it is used as a drug, use the pulp together with its kernel.

Su Song: Now the drug is also produced in Haizhou and Yanzhou. The tree is more than 10 *chi* tall. Its leaf looks like elm. Its flower is white. In the book *Lei Gong Paozhilun*, a drug called Que'ersu was recorded. It is very similar to Shanzhuyu. But there is a difference: Its kernel has eight prisms. It is not used as a drug.

Li Shizhen: Que'ersu is simply Hutuizi.

SHANZHUYUSHI

Fruit of Asiatic cornelian cherry

Fructus corni

[Preparation]

Lei Xiao: First, rinse the fruit in wine. Then, take off the kernel and peel. From each one *jin* of fruit, only four *liang* of pulp can be obtained (one *jin* = 16 *liang*). Stir-fry the pulp on a mild fire until it is completely dried. It is good for reinforcing Yuanqi and astringing seminal emission. Its kernel induces seminal emission. Therefore, it should not be used.

[Quality and Taste]

It is sour, plain and nontoxic.

It is slightly warm.

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

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



〔别录曰〕微温。〔普曰〕神农、黄帝、雷公、扁鹊：酸，无毒。岐伯：辛。〔叔曰〕咸、辛，大热。〔好古曰〕阳中之阴。入足厥阴、少阴经气分。〔之才曰〕蓼实为之使。恶桔梗、防风、防己。

【主治】

心下邪气寒热，温中，逐寒湿痹，去三虫。久服轻身本经。肠胃风邪，寒热疝瘕，头风风气去来，鼻塞目黄，耳聋面疱，下气出汗，强阴益精，安五脏，通九窍，止小便利。久服，明目强力长年别录。治脑骨痛，疗耳鸣，补肾气，兴阳道，坚阴茎，添精髓，止老人尿不节，治面上疮，能发



Zhen Quan: It is salty, pungent and very hot.

Wang Haogu: It is a drug of Yin in Yang. It functions on the qi system of the Liver Channel of Foot Greater Yin and Kidney Channel of Foot Lesser Yin.

Xu Zhicai: Chuanlianzi/fructus toosendan/fruit of Szechwan chinaber-ry can be used as its guiding drug. It is mutually inhibiting to Jiegeng/radix platycodi/platycodon root, Fangfeng/radix ledebouriellae/root of divaricate saphoshnikovia, and Fangji/radix stephaniae tetrandrae/root of four-stamen stephania.

[Indications]

It is good for dispersing invading pathogenic factors in the epigastrium with chills and fever. It warms the interior, and eliminates arthralgia due to invading pathogenic Cold and Humidity. It kills the Three Worms (ascariasis, teniasis, oxyuriasis). Long-term use makes one feel happy and vigorous.

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

It disperses invading pathogenic Wind in the Intestine and Stomach. It dissolves hard mass in the abdomen with chills and fever, and treats severe intermittent headache with stuffy nose and sallow eye, deafness and facial vesicles. It brings down adverse ascending gas and induces perspiration. It enhances male sexuality and reinforces Yin, pacifies the Five Viscera and dredges through the nine orifices. It stops incontinence. Long-term use brightens the eye, reinforces physical strength and enables one to enjoy a long life.

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

Zhen Quan: It relieves pain in the skull and treats tinnitus. It reinforces the Kidney qi, enhancing male sexuality, hardens the ejaculation and fills in the marrow and essence. It stops elderly incontinence, eliminates facial vesicle, induces perspiration and regulates menstruation.

Da Ming: It warms the waist and knee, reinforces the Kidney, disperses all kinds of invading pathogenic Wind and various types of qi accumulation and hard mass. It also treats rosacea.

Zhang Yuansu: It warms the Liver.



汗，止月水不定甄叔。暖腰膝，助水脏，除一切风，逐一切气，破癥结，治酒齕大明。温肝元素。

【发明】

〔好古曰〕滑则气脱，涩剂所以收之。山茱萸止小便利，秘精气，取其味酸涩以收滑也。仲景八味丸用之为君，其性味可知矣。

[Explication]

Wang Haogu: When there is a slippery diarrhea, there is sure to be evanescence of qi. A drug of astringent quality should be adopted. Shanzhuyu stops incontinence and consolidates the essence. This is because the drug is sour and astringent. Master Zhang Zhongjing used Shanzhuyu as the principal ingredient in his famous prescription Bawei Dihuang Wan.*

*Bawei Dihuang (Jinkui Shenqi) Wan:

Shudihuang/radix rehmanniae preparata/root of rehmannia prepared,

Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry,

Shanyao/rhizoma dioscoreae/rhizome of common yam,

Fuling/poria/Indian bread,

Mudanpi/cortex moutan 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.





金樱子（蜀本草）

【释名】

刺梨子开宝。山石榴纲目。山鸡头子

〔时珍曰〕金樱当作金罌，谓其子形如黄罌也。石榴、鸡头皆象形。又杜鹃花、小檗并名山石榴，非一物也。〔斆曰〕林檎、向里子亦曰金樱子，与此同名而异物。

【集解】

〔颂曰〕今南中州郡多有，而以江西、剑南、岭外者为胜。丛生郊野中，大类蔷薇，有刺。四月开白花。夏秋结实，亦有刺，黄赤色，形似小石榴，十一月、十二月采。江



JINYINGZI

Cherokee rose

Rosa laevigata Michx.

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

[Explanation of Names]

CILIZI

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

SHANSHILIU

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

SHANJITOUZI

Li Shizhen: The name of Jinying(zi) should be Jinying, a name indicating that its fruit resembles that of Huangying (yellow Yingsu/seed of *papaveris*/poppy seed). The names of Shanshiliu (mountain pomegranate) and Shanjitouzi (head of pheasant) are given after the shape of the fruit. But another two drugs, Djuanhua/*flos rhododendri simsii*/flower of Indian azalea and Xiaobai/Amur barberry also have the same name of Shanshiliu. However, they are not the same thing.

Lei Xiao: The drug Linqin/*fructus mali asiaticae*/fruit of Chinese pearleaf crabapple and Xianglizi* are also named Jinyinzi. They are not the same thing either.

[Previous Explanations]

Su Song: Now the drug is produced in prefectures in the south. That produced in Jiangxi, Jiannan and the area south of the Nanling range is the best. The plant grows in tussocks in the wild. It looks a lot like Qiangwei/*rosa multiflora*/Japanese rose. It is also covered with thorns. It is red and

*Xianglizi: Name of a drug.



南、蜀中人熬作煎，酒服，云补治有殊效。宜州所供，云本草谓之营实。今校之，与营实殊别也。〔时珍曰〕山林间甚多。花最白腻。其实大如指头，状如石榴而长。其核细碎而有白毛，如营实之核而味甚涩。

子

〔气味〕酸，涩，平，无毒。

〔主治〕脾泄下痢，止小便利，涩精气。久服，令人耐寒轻身蜀本。

〔发明〕〔颂曰〕洪州、昌州皆煮其子作煎，寄馈人。服食家用煎和鸡头实粉为丸服，名水陆丹，益气补真最佳。〔慎微曰〕沈存中笔谈云：金樱子止遗泄，取其温且涩也。世人待红熟时取汁熬膏，味甘，全断涩味，都全失本性，大



yellow, looking like a small pomegranate. Collect the fruit in the 11th and 12th months. People living south of the Yangtze River and in Sichuan stew the drug to make a paste and take it with wine, saying that such a thing is a very good tonic. The drug produced in Yizhou is called Yingshi as it is thus named in Bencao works. After investigation, it is found to be something different from Yingshi/semen rosae multiflorae/seed of Japanese rose.

Li Shizhen: The tree proliferates in mountain forests. The flower is white and greasy. Its fruit is as big as a fingertip. It looks like a pomegranate, but is longer. Its kernel is small and covered with white fur. It is similar to that of Yingshi, but it tastes very astringent.

JINYINGZI

Fruit of Cherokee rose

Fructus rosae laevigatae

[Quality and Taste]

It is sour, astringent, plain and nontoxic.

[Indications]

It treats dysentery due to Spleen disorder and stops incontinence. It astringes seminal emission. Long-term use makes one feel happy and vigorous and able to withstand cold weather.

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

[Explication]

Su Song: People in Hongzhou and Changzhou stew the drug to make paste. A good tonic named Shuilu Dan is made in the following way:

Jinyingzi, and

Qianshi/semen euryales/seed of gordon euryale.

Grind into powder and make pills. It is a tonic good at reinforcing qi and tonifying the Vital Essence.

Tang Shenwei: *Mengxi Bitan* by Shen Cunzhong – Jinyingzi is good for stopping seminal emission, as it is warm and astringent. People collect the fruit only when it is red and completely ripe. It is sweet and is no longer



误也。惟当取半黄者，干捣末用之。〔宗奭曰〕九月、十月霜熟时采用。不尔，反令人利。〔震亨曰〕经络隧道，以通畅为平和。而昧者取涩性为快，熬金樱为煎食之。自不作靖，咎将谁执？〔时珍曰〕无故而服之，以取快欲则不可。若精气不固者服之，何咎之有？

〔附方〕旧一，新二。（略）

astringent. But this is not the correct way of preparation as the drug loses its quality after such processing. The correct way is to collect the half yellow fruit and pound it into powder. Then it works much better.

Kou Zongshi: Collect the fruit in the ninth and 10th months when frost falls. If it is not collected at that time, the drug may cause a loose stool.

Zhu Zhenheng: Channels, Collaterals and passageways in the body should be thorough and smooth. But some people feel that a drug of astringent quality is good. So they stew Jinyingzi to make paste and have it. But this will only lead to troubles, so who should be blamed then?

Li Shizhen: Some people like to eat the drug without any cause but with a hope of prolonging sexual intercourse. This is not the way it should be served. To those who suffer from seminal emission, the drug is the right cure. No harm will be done.

[Prescriptions]

One prescription collected previously, and two prescriptions collected recently.





郁李（本经下品）

【释名】

萹李诗疏。郁李、车下李别录。爵李本经。雀梅诗疏。

常棣

〔时珍曰〕郁，山海经作楅，馥郁也。花、实俱香，故以名之。陆玑诗疏作萹字，非也。尔雅常棣即此。或以为唐棣，误矣。唐棣乃扶移，白杨之类也。

【集解】

〔宗奭曰〕郁李子如御李子，红熟堪啖，微涩，亦可蜜



YULI

Chinese dwarf cherry

Prunus japonica Thunb.

Prunus humilis Bge.

Prunus japonica Thunb. var. *nakaii*(Levl.) Rehd.

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

[Explanation of Names]

YULI(萸李)

— *Shi Shu*.

CHEXIALI

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

JUELI

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

QUEMEI

— *Shi Shu*.

CHANGDI

Li Shizhen: In the book *Shanhai Jing* (*Book of Mountains and Seas*), the drug was recorded as Yu, which meant “fragrant.” Both the flower and fruit are indeed fragrant. In the book *Shi Shu* by Lu Ji, it was recorded as 萸 (Yu), which is not correct. It was recorded in the book *Er Ya* as Changdi. Some say this is Kangdi, but it is not correct. Another name Tangdi (which looks similar to the former) is not this drug. It indicates plants like Fuyi or Baiyang/populus davidiana dode/david poplar.

[Previous Explanations]

Kou Zongshi: The fruit of Chinese dwarf cherry looks like Yulizi. When it is red and ripe, it is good to eat. It tastes a bit astringent. It can also



煎，陕西甚多。〔时珍曰〕其花粉红色，实如小李。〔颂曰〕今汴洛人家园圃植一种，枝茎作长条，花极繁密而多叶者，亦谓之郁李，不堪入药。

核仁

〔修治〕〔斲曰〕先以汤浸，去皮、尖，用生蜜浸一宿，漉出阴干，研如膏用之。

〔气味〕酸，平，无毒。〔权曰〕苦、辛。〔元素曰〕辛、苦，阴中之阳，脾经气分药也。

〔主治〕大腹水肿，面目四肢浮肿，利小便水道本经。肠中结气，关格不通甄叔。通泄五脏膀胱急痛，宣腰胯冷脓，消宿食下气大明。破癖气，下四肢水。酒服四十九粒，



be preserved with honey. It is produced widely in Shaanxi.

Li Shizhen: Its flower is pink and its fruit looks like a small Japanese plum fruit.

Su Song: Now, in Bianliang and Luoyang, people plant a kind of tree similar to dwarf cherry. Its twig is long and covered with many flowers and leaves. It is also called Yuli, but it is no good for medical use.

YULIHEREN (YULIREN)

Seed of Chinese dwarf cherry
Semen pruni

[Preparation]

Lei Xiao: First, soak the fruit in hot water. Then, take off the peel and tip. Soak it in fresh honey overnight. Take out the drug and dry it in the shade. Then, grind it into paste.

[Quality and Taste]

It is sour, plain and nontoxic.

Zhen Quan: It is bitter and pungent.

Zhang Yuansu: It is pungent and bitter, a drug of Yang in Yin. It functions on the qi system of the Spleen Channel.

[Indications]

It is good for treating ascites with distended abdomen, puffy edema of the face, eyeballs and extremities. It facilitates urination.

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

Zhen Quan: It dredges through the accumulated qi in the intestine. It also treats dysuria accompanied by incessant vomiting.

Da Ming: It relieves colic due to distended condition of the Urinary Bladder and the Five Viscera. It disperses cold pus in the waist and thigh, dissolves indigestion and brings down adverse ascending gas.

Meng Xian: It dissolves hard mass in abdomen and edema in extremities. Wash down 49 grains of the drug to dissolve accumulation of qi.

Zhang Yuansu: It dissolves blood stasis and moistens dryness (consti-



能泻结气孟诜。破血润燥元素。专治大肠气滞，燥涩不通李杲。研和龙脑，点赤眼宗奭。

〔发明〕〔时珍曰〕郁李仁甘苦而润，其性降，故能下气利水。按宋史钱乙传云：一乳妇因悸而病，既愈，目张不得瞑。乙曰：煮郁李酒饮之使醉，即愈。所以然者，目系内连肝胆，恐则气结，胆横不下。郁李能去结，随酒入胆，结去胆下，则目能瞑矣。此盖得肯脊之妙者也。〔颂曰〕必效方：疗癖。取车下李仁，汤润去皮及并仁者，与干面相拌，捣如饼。若干，入水少许，作面饼，大小一如病人掌。为二饼，微炙使黄，勿令至熟。空腹食一饼，当快利。如不利，更食一饼，或饮热米汤，以利为度。利不止，以醋饭止之。利后当虚。若病未尽，一二日量力更进一服，以病尽为限。不得食酪及牛、马肉等。累试神验，但须量病轻重，以意加减，小儿亦可用。



pation).

Li Gao: It is especially good for dredging through accumulation of qi in the Large Intestine and working off dry feces.

Kou Zongshi: Grind the drug together with Longnao/*borneolum syntheticum*/borneol into powder. Insert a little to treat an inflamed eye.

[Explication]

Li Shizhen: Yuliren, sweet, bitter and moistening, has a descending tendency. Therefore, it brings down adverse ascending gas and dissolves edema. In the biography of Qian Yi recorded in the book *Song Shi (Book of Song)*, a case was recorded: Doctor Qian Yi once treated a woman in lactation who was sick due to fright. After she got well, she could no longer close her eyes. Doctor Qian treated the patient by stewing Yuliren in wine. The patient drank the medicated wine until she got drunk. Then the syndrome was gone. Analysis: The eye is related to the Liver and Gall Bladder. When there is a fright, the Gall Bladder will be uplifted, thus causing inability to close the eyes. Yuliren is a drug that can dissolve the stagnated condition. Accompanied by wine, the drug functions on the Gall Bladder. When stagnation is done away with, the Gall Bladder descends to its original place and thus the eyes can be closed as normal. This is a treatment based on subtle understanding of the Viscera and their interrelationships.

Su Song: The following prescription recorded in the book *Bixiao Fang* is good for treating abdominal hard mass:

Soak Yuliren in hot water and peel. Blend it with dry wheat flour and pound it to make a pie. When it is too dry, add in a little water and make two pies the size of the patient's palm. Slightly stir-fry the pies until they turn yellow. Do not overdo it. Let the patient eat one pie before meal, after which there should be a good loose stool. If not efficacious, eat the second pie. Hot Mitang can be taken, too. The patient will have loose stool. If stool is too loose, stop it by eating rice with vinegar. After the loose stool occurs, the patient will be in a debilitated condition. If the ailment is still there, take another dose within one or two days. Stop taking the drug when the ailment is gone. Taboos: Lao/lac preparatum/junket, beef and horsemeat. This prescription has been used many times and each time it worked. But

(附方) 旧三, 新二。(略)

大中华文库



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dosage should be regulated in accordance with the ailment. Children can also take it.

[Prescriptions]

Three prescriptions collected previously, and two prescriptions collected recently.





女贞（本经上品）

【释名】

贞木山海经。冬青纲目。蜡树

〔时珍曰〕此木凌冬青翠，有贞守之操，故以贞女状之。琴操载鲁有处女见女贞木而作歌者，即此也。晋·苏彦女贞颂序云：女贞之木，一名冬青。负霜葱翠，振柯凌风。故清士钦其质，而贞女慕其名。是矣。别有冬青与此同名。今方书所用冬青，皆此女贞也。近时以放蜡虫，故俗呼为蜡树。

【集解】

〔时珍曰〕女贞，冬青、枸骨，三树也。女贞即今俗呼蜡树者，冬青即今俗呼冻青树者，枸骨即今俗呼猫儿刺者。东人因女贞茂盛，亦呼为冬青，与冬青同名异物，盖一类二



NÜZHEN

Glossy privet

Ligustrum lucidum Ait.

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

[Explanation of Names]

ZHENMU

— *Shanghai Jing* (*Book of Mountains and Seas*).

DONGQING

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

LASHU

Li Shizhen: This tree remains green in cold winter like a virgin girl. So it is named Nüzhen (virgin girl). The book *Qin Cao* recorded that a virgin girl from Lu state sang her song in front of a Nüzhen tree. This is a very early record of this plant. During the Jin Dynasty (265-420), Su Yan wrote a verse in praise of Nüzhen, which goes: The tree of Nüzhen is also called Dongqing (green in winter). Covered with frost, it is still freshly green and its twigs swing in the cold wind. That is why a straightforward scholar praises its virginity and a maiden girl loves its name. There is another plant also called Dongqing. But in medical books, whenever Dongqing is mentioned, it is this Nüzhenzi/fructus ligustri lucidi/fruit of glossy privet. Now, people place wax insects onto the tree. So it is also called Lashu (tree of wax insect).

[Previous Explanations]

Li Shizhen: Nüzhen (this drug), Dongqing and Gougu are actually three different trees. Nüzhen is colloquially called Lashu. Dongqing is colloquially called Dongqingshu and Gougu is colloquially called Mao'erci.



种尔。二种皆因子自生，最易长。其叶厚而柔长，绿色，面青背淡。女贞叶长者四五寸，子黑色；冻青叶微团，子红色，为异。其花皆繁，子并累累满树，冬月鸚鵡喜食之，木肌皆白膩。今人不知女贞，但呼为蜡树。立夏前后取蜡虫之种子，裹置枝上。半月其虫化出，延缘枝上，造成白蜡，民间大获其利。详见虫部白蜡下。枸骨详本条。

实

〔气味〕苦，平，无毒。时珍曰：温。

〔主治〕补中，安五脏，养精神，除百病。久服，肥健轻身不老本经。强阴，健腰膝，变白发，明目时珍。

〔发明〕〔时珍曰〕女贞实乃上品无毒妙药，而古方罕



People in the east call Nüzhen as Dongqing as it is still flourishing in winter. This is, of course, not the Dongqing. They are two species of the same category. Both trees develop from seeds and grow fast. The leaf is thick, soft and long. The front of the leaf is blue-green the back is lighter in color. The leaf of Nüzhen is four to five cun long. Its fruit is black. The leaf of Dingqing is slightly round and its fruit is red. These are the differences between them. Both trees have flourishing flowers and plenty of fruits. In winter, the myna likes to eat the fruit. The Heartwood of both trees is white and greasy. Now, people do not know what is Nüzhen. They just call it Lashu. Around the time of the solar term the Beginning of Summer (May 5), people place the ovum of wax insects onto the tree and wrap it on the twig. Half a month later, the wax insect begins to lay wax on the tree. Farmers make a good profit out of it. For details, see the Drug Chongbaila/cera chinensis/insect wax.

NÜZHENSHI

Fruit of glossy privet
Fructus ligustri lucidi

[Quality and Taste]

It is bitter, plain and nontoxic.
Li Shizhen: It is warm.

[Indications]

It tonifies the interior, pacifies the Five Viscera, nourishes a good spirit and treats a hundred diseases. Long-term use makes one put on weight, feel happy and vigorous, and remain young-looking.

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

Li Shizhen: It enhances Yin (sexuality), strengthens the waist and knee, turns graying hair black and brightens the eye.

[Explication]

Li Shizhen: Nüzhen is a drug of superior class. It is nontoxic and works as a good tonic. But it has not been used often in ancient prescrip-



知用者，何哉？典术云：女贞木乃少阴之精，故冬不落叶。观此，则其益肾之功，尤可推矣。世传女贞丹方云：女贞实（即冬青树子）去梗叶，酒浸一日夜，布袋擦去皮，晒干为末。待旱莲草出多，取数石捣汁熬浓，和丸梧子大。每夜酒送百丸。不旬日间，膂力加倍，老者即不夜起。又能变白发为黑色，强腰膝，起阴气。

tions. Why then?

The book *Dian Shu*: Nüzhen is a wood evolved from the essence of Lesser Yin. So its leaf does not wither in winter. From this it can be inferred that it has the function of tonifying the Kidney. This should be strongly recommended.

The book *Nüzhen Danfang*: Soak Nüzhenzi (without twig and leaf) in wine one full day and night. Rub off the peel with a cloth bag and dry it in the sun. Then, grind it into powder. At a time when Hanliancao/herba ecliptae/herb of yerbadetajo is flourishing, collect several *dan* of it and pound it to get juice. Stew the juice until it condenses into paste and make pills together with the powder of Nüzhenzi the size of a parasol seed. Take 100 pills before sleep at night. Another some 10 days, one will feel very strong, with mighty arms. For the aged, this will stop urination during the night. It also helps to turn gray hair to black. It strengthens the waist and knee and enhances female sexuality.



五加（本经上品）

【释名】

五佳纲目。五花炮炙论。文章草纲目。白刺纲目。追风使图经。木骨图经。金盐仙经。豺漆本经。豺节别录。

〔时珍曰〕此药以五叶交加者良，故名五加，又名五





WUJIA

Slender-style acanthopanax

Acanthopanax gracilistylus W. W. Smith,

Acanthopanax sessiliflorus (Rupr. et Maxim) Seem.,

Acanthopanax senticosus (Rupr. et Maxim) Harms.,

Acanthopanax henryi (Oliv.) Harms.,

Acanthopanax verticillatus Hoo.

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

[Explanation of Names]

WUJIA

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

WUHUA

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

WENZHANGCAO

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

BAICI

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

ZHUIFENGSHI

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

MUGU

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

JINYAN

— *Xian Jing*.

CHAIQI

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

CHAIJIE

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



花。杨慎丹铅录作五佳，云一枝五叶者佳故也。蜀人呼为白刺。淮南巴蜀异物志名文章草。有赞云：文章作酒，能成其味。以金买草，不言其贵。是矣。本草豺漆、豺节之名，不知取何义也？

【集解】

〔颂曰〕今江淮、湖南州郡皆有之。春生苗，茎、叶俱青，作丛。赤茎又似藤蔓，高三五尺，上有黑刺。叶生五叉作簇者良。四叶、三叶者最多，为次。每一叶下生一刺，三四月开白花，结细青子，至六月渐黑色。根若荆根，皮黄黑，肉白色，骨坚硬。一说今有数种：汴京、北地者，大片类秦皮、黄檗辈，平直如板而色白，绝无气味，疗风痛颇效，余无所用。吴中乃剥野椿根皮为五加，柔韧而无味，殊为乖失。今江淮所生者，根类地骨皮，轻脆芬香。其苗茎有刺类蔷薇，长者至丈余。叶五出，香气如橄榄。春时结实，



Li Shizhen: The plant with five leaves on one twig is of top quality. So it is called Wujia (五加) or Wuhua. In the book *Danqian Lu* by Yang Shen, it is recorded as Wujia (五佳), “good with five leaves.” People in Sichuan call it Baici. In the book *Bashu Yiwu Zhi* by Qiao Zhou, it is called Wenzhangcao. A praise to it goes: When Wenzhang(cao) is added in the brewing of wine, the flavor is enhanced. Purchased with gold, the herb is so precious that people feel its worth. The origin of names such as Chaiqi and Chaijie as included in *Shen Nong Bencao Jing* and *Mingyi Bielu* are unknown.

[Previous Explanations]

Su Song: Now the drug is produced in prefectures in Jiangsu, Anhui, Hunan and Hubei. In spring, the seedling begins to grow. The leaf and stem are blue-green. It grows in tussocks. Some stems are red and look like vine. The tree is three to five *chi* tall, covered with black spines. That with five leaves growing together on one twig is a good species. Most plants have four or three leaves growing together and they are of secondary quality. One spine grows under each leaf. In the third and fourth months, a white flower blooms. Fruit of blue-green color is borne, which turns black gradually in the sixth month. Its root looks like Jingjiegen/radix schizonepetae/root of fine leaf schizonepeta. Its bark is yellow and black. The flesh is white. Its bone is hard. Some say that there are several species of the drug: Bark produced in Bianjing and northern land is big in size and looks like Qinpi/cortex fraxini/ash bark and Huangbai/cortex phellodendri/bark of Chinese cork tree. It is flat, straight and white. There is no smell at all. It is a drug good to relieve the pain due to invading pathogenic Wind. The other species are not used as drug. In the Wu area, people use Chunbaipi/cortex toonae sinensis radicis/rootbark of Chinese toona as a substitute for Wujiapi/cortex acanthopanax radicis/root bark of slender style acanthopanax, which is soft and elastic, without taste. It is a wrong practice. Wujiapi produced in Jiangsu and Anhui are similar to Digupi/cortex lycii radicis/rootbark of Chinese wolfberry, which is light, crispy and fragrant. It has spines like Qiangwei/rosa multiflora/Japanese rose. The stem can be as long as 10 *chi*. Five leaves grow together and give off a fragrant smell similar to Gan-



如豆粒而扁，青色，得霜乃紫黑。俗但名为追风使，以渍酒疗风，乃不知其为真五加皮也。今江淮、吴中往往以为藩萋，正似蔷薇、金樱辈，而北间多不知用此种。

根皮同茎。【气味】

辛，温，无毒。

〔之才曰〕远志为之使。恶玄参、蛇皮。

【主治】

心腹疝气腹痛，益气疗疔，小儿三岁不能行，疽疮阴蚀本经。男子阴痿，囊下湿，小便余沥，女人阴痒及腰脊痛，两脚疼痹风弱，五缓虚羸，补中益精，坚筋骨，强志意。久服，轻身耐老别录。破逐恶风血，四肢不遂，贼风伤人，软脚臀腰，主多年瘀血在皮肤，治痹湿内不足甄权。明目下



lan/fructus canarii/fruit of white canary tree. In spring, fruit is borne, which looks like a bean but is flat and blue-green. It turns purple and black after frost fall. It is colloquially called Zhuifengshi. It is soaked in wine and used as a drug to treat arthralgia due to invading pathogenic Wind. People do not know this is the genuine Wujiapi. Farmers grow the plant around the house to form a fence, just like they grow Qiangwei or Jinyingzi for the same purpose. But people in the north do not know this is just the drug.

WUJIAGENPI and JING

Root-bark and stem of slender-style acanthopanax

Cortex acanthopanax radice et cortex acanthopanax

[Quality and Taste]

It is pungent, warm and nontoxic.

Xu Zhicai: Yuanzhi/radix polygalae/root of thinleaf milkwort can be used as its guiding drug. It is mutually inhibiting to Xuanshen/radix scrophulariae/figwort root and Shepi/periostracum serpentis/snake slough.

[Indications]

It is good for treating hernia with abdominal pain. It reinforces qi and treats paralysis of the feet. It is good for treating an infant of three years who still cannot walk. It is also effective to treat sores, phlegmon and erosion of the vulva.

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

It is good for treating male impotence with a sweating scrotum and urinary dripping, itching of the female genitalia and pain in the waist and spinal cord, arthralgia and a debilitated condition of the feet. It treats five kinds of paralysis with general debility, tonifies the interior and enhances the Jing. It consolidates tendon and bone, and enhances willpower. Long-term use makes one feel happy and vigorous and keeps one from aging.

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

Zhen Quan: It disperses blood stasis with invading malignant Wind, and treats paralysis of the extremities, debilitated feet and waist due to invading pathogenic Wind. It removes chronic blood stasis in the skin, and



气，治中风骨节挛急，补五劳七伤大明。酿酒饮，治风痹四肢挛急苏颂。作末浸酒饮，治目僻眼雕雷敷。叶：作蔬食，去皮肤风湿大明。

【发明】

〔弘景曰〕煮根茎酿酒饮，益人。道家用此作灰煮石，与地榆并有秘法。〔慎微曰〕东华真人煮石经云：昔有西域真人王屋山人王常云：何以得长久？何不食石蓄金盐。母何以得长寿？何不食石用玉豉。玉豉、地榆也。金盐，五加也。皆是煮石而饵得长生之药也。昔孟绰子、董士固相与言云：宁得一把五加，不用金玉满车。宁得一斤地榆，不用明月宝珠。又昔鲁定公母服五加酒，以致不死，尸解而去。张子声、杨建始、王叔才、于世彦等，皆服此酒而房室不绝，得寿三百年。亦可为散以代汤茶。王君云：五加者，五车星之精也。水应五湖，人应五德，位应五方，物应五车。故青



also treats humid arthralgia with general debility.

Da Ming: It brightens the eye and brings down adverse ascending gas. It treats apoplexy with contraction of the joints, and tonifies the condition of five overstrains and seven impairments.

Su Song: Brew wine with the drug. Drink the wine to treat arthralgia with contraction of the extremities due to invading pathogenic Wind.

Lei Xiao: Grind the drug into powder. Soak the powder in wine. Drink the wine to treat deviation of eye.

Da Ming: Leaf: Eat the leaf as a vegetable to disperse invading pathogenic Wind and Humidity resting on the skin.

[Explication]

Tao Hongjing: Stew the root and stem of the drug and add it in the brewing of wine. Such wine is good for the health. Taoist alchemists use the ash of the drug to stew together with stone drugs. There are secret methods of processing the drug together with Diyu/radix sanguisorbae/root of garden burnet.

Tang Shenwei: The book *Zhushi Jing* by Donghua Zhenren – Master Wang Chang, also named Wangwu Shanren (Hermit in Wangwu Mountain), once said: How can one live longer? Why not have Jinyan with alchemic stone drug? How can the mother live such a long life? Why not have Yuchi with alchemic stone drugs? Yuchi is merely Diyu and Jinyan is Wujiapi. Such drugs are made by processing Wujiapi and Diyu with stone drugs. They are drugs leading to longevity. In ancient times, Master Dong Chuozi talked to Master Dong Shigu, saying that they would rather prefer a handful of Wujiapi than having a cart full of gold and jade. They would have one *jin* of Diyu rather than jewelry and pearls. It is recorded that the mother of Duke Dinggong of Lu had wine of Wujiapi regularly. She could live a very long time and then ascended to the heaven leaving her corpse behind. The following people, Zhang Zisheng, Yang Jianshi, Wang Shucai and Yu Shiyan, all drank this wine and could have good sexual life and lived up to 300 years. The drug can be ground into powder and drunk as tea or soup.



精入茎，则有东方之液；白气入节，则有西方之津；赤气入华，则有南方之光；玄精入根，则有北方之饴；黄烟入皮，则有戊己之灵。五神镇生，相转育成。饵之者真仙，服之者反婴。〔时珍曰〕五加治风湿痿痹，壮筋骨，其功良深。仙家所述，虽若过情，盖奖辞多溢，亦常理尔。造酒之方：用五加根皮洗净，去骨、茎、叶，亦可以水煎汁，和麴酿米酒成，时时饮之。亦可煮酒饮。加远志为使更良。一方：加木瓜煮酒服。谈野翁试验方云：神仙煮酒法：用五加皮、地榆（刮去粗皮）各一斤，袋盛，入无灰好酒二斗中，大坛封固，安大锅内，文武火煮之。坛上安米一合，米熟为度。取出火毒，以渣晒干为丸。每旦服五十丸，药酒送下，临卧再



Master Wang: Wujia is the essence of Wuchexing.* It corresponds to the five lakes in Water, to the five virtues of Man, the five directions to location and five carts to Matters. The blue essence enters the stem of the plant that evolves into the fluid of the east. The white essence enters the joints, and evolves into the body fluid of the five directions. The red essence enters the flower, which evolves into the light of the south. The black essence enters the root, which evolves into maltose of the north. The yellow smoke enters the bark, which evolves into the subtlety of Wu and Ji. With all these five essences nourishing the plant, it becomes very precious, enabling one to become immortal if one eats it as life prolongation drug. One who takes it may return to his childhood.

Li Shizhen: Wujiapi is good for treating arthralgia and paralysis due to invading pathogenic Wind and Humidity. It strengthens tendon and bone. It is really a good drug. But what Taoist alchemists say about its miraculous effect is a bit exaggerated. This is understandable. The method of brewing wine with Wujiapi: Wash clean Wujiapi. Take off the heartwood of the root, stem and leaf. Blend it with Jiuqu/distiller's yeast and brew wine conventionally. Or stew the drug in water to make a decoction to add in the brewing of wine. Drink the wine frequently. Or stew the drug in wine. Then the medicated wine can be drunk. It works even better if the guiding drug, the Yuanzhi/radix polygalae/root of thinleaf milkwort is added. Another prescription: Stew Wujiapi and Mugua/fructus chaenomelis/fruit of common flowering quince in wine. Drink the medicated wine.

The book *Tan Yeweng Shiyan Fang*: Brew wine in the way as immortals do:

One *jin* of Wujiapi, and
one *jin* of Diyu (peel off the coarse bark).

Keep in a bag sack and soak in two *dou* of ashless wine of fine quality. Seal the big wine jar closely. Put the jar in an even bigger pot with water and stew the whole thing with strong and mild fire. Put one *ge* of rice over the jar. The stewing will be all right when the rice is well cooked. Cool the drug to let out fire toxin. Dry the dregs in the sun. Make pills with the

*This refers to stars such as Capella, Menkalian and El Nath.

服。能去风湿，壮筋骨，顺气化痰，添精补髓。久服延年益老，功难尽述。王纶医论云：风病饮酒能生痰火，惟五加一味浸酒，日饮数杯，最有益。诸浸酒药，惟五加与酒相合，且味美也。

【附方】

旧二，新六。(略)



dregs. Take 50 pills per dose in the morning with medicated wine. Take another dose in the evening. It is good to disperse the invading pathogenic Wind and Humidity, strengthen tendon and bone, smooth the flow of qi and dissolve phlegm accumulation. It fills the essence and marrow. Long-term use prolongs one's lifespan and keep one from aging. It has numerous therapeutic effects that cannot be listed in detail.

The book *Yi Lun* by Wang Lun: Generally speaking, people suffering from diseases due to invading pathogenic Wind should not drink wine for fear of causing phlegm and Fire. But wine of Wujiapi is an exception. Drink several cups of such wine is only good to the patient. Wujiapi is the best suited of all drugs to soaking in wine. It also makes the wine taste better.

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.





枸杞 地骨皮（本经上品）

【释名】

枸榅尔雅（音计）。本经作枸忌。枸棘衍义。苦杞诗疏。甜菜图经。天精抱朴。地骨本经。地辅本经。地仙日华。却暑别录。羊乳别录。仙人杖别录。西王母杖

〔时珍曰〕枸、杞二树名。此物棘如枸之刺，茎如杞之



GOUQI, DIGUPI

Barbary wolfberry

Lycium chinense Mill.

Lycium barbarum L.

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

[Explanation of Names]

GOUJI(枸櫞)

— *Er Ya*.

GOUJI(枸忌)

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

GOUJI(枸棘)

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

KUQI

— *Shi Shu*.

TIANCAI

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

TIANJING

— *Baopuzi*.

DIGU

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

DIXIAN

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

QESHU

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

YANGRU

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

XIANRENZHANG



条，故兼名之。道书言千载枸杞，其形如犬，故得枸名，未审然否？

【集解】

〔时珍曰〕古者枸杞、地骨取常山者为上，其他丘陵阪岸者皆可用。后世惟取陕西者良，而又以甘州者为绝品。今陕之兰州、灵州、九原以西枸杞，并是大树，其叶厚根粗。河西及甘州者，其子圆如樱桃，暴干紧小少核，干亦红润甘美，味如葡萄，可作果食，异于他处者。沈存中笔谈亦言：陕西极边生者高丈余，大可作柱。叶长数寸，无刺。根皮如厚朴。则入药大抵以河西者为上也。种树书言：收子及掘根种于肥壤中，待苗生，剪为蔬食，甚佳。

【气味】

枸杞：苦，寒，无毒。

〔别录曰〕根：大寒。子：微寒，无毒。冬采根，



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

XIWANGMUZHANG

Li Shizhen: The name Gouqi is formed by Gou and qi, both names of trees. As this tree has a spine similar to the Gou tree and its stem is similar to that of the qi, the name of Gouqi combines the two. A Taoist book recorded that a thousand-year-old Gouqi tree was in the shape of a dog, so it was named Gou (dog). Whether this is correct or not is unknown.

[Previous Explanations]

Li Shizhen: In ancient times, Gouqizi/fructus lycii/ripe fruit of Barbary wolfberry and Digupi/cortex lycii radicis/root-bark of Chinese wolfberry produced in Changshan were considered of top quality. That growing on hilly slopes can also be used. Later, the drug produced in Shaanxi was considered the best. And that produced in Ganzhou was cherished as extraordinary top quality. Now Barbary wolfberry trees in areas west of Lanzhou, Lingzhou and Jiuyuan are all big trees with a thick leaf and big root. Gouqi produced in Hexi and Ganzhou is as round as a cherry. After the fruit is dried in the sun, it shrinks to a very small size with almost no kernel. Even when the fruit is dried, it still remains red and moistened. It tastes sweet like grape, and is taken as tidbit. The product of this area is different from those produced in other areas.

The book *Mengxi Bitan* by Shen Cunzhong: To the border of Shaanxi there are big Barbary wolfberry trees more than 10 *chi* tall. Its wood can be made into house pillars. The leaf is several *cun* long. There is no spine. Its root bark looks like Houpo/cortex magnoliae officinalis/bark of official magnolia. Gouqizi produced in the Hexi area is considered of top quality and the best for medical use.

The book *Zhongshu Shu*: Sow the fruit or segment of root into a fertile soil to develop a new plant. When the seedling grows, it can be collected and eaten as a vegetable. It is good to eat.

[Quality and Taste]

Gouqi (the bark) is bitter, cold and nontoxic.

Digupi is very cold. The fruit is slightly cold and nontoxic. Collect the



春、夏采叶，秋采茎、实。〔叔曰〕枸杞：甘，平。子、叶同。〔宗奭曰〕枸杞当用梗皮，地骨当用根皮，子当用红实。其皮寒，根大寒，子微寒。今人多用其子为补肾药，是未曾考竟经意，当量其虚实冷热用之。〔时珍曰〕今考本经止云枸杞，不指是根、茎、叶、子。别录乃增根大寒、子微寒字，似以枸杞为苗；而甄氏药性论乃云枸杞甘、平，子、叶皆同，似以枸杞为根；寇氏衍义又以枸杞为梗皮，皆是臆说。按陶弘景言枸杞根、实为服食家用。西河女子服枸杞法，根、茎、叶、花、实俱采用。则本经所列气味主治，盖通根、苗、花、实而言，初五分别也。后世以枸杞子为滋补药，地骨皮为退热药，始歧而二之。窃谓枸杞苗叶味苦甘而气凉，根味甘淡气寒，子味甘气平。气味既殊，则功用当别。此后人发前人未到之处者也。



root in winter. Collect the leaf in spring and summer and the stem and fruit in autumn.

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

Zhen Quan: The stem is sweet and plain. The fruit and leaf are the same.

Kou Zongshi: Gouqi is the bark of stem. Digupi is the root bark and the fruit is the red fruit. Its bark is cold, its root bark is very cold and its fruit is slightly cold. Now the fruit is widely used as tonic for the Kidney. The fruit should be used together with other drugs in accordance with the different conditions such as excess and deficiency, hot and cold nature of the disease.

Li Shizhen: In *Shen Nong Bencao Jing*, when Gouqi was recorded, it did not indicate whether it was the root, stem, leaf or fruit. In *Mingyi Bielu*, it was recorded that the root was very cold and the fruit was slightly cold. It seems that Gouqi here was the seedling. In the book *Yaoting Lun* by Zhen Quan, it was recorded that Gouqi was sweet and plain and the fruit and leaf were the same. Here it seems that Gouqi is the root. In the book *Bencao Yanyi*, it was recorded that stem was Gouqi. All the above records are imaginary. As Tao Hongjing said that the root and fruit of Gouqi were used by those who took life-prolonging drugs. Women in the Xihe area took it for this reason. They use all the root, stem, leaf, flower and fruit of the plant. This was based on the record of *Shen Nong Bencao Jing*, in which the root, seedling, flower and fruit of Gouqi were not differentiated in regard to therapeutic efficacy, quality and taste. But at a later time, when people realized that Gouqi was a good tonic and Digupi was good to disperse fever, these two drugs were differentiated as two different ones. My comment: Gouqimiao/gemma lycii/seedling of Barbary wolfberry is bitter and sweet in taste and cool in quality; the root is sweet, plain and cold; and the fruit is sweet and plain. Since they are not the same in quality and taste, they should have different therapeutic functions, which should be differentiated. This is a new discovery made by later scholars, as the earlier scholars did not realize it.

[Indications]

Gouqi is good for dispersing invading pathogenic factors to the Five



【主治】

枸杞：主五内邪气，热中消渴，周痹风湿。久服，坚筋骨，轻身不老，耐寒暑本经。下胸胁气，客热头痛，补内伤大劳嘘吸，强阴，利大小肠别录。补精气诸不足，易颜色，变白，明目安神，令人长寿甄权。

【发明】

〔时珍曰〕此乃通指枸杞根、苗、花、实并用之功也。

苗

〔气味〕苦，寒。〔权曰〕甘，平。〔时珍曰〕甘，凉。伏砒、砂。

〔主治〕除烦益志，补五劳七伤，壮心气，去皮肤骨节



Viscera. It treats diabetes with interior Heat, and disperses arthralgia due to invading pathogenic Wind and Humidity. Long-term use consolidates tendon and bone, makes one feel happy and vigorous and keeps one from aging. One will be better able to resist cold and hot weather.

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

It disperses accumulation of qi in the chest and hypochondrium and treats headache due to invading guest heat. It tonifies a condition of interior damage with consumption and shortness of breath. It enhances male sexuality and facilitates the functions of Large and Small Intestines.

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

Zhen Quan: It tonifies the insufficient condition of Jing, improves one's complexion, turns graying hair black, brightens the eye and pacifies the mind. It enables one to enjoy a long life.

[Explication]

Li Shizhen: The above indications are referring to the root, seedling, flower and fruit of Gouqi as general. Regarding the therapeutic functions of each, see the following sections.

GOUQIMIAO

Seedling of Barbary wolfberry

Gemma lycii

[Quality and Taste]

It is bitter and cold.

Zhen Quan: It is sweet and plain.

Li Shizhen: It is sweet and cool. It oppresses Pishuang/arsenicum sublimatum/arsenic and Dansha/cinnabaris/cinnabar in the processing of alchemical stone drugs.

[Indications]

Da Ming: It disperses restlessness, reinforces willpower, tonifies the condition of five overstrains and seven impairments, strengthens the Heart, and disperses invading pathogenic Wind resting in skin and joints. It elimi-



间风，消热毒，散疮肿大明。和羊肉作羹，益人，除风明目。作饮代茶，止渴，消热烦，益阳事，解面毒，与乳酪相恶。汁注目中，去风障赤膜昏痛甄叔。去上焦心肺客热时珍。

地骨皮

〔修治〕〔斲曰〕凡使根，掘得以东流水浸，刷去土，捶去心，以熟甘草汤浸一宿，焙干。〔气味〕苦，寒。〔别录曰〕大寒。〔叔曰〕甘，平。〔时珍曰〕甘，淡，寒。〔杲曰〕苦，平、寒。升也，阴也。〔好古曰〕入足少阴、手少阳经。制硫黄、丹砂。



nates pyogenic infection, sores and swelling.

Zhen Quan: Make soup with the drug and mutton. Such soup is good for the health. It disperses invading Wind and brightens the eye. Stew the drug and drink it like tea. It quenches thirst, eliminates fever and restlessness, enhances male sexuality and detoxifies toxin of wheat flour. It is mutually inhibiting to Rulao/lac preparatum/junket. Insert juice of the drug into the eye to treat inflammation with red nebula and pain due to invading pathogenic Wind.

Li Shizhen: It eliminates guest Heat resting in the upper portion, the Heart and the Lung.

DIGUPI

Root-bark of Chinese wolfberry
Cortex lycii radicis

[Preparation]

Lei Xiao: Soak the root in east-running water. Brush it clean and pound the drug to get rid of the heart. Then soak the drug in a decoction of liquorice root over night. Bake the drug.

[Quality and Taste]

It is bitter and cold.

It is very cold.

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

Zhen Quan: It is sweet and plain.

Li Shizhen: It is sweet, plain and cold.

Li Gao: It is bitter, plain and cold. It is a drug with ascending tendency, a drug of Yin.

Wang Haogu: It functions on the Kidney Channel of Foot Lesser Yin and Sanjiao Channel of Hand Lesser Yang. It controls sulfur and cinnabar in the processing of alchemical stone drugs.

[Indications]

Zhen Quan: File the drug into fine pieces. Blend it with wheat flour



〔主治〕细锉，拌面煮熟，吞之，去肾家风，益精气甄
权。去骨热消渴孟诜。解骨蒸肌热消渴，风湿痹，坚筋骨，
凉血元素。治在表无定之风邪，传尸有汗之骨蒸李杲。泻肾
火，降肺中伏火，去胞中火，退热，补正气好古。治上膈吐
血。煎汤嗽口，止齿血，治骨槽风吴瑞。治金疮神验陈承。
去下焦肝肾虚热时珍。

枸杞子

〔修治〕〔时珍曰〕凡用拣净枝梗，取鲜明者洗净，酒
润一夜，捣烂入药。

〔气味〕苦，寒。〔权曰〕甘，平。

〔主治〕坚筋骨，耐老，除风，去虚劳，补精气孟诜。



and stew it until it is well done. Take the drug. It disperses invading pathogenic Wind and Kidney and reinforces Jing.

Meng Xian: It quenches thirst and disperses Heat from the bone.

Li Gao: It disperses invading pathogenic Wind that wanders in the skin, and treats Chuanshilao (consumptive and infectious disease) and hectic fever due to Yin deficiency and with perspiration.

Wang Haogu: It purges Fire in the Kidney, brings down hidden Heat in the Lung and eliminates Fire in the Urinary Bladder. It brings down fever and tonifies Vital Resistance.

Wu Rui: It is good for stopping hematamesis due to disorder of the upper diaphragm. Stew the drug in water to make a decoction. Rinse the mouth with the decoction to stop gum bleeding and treat osteomyelitis of the maxillary bone.

Li Shizhen: It eliminates fever of deficient nature in lower portion, the Liver and the Kidney.

GOUQIZI

Fruit of Barbary wolfberry

Fructus lycii

[Preparation]

Li Shizhen: Pick out the twigs from the fruit. Choose fruit that is bright and lustrous and wash it clean. Soak the drug in wine overnight. Pound the drug into paste.

[Quality and Taste]

It is bitter and cold.

Zhen Quan: It is sweet and plain.

[Indications]

Meng Xian: It consolidates tendon and bone, keeps one from aging and disperses invading Wind. It tonifies Jing and improves a condition of consumption.

Wang Haogu: It is good for treating heart disease with parched mouth



主心病嗑干心痛，渴而引饮；肾病消中好古。滋肾润肺。榨油点灯，明目时珍。

【发明】

〔颂曰〕茎、叶及子，服之轻身益气。淮南枕中记，载西河女子服枸杞法：正月上寅采根，二月上卯治服之；三月上辰采茎，四月上巳治服之；五月上旬采其叶，六月上未治服之；七月上申采花，八月上酉治服之；九月上戌采子，十月上亥治服之；十一月上子采根，十二月上丑治服之。又有花、实、根、茎、叶作煎，或单榨子汁煎膏服之者，其功并同。世传蓬莱县南丘村多枸杞，高者一二丈，其根盘结甚固。其乡人多寿考，亦饮食其水土之气使然。又润州开元寺大井旁生枸杞，岁



and heart pain, thirst and Kidney disease with diabetes.

Li Shizhen: It moistens the Lung and the Kidney. Press the fruit to get oil for a lamp. This will brighten the eye.

[Explication]

Su Song: The stem, leaf and fruit of Barbary wolfberry are good to make one feel happy and vigorous. They also reinforce qi.

The book *Huainan Zhengzhong Ji*: The method of taking Gouqi by women living in the Xihe area:

Collect Digupi on the Yin*day early in the first month of the year. Prepare the drug on the Mao day early in the second month and take it. Collect the stem on the Chen day early in the third month. Prepare the drug on the Si day early in the fourth month and take it. Collect the leaf on the Wu day early in the fifth month. Prepare the drug on the Wei day early in the sixth month and take it. Collect the flower on the Shen day early in the seventh month. Prepare the drug on the You day in the eighth month and take it. Collect the fruit on the Xu day in the ninth month and eat it. Collect the root on the Zi day in the 11th month. Prepare the drug on the Chou day in the 12th month. One of the preparations is to stew the flower, fruit, root, stem and leaf of the Barbary wolfberry to make an ointment. The other way: Squeeze the fruit to get juice. Stew the juice to get an ointment. Both ointments can be taken as a tonic as they have similar therapeutic functions. It is reported that Penglai County, there is a village named Nanqiu, where there are a lot of big Barbary wolfberry trees 10 to 20 *chi* tall with strong and intertwined roots. The villagers enjoy longer lives. People are nourished by the water and atmosphere in this location, so they enjoy longevity. In the Kaiyuan Temple in Runzhou, there are Barbary wolfberry trees around a big drinking well. Local people call it the “Barbary wolfberry well,” saying that drinking the water from this well will enable one to live longer.

*The days such as Yin, Mao, Chen, etc, are the numbering system in ancient China. The order of the Dizhi (Twelve Earthly Branches) is as follows: Zi, Chou, Yin, Mao, Chen, Si, Wu, Wei, Shen, You, Xu and Hai.



久。土人目为枸杞井，云饮其水甚益人也。〔时珍曰〕按刘禹锡枸杞井诗云：僧房药树依寒井，井有清泉药有灵。翠黛叶生笼石瓮，殷红子熟照铜瓶。枝繁本是仙人杖，根老能成瑞犬形。上品功能甘露味，还知一勺可延龄。又续仙传云：朱孺子见溪侧二花犬，逐入于枸杞丛下。掘之得根，形如二犬。烹而食之，忽觉身轻。周密浩然斋日抄云：宋徽宗时，顺州筑城，得枸杞于土中，其形如獒状，驰献阙下，乃仙家所谓千岁枸杞，其形如犬者。据前数说，则枸杞之滋益不独子，而根亦不止于退热而已。但根、苗、子之气味稍殊，而主治亦未必无别。盖其苗乃天精，苦甘而凉，上焦心肺客热者宜之；根乃地骨，甘淡而寒，下焦肝肾虚热者宜之。此皆三焦气分之药，所谓热淫于内，泻以甘寒也。至于子则甘平



Li Shizhen: Liu Yuxi described the drug in his poem Gouqi Jing (the Barbary Wolfberry Well) as follows:

Around the cold well in front of the temple,

A Barbary wolfberry tree grows.

Lucid water comes from the well,

Drug that works wonders is on the tree.

Green as the leaf, red as the fruit, which is reflected against the bronze vase,

With flourishing twigs, the tree is called the stick of an immortal,

Old as the root is, it evolves into the shape of a dog.

Sweet as dew, the fruit is a drug of superior class,

And one spoon of it daily will prolong one's life.

Never to the last.

The book *Xuxian Zhuan*: Master Zhu Ruzi once saw two dogs with colored fur playing around and hiding themselves in a bush of Barbary wolfberry. He tried to find the dogs, but could not. So he dug up the tree and found two dog-shaped rhizomes. He stewed the thing and ate it. Then he suddenly felt his body became very light.

The book *Haoranzhai Richao* by Zhou Mi: At the time of Emperor Huizong of the Song Dynasty (960-1279), in a construction site where a city wall was going to be built, a big root of Barbary wolfberry was found. It was in the shape of a dog. The thing was offered to the emperor. A Taoist master said that this was a Barbary wolfberry a thousand years old that was in the shape of a dog. From the above records, we realize that not only the fruit, but also other parts of the drug, such as the root, can be used as a good tonic. The root is not only good to eliminate pathogenic Heat. It is also a good tonic. But the quality and taste of the root, seedling and fruit are not the same. So their therapeutic functions are not the same. Its seedling is evolved by the essence of heaven. It is bitter, sweet and cool. It is a drug good to disperse guest Heart resting with Shangjiao, the Heart and the Lung. The root is sweet, plain and cold, a drug good to disperse pathogenic Heat of the deficient nature resting with Xiajiao, the Liver and the Kidney. All of them are drugs functioning on the qi system of Sanjiao. As the classic goes: "When Heat prevails in the interior, purge it with drug of sweet



而润，性滋而补，不能退热，止能补肾润肺，生精益气。此乃平补之药，所谓精不足者，补之以味也。分而用之，则各有所主；兼而用之，则一举两得。世人但知用黄芩、黄连，苦寒以治上焦之火；黄檗、知母，苦寒以治下焦阴火。谓之补阴降火，久服致伤元气。而不知枸杞、地骨甘寒平补，使精气充而邪火自退之妙，惜哉！予尝以青蒿佐地骨退热，屡有殊功，人所未喻者。兵部尚书刘松石，讳天和，麻城人。所集保寿堂方，载地仙丹云：昔有异人赤脚张，传此方于猗氏县一老人，服之寿百馀，行走如飞，发白反黑，齿落更生，阳事强健。此药性平，常服能除邪热，明目轻身。春采枸杞叶（名天精草）。夏采花（名长生草）。秋采子（名枸杞子）。冬采根（名地骨皮）。并阴干，用无灰酒浸一夜，晒露四十九



taste and cold quality.” The fruit of Gouqi is sweet, plain and moistening, a drug that tonifies and moistens. It cannot disperse Heat. It can only tonify the Kidney, moisten the Lung, help produce Jing and reinforce qi. It is a tonic with mild function. This is explained by the classic as “when Jing is insufficient, tonify it with drug of taste.” So when the above drugs are used separately, each has its specific therapeutic functions. When different parts of the drug are used together, it has therapeutic functions in both ways. Doctors only know that drugs of bitter taste and cold quality, such as Huangqin/radix scutellariae/root of Baikal skullcap and Huanglian/rhizome coptidis/coptis rhizome, are good to eliminate Fire in the Shangjiao and that Huangbai/cortex phellodendri/bark of Chinese cork tree and Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena are good to disperse Fire in the Xiajiao. But such bitter and cold drugs, if used repeatedly, may damage Yuanqi (Primordial Vital Energy). Doctors generally do not know that Gouqi and Digupi, sweet, cold and mild, can exercise their tonifying function to fulfill Jing first. Once Jing is reinforced, pathogenic Fire will be eliminated. What a pity! My personal experience tells that when Digupi is used together with Qinghao/herba artmisiae annuae/herb of sweet wormwood to treat diseases due to excessive Heat, it works effectively each time. This is yet unknown to many doctors. Defense Minister Liu Songshi, a native of Macheng, compiled a book *Baoshoutang Fang*, in which the prescription of Dixian Dan was recorded. It was recorded that a hermit called Master Zhang passed down the secret prescription to an old man in Yishi County, who took the drug regularly and lived longer than one hundred years. He still could walk mightily. His gray hair turned black and fallen teeth grew again. He could still have regular sex. The drug is mild in quality and can be taken regularly. It eliminates pathogenic Heat, brightens the eye and makes one feel happy and vigorous. Preparation:

Collect Gouqiye/gemma lycii/seedling of Barbary wolfberry in spring, the flower in summer, the fruit in autumn and the root in winter. Dry the drugs in the shade. Soak them in the ashless wine overnight. Then, dry them in the open for 49 days and nights so that the essence of sun and moon is absorbed. When the drugs are dry, grind them into powder. Make pills with refined honey the size of a bullet. Chew one pill in the morning

昼夜，取日精月华气，待干为末，炼蜜丸如弹子大。每早晚各用一九细嚼，以隔夜百沸汤下。此药采无刺味甜者，其有刺者服之无益。

【附方】

旧十，新二十三。（略）



and another in the evening and wash it down with boiled water left from the previous day. Collect the drugs from a tree without spines. The drugs should be taste sweet. If the drugs are collected from a tree with spines, it does not function as expected.

[Prescriptions]

Ten prescriptions collected previously and
23 prescriptions collected recently.





牡荆 (别录上品)

【释名】

黄荆图经。小荆本经。楚

〔时珍曰〕古者刑杖以荆，故字从刑。其生成丛而疏爽，故又谓之楚（从林，从匹，匹即疏字也）。济楚之义取此。荆楚之地，因多产此而名也。

【集解】

〔弘景曰〕论蔓荆即应是今作杖槌之荆。其子殊细，正如小麻子，色青黄。牡荆乃出北方，如乌豆大，正圆黑。仙术多用牡荆：今人都无识者。李当之药录言：溲疏一名杨枒，一名牡荆，理白中虚，断植即生。按今溲疏主疗与牡荆



MUJING

Hemp leaf negundo chaste tree

Vitex negundo. L. var. *cannabifolia* (Sieb. Et Zucc.)

Hand.-Mazz.

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

[Explanation of Names]

HUANGJING

— *Tujing Bencao (Illustrated Materia Medica)*.

XIAOJING

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

Li Shizhen: In ancient times, people used the chaste tree to punish prisoners. So the character Jing is formed by a radical of “herb” on top and another character “punishment” under it. It is also called Chu “sparse,” as the plant grows in tussock. But is not dense. It is somewhat sparse. As it is found in large quantity in Jingchu area, the area was named Jingchu (now Hubei).

[Previous Explanations]

Tao Hongjing: Manjing is the thing that people make flogs for punishment. Its fruit is very small, similar to Maziren/semen cannabis/hemp seed. It is yellow and blue-green. Mujing grows in the north. Its fruit is as big as Dadou/semen sojae nigra/seed of black soybean, round and black. In the processing of alchemical drugs, Mujingzi is widely used. Now doctors do not know the drug.

The book *Li Dangzhi Yaolu*: Soushu is also called Yanglu, or Mujing. It has white and hollow heartwood. When the stem is broken, the segment can be planted to develop into a new plant. But we find that the therapeutic functions and shape of Soushu is different from Mujing. In the processing



都不同，形类乖异。而仙方用牡荆，云能通神见鬼，非惟其实，枝叶并好。又云：荆树必枝叶相对者是牡荆，不对者即非牡荆也。并莫详虚实，更须博访。〔恭曰〕牡荆即作捶杖者，所在皆有之。实细黄色，茎劲作树生。汉书郊祀志以牡荆茎为幡竿，则明知非蔓荆也。有青、赤二种，以青者为佳。今人相承多以牡荆为蔓荆，此极误也。〔时珍曰〕牡荆处处山野多有，樵采为薪。年久不樵者，其树大如碗也。其木心方，其枝对生，一枝五叶或七叶。叶如榆叶，长而尖，有锯齿。五月杪间开花成穗，红紫色。其子大如胡荽子，而有白膜皮裹之。苏颂云叶似蓖麻者，误矣。有青、赤二种：青者为荆，赤者为楛。嫩条皆可为管囿。古者贫妇以荆为钗，即此二木也。按裴渊广州记云：荆有三种：金荆可作枕，紫荆可作床，白荆可作履。与他处牡荆、蔓荆全异。宁



of alchemical drugs, Mujingzi is used. It is said that it enables one to communicate with immortals. Not only the fruit, but also the twig and leaf are good, too. It is also said that Mujing has all its twigs and leaves growing in opposition. If not, then it is not the plant. But all the above records are not confirmed by investigation. So further studies have to be made to find out the truth.

Su Gong: Mujing is the thing that is used to make flogs for punishment. The plant can be found everywhere. The fruit is small and yellow. The plant has strong twigs. It is in the form of a tree. The book *Han Shu (History of the Han Dynasty)* recorded that stem of Mujing can be used as a flagpole. From this record we know that it is Mujing and not Manjing. There are two species: One is red and the other blue-green. The latter is a better species. Based on the misunderstanding of the two plants, people erroneously treat Mujing as Manjing.

Li Shizhen: Mujing can be found everywhere in the mountain wilds. People collect it as firewood. If the tree is not felled for many years, it may grow as thick as a bowl. Its heartwood is square and its twigs grow in opposition. On one twig there are five or seven leaves. Its leaf is similar to Yuye/folium ulmi pumilae/leaf of Siberian elm. It is long, with a pointed tip and its edge is covered with saw teeth. Flowers boom at the end of the fifth month and then form a spike. It is red and purple. Its seed is as big as Husuizi/semen coriandri/coriander seed, which is covered with white membrane. Su Song said that its leaf was similar to Bimaye/folium ricini/castor bean leaf, but he was wrong. There are two species: One is blue-green and the other red. The blue-green one is Jing and the red one is Ku. Its tender twigs can be used to weave baskets or grain bins. In ancient times, a poor woman would use the wood of Jing as a hairpin. It was made from the above two woods.

The book *Guangzhou Ji* by Pei Yuan: There are three species of Jing: Jinjing can be made into a pillowcase. Zijing can be used to make a bed and Baijing can be used to make shoes (scandals). Such varieties are different from the Mujing and Manjing in other places. There is a kind of Mujing in Ningpu, which is used to treat diseases. If one points his finger to the tree saying that he wishes his disease to heal, then it happens. On a night



浦有牡荆，指病自愈。节不相当者，月晕时刻之，与病人身齐等，置床下，病虽危亦无害也。杜宝拾遗录云：南方林邑诸地，在海中。山中多金荆，大者十围，盘屈瘤蹙，文如美锦，色如真金。工人用之，贵如沉、檀。此皆荆之别类也。春秋运斗枢云：玉衡星散而为荆。

实

〔气味〕苦，温，无毒。〔时珍曰〕辛，温。〔之才曰〕防风为之使，恶石膏。

〔主治〕除骨间寒热，通利胃气，止咳逆，下气别录。得柏实、青箱、术，疗风之才。炒焦为末，饮服，治心痛及妇人白带震亨。用半升炒熟，入酒一盞，煎一沸，热服，治小肠疝气甚效。浸酒饮，治耳聋时珍。



when there is lunar halo, carve the trunk of the tree at a position the same height as oneself, and then keep the segment of wood under the bed, in this way, the person will be all right, even if he is troubled with diseases.

The book *Shiyi Lu* by Du Bao: In places like Linyi in the south sea, there are plenty of Jinjing trees. They are trees with their trunk of 10 arms span around. The trunk is covered with tumors and curved surfaces, which look like the beautiful design of brocade. It is of golden color. Workers make utensils with it. It is a wood as precious as Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood or Tanxiang/lignum santali albi/sandalwood. These are varieties of Jing.

The book *Chunqiu Yundoushu*: Jing is evolved when Yuheng star (Alioth) disperses itself.

MUJINGSHI

Fruit of hemp leaf negundo chaste tree

Fructus viticis cannabifoliae

[Quality and Taste]

It is bitter, warm and nontoxic.

Li Shizhen: It is pungent and warm.

Xu Zhicai: The drug Fangfeng/radix Ledebouriellae/root of divaricate saposchnikovia can be used as its guiding drug. It is mutually inhibiting to Shigao/gypsum fibrosum/gypsum.

[Indications]

It disperses Cold and Heat resting in joints of bones, facilitates the flow of qi in Stomach, stops coughing with dyspnoea and brings down adverse ascending gas.

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

Zhu Zhenheng: Stir-fry the drug and then grind it into powder to treat heart pain and leukorrhea.

Li Shizhen: Stir-fry 0.5 *sheng* of the drug. Stew it in one cup of wine for one boiling. Take the warm decoction to treat hernia. It works very effectively. Soak the drug in wine. Drink the medicated wine to treat deafness.



叶

〔气味〕苦，寒，无毒。

〔主治〕久痢，霍乱转筋，血淋，下部疮，湿躄薄脚，主脚气肿满别录。

〔发明〕崔元亮海上集验方：治腰脚风湿痛蒸法：用荆叶不限多少，蒸令熟热置大瓮中，其下着火温之。以病人置叶中，须臾当汗出。蒸时旋旋吃饭，稍倦即止。便以被盖避风，仍进葱豉酒及豆酒并得，以瘥为度。〔时珍曰〕蒸法虽妙，止宜施之野人。李仲南永类方云：治脚气诸病，用荆茎



MUJINGYE

Leaf of hemp leaf negundo chaste tree
Folium viticis cannabifoliae

[Quality and Taste]

It is bitter, cold and nontoxic.

[Indications]

It is good for treating chronic dysentery, cholera with spasms, and stranguria with hematuria. It is also good for treating sores on the genitalia, and beriberi with swelling due to invading pathogenic Humidity.

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

[Explication]

The following prescription is good for treating arthralgia of waist and feet due to invading pathogenic Wind and Humidity: Steam any quantity of Mujingye until it is well done. Keep the drug in a big pot and warm it over a mild fire. Let the patient sit in the pot among the leaves. The patient will perspire. At the same time, eat a meal. When the patient feels tired, stop the treatment. Cover the patient warmly. Also drink wine of Cong/herba allii fistulosi/fistular onion and Douchi/semen sojae preparatum/fermented soybean and Doulinjiu (wine prepared with prepared Heidadou/semen sojae nigra/seed of black soybean). Continue the treatment until it works.

— *Cui Yuanliang Haishang Jiyan Fang*.

Li Shizhen: The above treatment is good only for people with strong build who live in the country.

The book *Yonglei Fang* by Li Zhongnan: Burn Mujingjing/caulis viticis cannabifoliae/stem of hemp leaf negundo chaste tree in a jar and fumigate the affected part and the acupoint Yongquan (KI1) to induce perspiration. This is a treatment good for patients of various social levels.

The book *Shiyan Fang* by Tan Yeweng: The following prescription is good for treating the bite of a poisonous snake and sting of other insects with swelling and vesicles. Pound tender Mujingye to get juice and apply to the

于坛中烧烟，熏涌泉穴及痛处，使汗出则愈。此法贵贱皆可用者。又谈野翁试验方：治毒蛇、望板归螫伤，满身洪肿发泡。用黄荆嫩头捣汁涂泡上，渣盒咬处，即消。此法乃出于葛洪肘后方（治诸蛇，以荆叶捣烂袋盛，薄于肿上）者也。物类相感志云：荆叶逼蚊。



affected part. Cover the wound with the dregs. This is a prescription based on another prescription recorded in *Zhouhou Fang*.*

The book *Wulei Xianggan Zhi*: Mujingye is also good for keeping away mosquitoes.

*A prescription to treat snakebite: Pound Mujingye into paste and keep it in a bag. Place the bag on the affected part.





蔓荆（本经上品）

【释名】

〔恭曰〕蔓荆苗蔓生，故名。

【集解】

〔恭曰〕蔓荆生水滨。苗茎蔓延长丈余。春因旧枝而生小叶，五月叶成，似杏叶。六月有花，红白色，黄蕊。九月有实，黑斑，大如梧子而虚轻。冬则叶凋。今人误以小荆为蔓荆，遂将蔓荆为牡荆也。〔颂曰〕近汴京及秦、陇、明、越州多有之。苗茎高四五尺，对节生枝。叶类小楝，至夏盛茂。有花作穗淡红色，蕊黄白色，花下有青萼。至秋结子。旧说蔓生，而今所有并非蔓也。



MANJING

Shrub chaste tree

Vitex rotundifolia L.

Vitex trifolia L.

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

[Explanation of Names]

Su Gong: As it has a vine, it is called Manjing (Man=vine).

[Previous Explanations]

Su Gong: Manjing grows close to water. Its stem may extend more than 10 *chi*. A small leaf grows out of the old twig in spring. In the fifth month, the leaf grows to its full size, looking like *Xingye/folium armeniaca* amarum/bitter apricot leaf. A red and white flower with yellow pistil and stamen blooms in the sixth month. The fruit is borne in the ninth month. It is black with dots and as big as a parasol seed. But it is light and hollow. Leaf falls off in winter. Now people mistake small Mujing for Manjing, but they are not the same thing.

Su Song: Now the plant can be found in the area close to Bianjing and also in Qinzhou, Longzhou, Mingzhou and Yuezhou. The plant is four to five *chi* tall. Twigs grow in opposition. Its leaf is similar to small Chinaberry leaf. The plant flourishes in summer. Light red flowers with yellow pistil and stamen form spikes. Under the flower there is green calyx. Fruit is borne in autumn. According to previous records, the plant was described as a creeping plant. But actually, what we find now is not a creeping one.

MANJINGSHI

Fruit of shrub chaste tree



实【修治】

〔斆曰〕凡使，去蒂子下白膜一重，用酒浸一伏时，蒸之从巳至未，晒干用。〔时珍曰〕寻常只去膜打碎用之。

【气味】

苦，微寒，无毒。

〔别录曰〕辛，平、温。〔元素曰〕味辛温，气清。阳中之阴。入太阳经。胃虚人不可服，恐生痰疾。〔之才曰〕恶乌头、石膏。

【主治】

筋骨间寒热，湿痹拘挛，明目坚齿，利九窍，去白虫。久服，轻身耐老。小荆实亦等本经。风头痛，脑鸣，目泪出，益气。令人光泽脂致别录。治贼风，长髭发甄权。利关



Fructus viticis

[Preparation]

Lei Xiao: Take off the calyx and the white membrane under it. Soak the drug in wine for a full day. Then, steam it from Sishi (9-11 hours) to Weishi (13-15 hours). Dry it in the sun.

Li Shizhen: Normally the drug is taken off its membrane and pounded into pieces. Then it is good for medical use.

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

It is pungent, plain and warm.

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

Zhang Yuansu: It is pungent, warm and clear. It is a drug of Yin in Yang. It functions on the Initial Yang Channel. People suffering from general debility of the Stomach should not have the drug, lest it will induce disease due to excessive phlegm.

Xu Zhicai: It is mutually inhibiting to Wutou/radix aconite/Sichuan aconite root and Shigao/gypsum fibrosum/gypsum.

[Indications]

It eliminates Cold and Heat resting in tendon and bone, treats humid arthralgia and contraction, brightens the eye, consolidates the tooth, facilitates the function of nine orifices and kills tapeworm. Long-term use makes one feel happy and vigorous and keep one from aging. Xiaojingshi (see the Explication below) is the same.

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

It is good for treating headache due to invading pathogenic Wind with tinnitus cranii and shedding of tears. It reinforces qi. It gives luster and moisture to the hair.

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

Zhen Quan: It disperses vicious pathogenic Wind and helps growth of beard and hair.

Da Ming: It facilitates movement of joints, and treats epilepsy and inflamed eye.



节，治痢疾，赤眼大明。太阳头痛，头沉昏闷，除目暗，散风邪，凉诸经血，止目睛内痛元素。搜肝风好古。

【发明】

〔恭曰〕小荆实即牡荆子，其功与蔓荆同，故曰亦等也。〔时珍曰〕蔓荆气清味辛，体轻而浮，上行而散。故所主者，皆头面风虚之证。

Zhang Yuansu: It is good for treating headache due to diseased Initial Yang Channel with lethargic state and dim vision. It disperses invading pathogenic Wind, cools the Heat in blood of all Channels, and relieves pain in the eye.

Wang Haogu: It disperses invading pathogenic Wind in the Liver.

[Explication]

Su Gong: Xiaojingshi is simply Mujingzi. Its therapeutic function is the same as Manjingzi.

Li Shizhen: Mangjingzi is pungent in taste and clear in quality. It is light, with an ascending tendency. It goes up and disperses, so it is a drug good for dispersing invading pathogenic Wind resting with the head and face.





木槿 (日华)

【释名】

槿音徒乱切。棣音衬。舜音舜。日及纲目。朝开暮落花纲目。藩篱草纲目。花奴 王蒸

〔时珍曰〕此花朝开暮落，故名日及。曰槿曰舜，犹仅荣一瞬之义也。尔雅云：槿，木槿。棣，木槿。郭璞注云：别二名也。或云：白曰槿，赤曰棣。齐鲁谓之王蒸，言其美而多也。诗云“颜如舜华”即此。

【集解】

〔时珍曰〕槿，小木也。可种可插，其木如李。其叶末



MUJIN

Shrubalthea
Hibiscus syriacus L.

[Explanation of Names]

TUAN

CHEN

SHUN

RIJI

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

ZHAOKAIMULUOHUA

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

FANLICAO

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

HUANU

WANGZHENG

Li Shizhen: The flower blooms in the morning and fades in the evening the same day. So it is called Riji (to be seen in the day) and Zhaokaimuluohua (flower that blooms in the morning and fades in the evening). The names such as (Mu) Jin and Shun all mean “flourishing for a short time.”

The book *Er Ya*: Tuan and Chen are simply Mujin. Guo Pu annotated: Tuan and Shun are two other names. Some say the white one is called Tuan and the red one is Chen. In the qi and Lu areas, the drug is called Wangzheng, “beautiful and flourishing.” *Shi Jing (Book of Songs)* had a verse describing the face (of a girl) as beautiful as the Shun flower. This is an early mention of the plant.

[Previous Explanations]

Li Shizhen: (Mu) Jin is a kind of small wood. It can be planted by sowing the seed or by transplanting its twig. Its wood looks like a Japanese plum tree. There is a pointed tip on the leaf covered with saw teeth. Its flower is small and



尖而有丫齿。其花小而艳，或白或粉红，有单叶、千叶者。五月始开，故逸书月令云“仲夏之月木槿荣”是也。结实轻虚，大如指头，秋深自裂，其中子如榆荚、泡桐、马兜铃之仁。种之易生。嫩叶可茹，作饮代茶。今疡医用皮治疮癣，多取川中来者，厚而色红。

皮并根

〔气味〕甘，平，滑，无毒。〔大明曰〕凉。

〔主治〕止肠风泻血，痢后热渴，作饮服之，令人得睡，并炒用藏器。治赤白带下，肿痛疥癣，洗目令明，润燥活血时珍。

〔发明〕〔时珍曰〕木槿皮及花，并滑如葵花，故能润燥。色如紫荆，故能活血。川中来者，气厚力优，故尤有效。

〔附方〕新六。（略）



bright and may be white or pink. There are varieties with single petals or multi-layer petals. It begins to bloom in the fifth month.

The book *Yishu Yueling*: The Mujin flower blooms in mid-summer. The fruit is light and spongy and is as big as a fingertip. In late autumn, the fruit cracks by itself. The seed inside looks like Yujia/fructus ulmi pumilae/fruit of Siberian elm, Tongzi/semen paulowniae/seed of fortune paulownia or Madouling/semen aristolochiae/Dutchman's pipe seed. It is easy to develop a new plant by sowing the seed. Its tender leaf can be eaten as a fresh vegetable or drunk as tea. Doctors use Mujingpi to treat sores and tinea. The drug produced in Sichuan is widely used, which is thick and red.

MUJINPI and MUJINGEN

Bark and root of shrubalthea

Cortex et radix hibisci

[Quality and Taste]

It is sweet, plain, slippery and nontoxic.

Da Ming: It is cool.

[Indications]

Chen Cangqi: It is good for treating hematochezia due to an attack of pathogenic Wind into the intestine, dysentery with fever and thirst afterward. Stew the drug in water to make a decoction to treat insomnia. The drug should be stir-fried before it is used.

Li Shizhen: It treats leucorrhea with bloody and whitish discharge, and swelling with pain, scabies and tinea. It brightens the eye. Wash the eye with its decoction. It moistens Dryness and activates blood circulation.

[Explication]

Li Shizhen: Mujinpi and Mujinhua are as slippery as Kuihua/flos malvae/flower of cluster mallow. So they are good to moisten Dryness. The drug is as purple as Zijingpi, so it is good for activating blood circulation. The drug produced in Sichuan is thick in quality and more effective.

[Prescriptions]

Six prescriptions collected recently.



密蒙花 (宋开宝)

【释名】

水锦花炮灸论。

〔时珍曰〕其花繁密蒙茸如簇锦，故名。

【集解】

〔颂曰〕密蒙花，蜀中州郡皆有之。树高丈余。叶似冬青叶而厚，背白有细毛，又似橘叶。花微紫色。二月、三月采花，暴干用。

花【修治】

〔斆曰〕凡使拣净，酒浸一宿，漉出候干，拌蜜令润，蒸之从卯至酉，日干再拌蒸，如此三度，日干用。每一两用酒八两，蜜半两。



MIMENGHUA

Pale butterfly bush

Buddleja officinalis Maxim.

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

[Explanation of Names]

SHUIJINHUA

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

Li Shizhen: The flower of this plant is dense and tight like fur, hence the name.

[Previous Explanations]

Su Song: Mimenghua is produced in all prefectures in Sichuan. The tree is more than 10 *chi* tall. Its leaf is similar to *Dongqingye/folium ilicis prupureae*/leaf of purple flower holly, but it is thicker. The back is white and covered with fine hair. It also looks like *Juye/folium citri reticulatae*/tangerine leaf. The flower is light purple. Collect the flower in the second and third months and dry in the sun.

MIMENGHUA

Flower of pale butterfly bush

Flos *buddlejae*

[Preparation]

Lei Xiao: Soak the drug in wine overnight. Take the drug out and leave it there to dry itself. Blend it with honey and steam it from Maoshi (5-7 hours) to Youshi (17-19 hours). Dry the drug in the sun. Blend it with honey and steam it again. Do that three times. Then, dry it in the sun. To prepare the drug, use eight *liang* of wine and 0.5 *liang* of honey for each



【气味】

甘，平、微寒，无毒。

【主治】

青盲肤翳，赤涩多眵泪，消目中赤脉，小儿麸豆及疳气攻眼开宝。羞明怕日刘守真。入肝经气、血分，润肝燥好古。

one *liang* of drug.

[Quality and Taste]

It is sweet, plain, slight cold and nontoxic.

[Indications]

It is good for treating optic atrophy with slight nebula, inflamed eye with profuse tears and secretion. It eliminates hyperemia of sub-conjunctival capillaries, and treats invasion of infantile measles, smallpox and malnutrition into the eye.

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

Liu Shouzhen: It treats photophobia.

Wang Haogu: It functions on the qi and blood system of the Liver Channel, and moistens the Dryness in the Liver.





茯苓（本经上品）

【释名】

伏灵纲目。伏菟本经。松腴、不死面记事珠。抱根者名伏神别录。

〔时珍曰〕茯苓，史记龟策传作伏灵。盖松之神灵之气，伏结而成，故谓之伏灵、伏神也。仙经言伏灵大如拳者，佩之令百鬼消灭，则神灵之气，亦可征矣。俗作苓者，传写之讹尔。下有伏灵，上有兔丝，故又名伏兔。或云“其形如兔故名”亦通。

【集解】

〔恭曰〕今太山亦有茯苓，白实而块小，不复采用。第



FULING

Indian bread

Poria cocos (Schw.) Wolf

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

[Explanation of Names]

FULING (伏灵)

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

FUTU

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

SONGYU

BUSIMIAN

— *Jishi Zhu*.

FUSHEN (drug that surrounds the root)

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

Li Shizhen: The book *Shi Ji* (*Records of the Historian*) recorded the drug as 伏灵 (Fuling), “poria secretly formed by divinity.” The alchemical classic records that a poria may be as big as a fist and wearing it will keep away evils and devils. So it is a drug with divinity. The term Fuling (伏灵) was then written as 茯苓 (Fuling), which is a distorted name but now more common. There is Fuling (伏灵) in the earth and there is Tusi (Tusizi/ semen *cuscutae*/dodder seed) above the earth. So it is also called Futu. It is said that as the drug is in the shape of a rabbit, it is called Futu (hidden rabbit). It is a reasonable explanation.

[Previous Explanations]

Su Gong: Now poria is also produced in Taishan Mountain. But it



一出华山，形极粗大。雍州·南山亦有，不如华山。〔颂曰〕今太、华、嵩山皆有之。出大松下，附根而生，无苗、叶、花、实，作块如拳在土底，大者至数斤，有赤、白二种。或云松脂变成，或云假松气而生。今东人见山中古松久为人斩伐，其枯折槎枿，枝叶不复上生者，谓之茯苓拔。即于四面丈余地内，以铁头锥刺地。如有茯苓，则锥固不可拔，乃掘取之。其拔大者，茯苓亦大。皆自作块，不附着根。其包根而轻虚者为茯神。则假气生者，其说胜矣。〔时珍曰〕下有茯苓，则上有灵气如丝之状，山人亦时见之，非兔丝子之兔丝也。注淮南子者，以兔丝子及女萝为说，误矣。茯苓有大如斗者，有坚如石者，绝胜。其轻虚者不佳，盖年浅未坚故尔。刘宋·王微茯苓赞云：皓苓下居，彤丝上荟。中状鸡凫，其容龟蔡。神侔少司，保延幼艾。终志不移，柔红可佩。观此彤丝，即兔丝之证矣。寇氏未解此义。



is white and small and no longer collected. The best drug is produced in Huashan Mountain. Big and coarse, it is also found in Nanshan Mountain in Yongzhou. But it is not as good as that produced in Huashan Mountain.

Su Song: Now poria is produced in Taishan, Huashan, and Songshan mountains. It grows under big pines and is attached to their roots. There is no seedling, leaf, flower or fruit. It is a lump in the shape of a fist in the earth. The big ones may be as heavy as seven *jin*. There are two species: red and white. People in the east try to find Fuling in the following way: After a pine has been felled a long time, the remained segment of the trunk linking to root does not have any twig or seedling growing out of it. Then people use an iron awl to drill into the earth some 10 *chi* away around the root. If there is Fuling, the awl cannot be withdrawn easily. The Fuling is then dug up. The more difficult it is to withdraw the awl, the bigger the drug. Such poria is independent from the pine root. That which is attached to the pine root is called Fushen.

Li Shizhen: If there is Fuling under the pine, there should be some fibers like silk appearing on the trunk of the pine. It is not Tusi. People in the mountain could see this sometimes. An annotator to the book *Huainanzi* said that Tusi and Nüluo (also one species of Tusi) were interlinked with Fuling. But the annotator was not right to say so. Fuling that is as big as a *dou* measure, or that is very hard, is of top quality. The drug that is light and spongy is of inferior quality. This is because the longer the drug stays in earth, the harder it becomes. If it is light and spongy, it means it has only stayed there a short time. The poem “Fuling Zan” by Wang Wei:

*A white and old poria stays beneath,
Red fibers gather above.
In the shape of chicken and duck,
The drug looks like a tortoise.
Miraculous as it is, the drug protects the old and young.
Remaining red and soft all the time,
It can be worn as a protection.*

The red fibers mentioned above are Tusi. Kou Zongshi did not realize this.



【修治】

〔敷曰〕凡用，去皮、心，捣细，于水盆中搅浊，浮者滤去之。此是茯苓赤筋，若误服饵，令人瞳子并黑睛点小，兼盲目。〔弘景曰〕作丸散者，先煮二三沸乃切，暴干用。

【气味】

甘，平，无毒。

〔元素曰〕性温，味甘而淡，气味俱薄，浮而升，阳也。
〔之才曰〕马间为之使。得甘草、防风、芍药、紫石英、麦门冬，共疗五脏。恶白敛，畏牡蒙、地榆、雄黄、秦艽、龟甲，忌米醋及酸物。〔弘景曰〕药无马间，或是马茎也。
〔恭曰〕李氏本草：马刀为茯苓使。间字草书似刀字，传讹尔。〔志曰〕二注恐皆非也。当是马蔺字。



[Preparation]

Lei Xiao: Take off the peel and heart and then pound the drug. Stir in water in a basin and skim off the floating sediment. That is the red vein, which causes shrinking of the pupil and blinds the eye.

Tao Hongjing: If the drug is going to be used in preparation of pills and powders, first stew the drug for two to three boilings and then cut it into pieces. Dry it in the sun.

[Quality and Taste]

It is sweet, plain and nontoxic.

Zhang Yuansu: It is warm in quality, sweet and plain. It is a drug with thin quality and taste, a drug of Yang with floating tendency.

Xu Zhicai: The drug Majian* can be used as its guiding drug. Used together with the following drugs, it is good to treat diseases of the Five Viscera: Gancao/radix glycyrrhizae/licuorice root, Fangfeng/radix ledébouiriellae/root of divaricate saposchnikovia, Shaoyao/radix paeoniae/peony root, Zishiying/fluoritum/fluorite and Maimendong/radix ophiopogonis/tuber of dwarf lilyturf. It is mutually inhibiting to Mumeng, Diyu/radix sanguisorbae/root of garden burnet, Xionghuang/realgar/red orpiment, Qinjiao/radix gentianae/root of gentian and Guijia/plastrum testudinis/tortoise plastron. Taboo: vinegar and sour food.

Tao Hongjing: There is no such drug as Majian. It could be Majing (testes and penis of a horse).

Su Gong: The book *Li Dangzhi Bencao*: Madao (concha solen gonldii/shell of razor calm) can be used as the guiding drug of Fuling due to the fact that the characters written in different styles could cause distorted names.

Ma Zhi: It seems that both the above annotations are not correct. It should be Malin (herba iridis chinensis/herb of Chinese small iris).

*See annotations below.



【主治】

胸胁逆气，忧患惊邪恐悸，心下结痛，寒热烦满咳逆，口焦舌干，利小便。久服，安魂养神，不饥延年本经。止消渴好睡，大腹淋漓，膈中痰水，水肿淋结，开胸腑，调脏气，伐肾邪，长阴，益气力，保神守中别录。开胃止呕逆，善安心神，主肺痿痰壅，心腹胀满，小儿惊痫，女人热淋甄权。补五劳七伤，开心益志，止健忘，暖腰膝，安胎大明。止渴，利小便，除湿益燥，和中益气，利腰脐间血元素。逐水缓脾，生津导气，平火止泄，除虚热，开腠理李杲。泻膀胱，益脾胃，治肾积奔豚好古。



[Indications]

It brings down adverse ascending gas in the chest and hypochondrium. It relieves melancholy, anger, fright and terror with stagnation and pain in the epigastrium, chills and fever, restlessness, coughing, dyspnoea, parched tongue and oral cavity. It facilitates urination. Long-term use pacifies the soul and nourishes the spirit. It prolongs one's lifespan and makes one not feel hungry.

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

It quenches thirst in diabetes, helps one to sleep well, treats distended abdomen with urinary dripping, and disperses stagnation of phlegm and edema in diaphragm, puffy edema with stranguria. It opens up obstruction in the chest of abdomen, regulates the qi flow in the Viscera. It disperses invading pathogenic factors resting in the Kidney, reinforced Yin, strengthens physical might, pacifies the spirit and maintains good condition at the interior.

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

Zhen Quan: It whets the appetite, stops nausea and retching, pacifies the mind and spirit, and treats pulmonary flaccidity with accumulation of profuse phlegm and distension in the epigastrium. It is also good for treating infantile convulsion and epilepsy, and stranguria of hot nature of a woman.

Da Ming: It tonifies a condition of five overstrains and seven impairments, improves intelligence and enlightens wisdom. It treats amnesia, warms the waist and knee, and soothes a fetus.

Zhang Yuansu: It quenches thirst, facilitates urination, disperses Humidity, moisten Dryness, harmonizes the interior and reinforces qi. It removes blood stasis resting in waist and umbilicus.

Li Gao: It disperses edema, relaxes the distended condition of the Spleen, helps produce Jinye (body fluid) and facilitates flow of qi. It pacifies rampant Fire, stops diarrhea, eliminates Heat of deficient nature and opens up Couli (striae of skin and muscle, the interstices).

Wang Haogu: It purges pathological condition in the Urinary Bladder, reinforces the function of the Spleen and Stomach, and brings down Bentun (upward ascending of gas like a running piglet) due to disorder of the Kidney.



赤茯苓

〔主治〕破结气甄叔。泻心、小肠、膀胱湿热，利窍行水时珍。

茯苓皮

〔主治〕水肿肤胀，开水道，开腠理时珍。

【发明】

〔弘景曰〕茯苓白色者补，赤色者利。俗用甚多，仙方服食亦为至要。云其通神而致灵，和魂而炼魄，利窍而益肌，厚肠而开心，调营而理卫，上品仙药也。善能断谷不饥。〔宗奭曰〕茯苓行水之功多，益心脾不可缺也。〔元素曰〕茯苓赤泻白补，上古无此说。气味俱薄，性浮而升。其



CHIFULING

Red Indian bread
Poria rubra

[Indications]

Zhen Quan: It disperses accumulation of qi.

Li Shizhen: It purges pathogenic Humidity and Heat resting with the Heart, the Small Intestine and the Urinary Bladder. It facilitates the function of orifices and activates the flow of fluid.

FULINGPI

Skin of Indian bread
Cutis poriae

[Indications]

Li Shizhen: It disperses edema with puffy skin, and opens up the Water Duct and Couli.

[Explication]

Tao Hongjing: Baifuling/poria alba/white Indian bread is a drug with tonifying properties and Chifuling/poria rubra/red Indian bread is a drug of dispersion. It is a drug commonly used in medical prescriptions. In the processing of alchemical drugs, it is also a very important ingredient. Alchemists regard it as a drug of superior quality, saying that it is good to enable one to communicate with immortals, harmonized the soul, strengthens boldness, facilitate the orifices, improve the muscles and the function of the Intestine, brighten the mind and harmonize Ying (nutrient essence in blood) and Wei qi (body resistance). By eating the drug, one can live on without eating normal food.

Kou Zongshi: Fuling activates the flow of fluid efficiently. It is a drug good to reinforce the Heart and Spleen.

Zhang Yuansu: Tao Hongjing said that Baifuling is a tonifying drug and Chifuling a drug of dispersion. But this was not recorded in books of



用有五：利小便也，开腠理也，生津液也，除虚热也，止泻也。如小便利或数者，多服则损人目。汗多人服之，亦损元气，夭人寿，为其淡而渗也。又云：淡为天阳，阳当上行，何以利水而泻下？气薄者阳中之阴，所以茯苓利水泻下。不离阳之体，故入手太阳。〔杲曰〕白者入壬癸，赤者入丙丁。味甘而淡，降也，阳中阴也。其用有六：利窍而除湿，益气而和中，治惊悸，生津液，小便多者能止，小便结者能通。又云：湿淫所胜，小便不利。淡以利窍，甘以助阳。甘平能益脾逐水，乃除湿之圣药也。〔好古曰〕白者入



ancient times. It is a drug with thin quality and taste, a drug with floating and ascending tendency. It has five therapeutic functions: One: Good to facilitate urination. Two: Good to open up Couli. Three: Good to help produce body fluid. Four: Good to eliminate Heat of deficient nature. Five: Good to stop diarrhea. If the drug is given to a patient with smooth and frequent urination, it causes damage to the eye if it is heavily dosed. It also consumes one's Yuanqi (Primordial Vital Energy) and shortens one's lifespan, if it is given to a patient with profuse perspiration, as it is plain and draining the fluid. Analysis: The plain quality is Yang of heaven and should move upward. But how could it function downward to facilitate urination? This is because Fuling is a drug of thin quality. It is Yin in Yang. So it has the function of facilitating the fluid liquidation. It is a drug of Yang quality. Therefore, it functions on the Small Intestine Channel of Hand Initial Yang.*

Li Gao: Baifuling functions on the Rengui** and Chifuling on the Bingding.*** It is sweet and plain, a drug with descending tendency, Yin in Yang. It has six therapeutic functions: One: It facilitates the function of the orifices and disperses Humidity. Two: It reinforces qi and harmonizes the interior. Three: It treats convulsion and palpitation. Four: It helps produce body fluid. Five: It reduces frequent urination. Six: It smoothes urination when there is dysuria. It is also recorded: When pathogenic Humidity prevails, dysuria may result. Plain as it is, Fuling is good for facilitating the function of the orifices. Sweet as it is, it reinforces Yang. Drugs of sweet and plain taste replenish the Spleen to disperse fluid retention. So Fuling is a drug with miraculous effect in the dispersion of fluid retention.

Wang Haogu: Baifuling functions on the qi system of the Lung Chan-

*Logically, this should be the Urinary Bladder of Foot Initial Yang, as urination and fluid are controlled by it.

**Rengui here indicates "Water."

***Bingding here indicates "Fire."



手太阴、足太阳、少阳经气分，赤者入足太阴、手少阴、太阳气分。伐肾邪。小便多，能止之；小便涩，能利之。与车前子相似，虽利小便而不走气。酒浸与光明朱砂同用，能秘真元。味甘而平，如何是利小便耶？〔震亨曰〕茯苓得松之余气而成，属金，仲景利小便多用之，此暴新病之要药也。若阴虚者，恐未为宜。此物有行水之功，久服损人。八味丸用之者，亦不过接引他药归就肾经，去胞中久陈积垢，为搬运之功尔。〔时珍曰〕茯苓本草又言利小便，伐肾邪。至李



nel of Hand Initial Yin, Urinary Bladder of Foot Initial Yang and Gall Bladder Channel of Foot Lesser Yang. Chifuling functions on the qi system of the Spleen Channel of Foot Initial Yin, Heart Channel of Hand Lesser Yin and Small Intestine Channel of Hand Initial Yang. It disperses invading pathogenic factors resting in the Kidney. When there is frequent urination, the drug can stop it. When there is dysuria, the drug can smooth it. It has similar therapeutic functions to Cheqianzi/semen plantaginis/plantain seed. Although it facilitates urination, it does not function on qi. Soak the drug in wine and blend it with Zhusha/cinnabaris/cinnabar. In this way, the drug is good to consolidate Zhenqi. It is a drug with sweet taste and plain quality. How could it facilitate urination?

Zhu Zhenheng: Fuling evolved from the remains of pine trees. It pertains to the Metal element. Master Zhang Zhongjing used the drug to facilitate urination in several prescriptions. This can only be given for a newly contracted disease. If Yin is in a deficient condition, the drug is no more applicable. As the drug motivates the flow of Water (fluid retention), long-term use may damage the health. It is used in Baiwei Wan,* which is a very famous prescription. The drug is used in this prescription to guide the rest of the drugs to function on the Kidney Channel and to disperse the prolonged accumulation of dirt and residue in the Urinary Bladder. Fuling is actually a guiding drug in this prescription.

Li Shizhen: *Shen Nong Bencao Jing* recorded that Fuling was a drug

*Bawei Dihuang (Jinkui Shenqi) Wan:

Shudihuang/radix rehmanniae preparata/root of rehmannia prepared,

Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry,

Shanyao/rhizoma dioscoreae/rhizome of common yam,

Fuling,

Mudanpi/cortex mountain radices/tree peony bark,

Zexie/rhizome alismatis/rhizome of oriental water plantain,

Rougui/cortex cinnamomi/cassia bark, and

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



东垣、王海藏乃言小便多者能止，涩者能通，同朱砂能秘真元。而朱丹溪又言阴虚者不宜用，义似相反，何哉？茯苓气淡而渗，其性上行，生津液，开腠理，滋水之源而下降，利小便。故张洁古谓其属阳，浮而升，言其性也；东垣谓其为阳中之阴，降而下，言其功也。素问云：饮食入胃，游溢精气，上输于肺，通调水道，下输膀胱。观此，则知淡渗之药，俱皆上行而后下降，非直下行也。小便多，其源亦异。素问云：肺气盛则小便数而欠；虚则欠故，小便遗数。心虚则少气遗溺。下焦虚则遗溺。胞移热于膀胱则遗溺。膀胱不利为癃，不约为遗溺。厥阴病则遗溺闭癃。所谓肺气盛者，实热也。其人必气壮脉强。宜用茯苓甘淡以渗其热，故曰小便多者能止也。若夫肺虚、心虚、胞热、厥阴病者，皆虚热



to facilitate urination and disperse invading pathogenic factors in the Kidney. But Li Dongyuan (Li Gao) and Wang Haizang (Wang Haogu) said that Fuling was good to smooth urination when there was dysuria and could stop frequent urination. Used together with Zhusha/cinnabaris/cinnabar, the drug was good to consolidate Zhenqi. Furthermore, Zhu Danxi (Zhu Zhenheng) said that the drug was not applicable to a patient with Yin deficiency. Analysis: The above records seem to be contradictory. Why? This is because Fuling is plain and draining and moves upward. It helps produce body fluid and opens up Couli. It nourishes the source of Water and moves downward to facilitate urination. So Zhang Jiegu (Zhang Yuansu) said that the drug pertained to Yang and had a tendency of floating and ascending. This is a discussion about the quality. But Li Dongyuan said that it was a drug of Yin in Yang, a drug with sinking and descending tendency. This is a discussion of its function.

Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions): “After food and drink is taken into the Stomach, Jing (Vital Essence) is produced, which flows to the Lung, smoothes the Water duct and flows to the Urinary Bladder.” From the above analysis, we know that a drug with plain and draining function all ascends first and then descends. It is not moving directly downward. Frequent urination may be caused by several pathological conditions. When qi in the Lung is excessive, urination will be frequent and scanty. When qi is deficient, the patient has frequent enuresis with panting. When the Heart is in a deficient condition, there will be shortness of breath and enuresis. When the Xiajiao is generally deficient, there will be enuresis, too. When pathogenic Heat moves into the Urinary Bladder, enuresis occurs. When the Urinary Bladder loses its normal function, there will be retention of urine. When it loses its control, enuresis occurs. In a Greater Yin disease, both enuresis and retention of urine result. The so-called “excessive qi in the Lung” indicates excessive Heat. The patient should have strong build and mighty pulse. In that case, Fuling, plain and draining, should be given to drain off Heat. So it is said that when there is frequent urination, the drug can stop it. As to the pathological conditions, such as deficient condition of the Lung and Heart, Heat in the Urinary Bladder and Greater Yin disease, they all are Heat of deficient



也。其人必上热下寒，脉虚而弱。法当用升阳之药，以升水降火。膀胱不约、下焦虚者，乃火投于水，水泉不藏，脱阳之证。其人必肢冷脉迟。法当用温热之药，峻补其下，交济坎离。二证皆非茯苓辈淡渗之药所可治，故曰阴虚者不宜用也。仙家虽有服食之法，亦当因人而用焉。

茯神

〔气味〕甘，平，无毒。

〔主治〕辟不祥，疗风眩风虚，五劳口干，止惊悸、多恚怒、善忘，开心益智，安魂魄，养精神别录。补劳乏，主心下急痛坚满。人虚而小肠不利者，加而用之甄权。

【附方】

旧六，新二十。（略）



nature. There must be a condition with Heat in the upper part and Cold in the lower part. There should be a void and weak pulse. To treat such cases, a drug that is moving upward of Yang quality should be given to ascend Water and to descend Fire. When the Urinary Bladder loses its control of Water with deficient condition in Xiajiao, it is a case of Fire throwing in Water, causing draining of Water (in the form of frequent and incontinent urination). It is a case with Yang evanescence. The legs must be cold and pulse must be slow. The correct therapy is the adoption of drugs of warm and hot quality to replenish the lower portion urgently so as to connect Water and Fire. Nevertheless, the above two cases cannot be treated by Fuling. That is why it is said that Fuling is not applicable to cases with Yin deficiency. Although alchemists have their ways in the preparation of life-prolonging drugs with Fuling, concrete cases should be examined and only suitable drugs could be given.

FUSHEN

Indian bread with pine-root

[Quality and Taste]

It is sweet, plain and nontoxic.

[Indications]

It prevents attacks of evils and devils, treats vertigo due to invading pathogenic Wind under deficient condition, moistens a parched mouth in five overstrains, stops convulsion and palpitation, relieves excessive anger, and treats amnesia. It brightens the mind, invigorates wisdom, pacifies the soul and boldness and keeps a peaceful mind.

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

Zhen Quan: It tonifies a consumptive condition with general fatigue, and relieves epigastric distention and colic. It is good for treating a case with general debility and disorder of the Small Intestine.

[Prescriptions]

Six prescriptions collected previously, and
20 prescriptions collected recently.



琥珀（别录上品）

【释名】

江珠

〔时珍曰〕虎死则精魄入地化为石，此物状似之，故谓之虎魄。俗文从玉，以其类玉也。梵书谓之阿湿摩揭婆。

【集解】

〔弘景曰〕旧说松脂沦入地千年所化。今烧之亦作松气。亦有中有一蜂，形色如（烧蜂巢所作），恐非实也。此或蜂为松脂所沾，因坠地沦没尔。亦有煮鳧鸡子及青鱼枕作者，并非真。惟以手心摩热拾芥为真。今并从外国来，而出



HUPO

Amber

Succinum

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

[Explanation of Names]

JIANGZHU

Li Shizhen: When a tiger dies, its essence will sink into the earth to become a kind of stone. As Hupo looks like such a stone, so it is named Hupo (tiger's boldness). The character is formed by a "tiger" on the right and a radical "jade" on the left, as it is a kind of jade-like thing. In Sanskrit books, it is written as Ashimojiepo (a transliteration).

[Previous Explanations]

Tao Hongjing: According to previous records, Hupo is formed by the dropping of Songzhi/colophonium/colophony into the earth a thousand years ago. When the thing is burned, there is a kind of smell of pine. Sometimes a bee (or wasp) can be found in a piece of Hupo looking as if it were still alive.

The book *Bowu Zhi*: Hupo is made by burning the nest of wasps or bees. Comment: This is not so. It could be the case when a bee or wasp was stuck in Songzhi, it could not escape. And then when the thing was buried in the earth, it evolved into a piece of Hupo. Merchants make fake Hupo with things from a hatching egg or bone of black carp. The way to test its genuineness is to rub Hupo in the hands and then try it with Jie.* If

*Jie may indicate a tiny grass leaf or mustard. See Li Shizhen's explanation below.



茯苓处并无，不知出琥珀处复有茯苓否也？〔斆曰〕凡用须分红松脂、石珀、水珀、花珀、物象珀、鑿珀、琥珀。其红松脂如琥珀，只是浊，太脆，文横。水珀多无红，色如浅黄，多皱文。石珀如石重，色黄不堪用。花珀文似新马尾松心文，一路赤，一路黄。物象珀其内自有物命，入用神妙。鑿珀是众珀之长。琥珀如血色，以布拭热，吸得芥子者，真也。〔时珍曰〕琥珀拾芥，乃草芥，即禾草也。雷氏言拾芥子，误矣。唐书载西域康干河松木，入水一二年化为石，正与松、枫诸木沈入土化珀，同一理也。今金齿、丽江亦有之。其茯苓千年化琥珀之说，亦误传也。按曹昭格古论云：琥珀出西番、南番，乃枫木津液多年所化。色黄而明莹者名蜡珀。色若松香红而且黄者名明珀。有香者名香珀，出高丽、倭国者色深红。有蜂、蚁、松枝者尤好。



it absorbs the Jie, then it is genuine. Now the drug is imported from foreign countries. It can no more be found from places where Fuling is found. It is not known whether Fuling can be found in a place where Hupo is found.

Lei Xiao: There are different varieties of Hupo:

- Hongsongzhi is turbid and crispy with vertical veins.
- Shipo is as heavy as stone. It is yellow and cannot be used as a drug.
- Huapo has a kind of texture similar to the heartwood of a young masson pine (*pinus massoniana*). It has one layer of red color and one layer of yellow.

- Xiangwupo is in the shape of a certain insect or animal.

- Yipo is the best of all species.

- Hupo is blood red. When rubbed with a cloth, it becomes warm and can attract mustard seed. Such a thing is genuine Hupo.

Li Shizhen: When Hupo is rubbed, it can attract a tiny grass leaf. Lei Xiao said this was mustard seed, which is incorrect.

The book *Tang Shu (History of the Tang Dynasty)*: Pine trees growing close to the Kanggan River in Xiyu may fall into the river. After one or two years in the water, it evolves into stone. This explains the formation of Hupo by Songzhi and Fengxiangzhi/resina liquidambaris/resin of beautiful sweet gum after being buried in soil. Now the drug is also produced in Jinchi and Lijiang. The idea that a thousand year old Fuling may evolve into Hupo is only groundless hearsay.

The book *Gegu Lun* by Cao Zhao: Hupo is produced in Xifan (Western foreign countries) and Nanfan. It is evolved from Fengxiangzhi of long years. There are different varieties:

- Lapo, a kind of amber that is yellow, lustrous and transparent,

- Mingpo, a kind of amber that looks like Songxiang/colophonium/colophony, which is red and yellow.

- Xiangpo, a kind of amber that emits a fragrance.

Hupo produced in Korea and Japan is dark red. That with insect or pine twig inside is even better.

[Preparation]

Lei Xiao: Blend powder of Cebaizi/semen biotae/seed of Chinese ar-



【修治】

〔敷曰〕入药，用水调侧柏子末，安瓷锅中，置琥珀于内煮之，从巳至申，当有异光，捣粉筛用。

【气味】

甘，平，无毒。

【主治】

安五脏，定魂魄，杀精魅邪鬼，消瘀血，通五淋别录。壮心，明目磨翳，止心痛癩邪，疗蛊毒，破结痂，治产后血枕痛大明。止血生肌，合金疮藏器。清肺，利小肠元素。

【发明】

〔震亨曰〕古方用为利小便，以燥脾土有功，脾能运化，肺气下降，故小便可通。若血少不利者，反致其燥急之苦。〔弘景曰〕俗中多带之辟恶。刮屑服，疗瘀血至验。仙经无正用。〔藏器曰〕和大黄、鳖甲作散，酒下方寸匕，下



borvitae in water. Keep it in a porcelain pot. Add Hupo and stew it from Sishi (9-11 hours) to Shenshi (15-17 hours). After stewing, the drug will shine brilliantly. Pound the drug and screen it to get powder. Then it is ready for medical use.

[Quality and Taste]

It is sweet, plain and nontoxic.

[Indications]

It pacifies the Five Viscera, stabilizes the soul and boldness, kills evils and devils, removes blood stasis and treats stranguria of five types.

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

Da Ming: It reinforces Heart, brightens the eye and eliminates nebula. It stops heart pain, depressive psychosis and disperses invading evil factors. It treats Gudu, removes stagnation and hard mass, and relieves after-pains due to blood stasis.

Chen Cangqi: It stops bleeding, promotes growth of muscle and accelerates the healing of an incised wound.

Zhang Yuansu: It clears the Lung and facilitates the function of the Small Intestine.

[Explication]

Zhu Zhenheng: In ancient prescriptions, Hupo was used to smooth urination. This is because the drug dries Humidity in the Spleen (Earth). Once the physiological function of the Spleen is strengthened, it brings down qi in the Lung, thus enabling the urine to flow downward smoothly. If dysuria is due to insufficient supply of blood, the drug should not be used, as it will only increase Dryness and worsen the dysuria.

Tao Hongjing: People like to wear a piece of Hupo hoping to prevent attacks of vicious agents. Scrub the drug to get scraps, and take these to remove blood stasis. It works very effectively. Hupo is not used as an important ingredient in the processing of alchemical drugs.

Chen Cangqi: Grind Hupo together with Dahuang/radix et rhizome rhei/rhubarb and Biejia/carapax trionycis/turtle shell into powder. Wash

恶血、妇人腹内血，尽即止。宋高祖时，宁州贡琥珀枕，碎以赐军士，傅金疮。

【附方】

旧四，新五。（略）



down one *fangcunbi* of the powder per dose with wine to purge malignant blood and remove blood stasis in the abdomen of a woman. Stop giving the drug when the syndrome is gone. At the time of Emperor Gaozu of the Song Dynasty (960-1279), officials in Ningzhou offered a pillow of Hupo to him in tribute. The emperor ordered them to grind it into powder and give it to soldiers to treat an incised wound.

[Prescriptions]

Four prescriptions collected previously, and
five prescriptions collected recently.





猪苓（本经中品）

【释名】

豨猪屎本经。豨囊庄子。地乌桃图经。

〔弘景曰〕其块黑似猪屎，故以名之。司马彪注庄子云：豨囊一名苓，其根似猪矢。是也。〔时珍曰〕马屎曰通，猪屎曰零（即苓字）。其块零落而下故也。

【集解】

〔弘景曰〕是枫树苓，其皮黑色，肉白而实者佳，削去皮用。〔时珍曰〕猪苓亦是木之余气所结、如松之余气结茯苓之义。他木皆有，枫木为多耳。

【修治】

〔斲曰〕采得，铜刀削去粗皮，薄切，以东流水浸一



ZHULING

Agaric

Polyporus umbellatus (Pers.) Fries.

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

[Explanation of Names]

JIAZHUSHI

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

SHITUO

— *Zhuang Zi* (*Book of Zhuang Zi*).

DIWUTAO

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

Tao Hongjing: As the drug is similar to pig feces, it is called Jiazhushi (feces of male pig). Sima Biao in his annotation to the book *Zhuang Zi* said Shituo was also called Ling. Its root is similar to pig feces.

Li Shizhen: Horse dung is called Tong and pig dung is called Ling.

[Previous Explanations]

Tao Hongjing: It is produced from a beautiful sweet gum tree. Its bark is black. That with white and solid pulp is a good drug. Take off the bark when it is to be used as a drug.

Li Shizhen: Zhuling evolves from the remaining essence of a tree. It is similar to Fuling, which evolves from the remains of a pine tree. Zhuling can be found under a number of trees, but it is most often found under a sweet gum tree.

[Preparation]

Lei Xiao: Peel off the coarse bark first. Cut it into thin slice and soak



夜。至明漉出，细切。以升麻叶对蒸一日，去叶，晒干用。

〔时珍曰〕猪苓取其行湿，生用更佳。

【气味】

甘，平，无毒。

〔普曰〕神农：甘。雷公：苦，无毒。〔权曰〕微热。

〔元素曰〕气平味甘，气味俱薄，升而微降，与茯苓同。

〔杲曰〕淡甘平，降也，阳中阴也。〔好古曰〕甘重于苦，阳也。入足太阳、足少阴经。

【主治】

痲症，解毒蛊症不祥，利水道。久服，轻身耐老本经。解伤寒温疫大热，发汗，主肿胀满腹急痛甄权。治渴除湿，去心中懊恼元素。泻膀胱好古。开腠理，治淋肿脚气，白浊带下，妊娠子淋胎肿，小便不利时珍。

【发明】

〔颂曰〕张仲景治消渴脉浮、小便不利、微热者，猪苓



it in east-running water overnight. Take out the drug the next morning and cut it into small pieces. Blend it with Shengmaying/foolium cimicifugae/leaf of largetrifolious bugbane and steam for a full day. Take off the leaf and then dry the drug in the sun.

Li Shizhen: If it is wished to disperse pathogenic Humidity, the unprepared Zhuling works even better.

[Quality and Taste]

It is sweet, plain and nontoxic.

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

Zhen Quan: It is slightly hot.

Zhang Yuansu: It is plain in quality and sweet in taste, a drug with thin quality and taste, having a tendency of ascending and slight descending. It is a drug of Yin in Yang.

Wang Haogu: It is sweet and slightly bitter, a drug of Yang. It functions on the Urinary Bladder of Foot Initial Yang and Kidney Channel of Foot Lesser Yin.

[Indications]

It is good for treating all kinds of malaria. It treats Gudu, disperses invading vicious factors, and facilitates urination. Long-term use makes one feel happy and vigorous and look younger.

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

Zhen Quan: It is good for treating febrile disease caused by Cold and epidemics with fever. It induces a perspiration, and treats swelling, distention and abdominal fullness with colic.

Zhang Yuansu: It quenches thirst, disperses Humidity, treats heartburn and eliminates restlessness.

Wang Haogu: It purges excess in the Urinary Bladder.

Li Shizhen: It opens up the Couli, and treats stranguria, swelling and beriberi, turbid urine and leucorrhea. It also treats stranguria with swelling and dysuria of a pregnant woman.

[Explication]

Su Song: Master Zhang Zhongjing had a prescription named Zhuling



散发其汗。病欲饮水而复吐，名为水逆，冬时寒嗽如症状者，亦与猪苓散，此即五苓散也。猪苓、茯苓、术各三分，泽泻五分，桂二分，细捣筛，水服方寸匕，日三。多饮暖水，汗出即愈。利水道诸汤剂，无若此快，今人皆用之。

〔杲曰〕苦以泄滞，甘以助阳，淡以利窍，故能除湿利小便。〔宗奭曰〕猪苓行水之功多，久服必损肾气，昏人目。久服者宜详审之。〔元素曰〕猪苓淡渗，大燥亡津液，无湿证者勿服之。〔时珍曰〕猪苓淡渗，气升而又能降。故能开腠理，利小便，与茯苓同功。但入补药不如茯苓也。

【附方】

旧五。（略）



San (Powder of Zhuling) to treat thirst in diabetes with floating pulse, dysuria and slight fever. The Powder is used to induce perspiration. Powder of Zhuling is also good to treat a case with thirst, but the patient vomits out the water just taken. This is a case with adverse ascending of Water (fluid). In winter the patient coughs with cold feeling as if suffering from malaria. Treatment is the adoption of Zhuling San (Powder of Zhuling). This is just Wuling San. Prescription:

Three *fen* of Zhuling,
 three *fen* of Fuling,
 three *fen* of Zhu/rhizome *atractylodis macrocephalae*/rhizome of large head *atractylodes*,
 five *fen* of Zexie/rhizome *alismatis*/rhizome of oriental water plantain,
 and
 two *fen* of Guizhi/ramulus *cinnamomi*/cassia twig.

Pound and screen to get powder, and take one *fangcunbi* per dose with water, three times a day. The patient should drink plenty of warm water to induce perspiration. After the perspiration, the syndrome will be gone. Other decoctions designed to facilitate urination do not work as efficiently as this. So this prescription is commonly used by doctors today.

Li Gao: Bitter as Zhuling is, it is good for dispersing stagnation. It is also sweet, so it reinforces Yang. Plain as it is, it facilitates the function of the orifices, thus dispersing Humidity and facilitating urination.

Kou Zongshi: Zhuling is a drug that facilitates the flow of fluid efficiently. But long-term use damages Kidney qi and dims the eyes. So, be careful to study a prescription with Zhuling if one wishes to have it over a long period of time.

Zhang Yuansu: Zhuling, plain and draining, is a drug that dries up Jinye badly. A patient not troubled with Humidity should not take the drug.

Li Shizhen: Zhuling, plain and draining, ascends and also descends. It opens up the Couli and facilitates urination. It has similar therapeutic function as Fuling. But when it is used in a prescription with tonyfying function, it is not as good as Fuling.

[Prescriptions]

Five prescriptions collected previously.



雷丸（本经下品）

【释名】

雷实别录。雷矢同上。竹苓

〔时珍曰〕雷斧、雷楔，皆霹雳击物精气所化。此物生土中，无苗叶而杀虫逐邪，犹雷之丸也。竹之余气所结，故曰竹苓。苓亦屎也，古者屎、苓字通用。

【集解】

〔别录曰〕雷丸生石城山谷及汉中土中。八月采根，暴干。〔时珍曰〕雷丸大小如栗，状如猪苓而圆，皮黑肉白，甚坚实。



LEIWAN

Stone-like omphalia

Omphalia lapidescens Schroet.

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

[Explanation of Names]

LEISHI(雷实)

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

LEISHI(雷矢)

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

ZHULING

Li Shizhen: This drug and Leifu and Leixie are all evolved from the striking of thunder. Leiwán/omphalia/stone-like omphalia grows in the earth. There is no seedling or leaf. It is good to kill worms and disperse invading pathogenic factors. Leiwán means “pill of thunder.” It is evolved from the remains of bamboo, so it is called Zhuling. Zhu=bamboo. Ling=feces.

[Previous Explanations]

Leiwán is produced in the mountain valleys in Shicheng and in the earth in Hanzhong. Collect the root in the eighth month and dry in the sun.

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

Tao Hongjing: Now the drug is produced in area between Jianping and Yidu. The drugs connect each other like pills.

Su Gong: Leiwán is evolved from remain of bamboo, but is independent. There is no seedling or vine. Now it is produced in Fangzhou and Jinzhou.

Li Shizhen: Leiwán is as big as chestnut. It looks like Zhuling. But it is



【修治】

〔斆曰〕凡使，用甘草水浸一夜，铜刀刮去黑皮，破作四五片。以甘草水再浸一宿，蒸之，从巳至末，日干。酒拌再蒸，日干用。〔大明曰〕入药炮用。

【气味】

苦，寒，有小毒。

〔别录曰〕咸，微寒，有小毒。赤者杀人。白者善。〔普曰〕神农：苦。黄帝、岐伯、桐君：甘，有毒。扁鹊：甘，无毒。李当之：大寒。〔权曰〕苦：有小毒。〔时珍曰〕甘、微苦，平。〔之才曰〕荔实、厚朴、芫花为之使，恶蓄根、葛根。

【主治】

杀三虫，逐毒气胃中热。利丈夫，不利女子本经。作摩膏，除小儿百病，逐邪气恶风汗出，除皮中热结积蛊毒，白



round in shape. The bark is black and the pulp is white. It is very solid.

[Preparation]

Lei Xiao: First soak the drug in decoction of Gancao/radix glycyrrhizae/licuorice root overnight. Scrub off the black bark with copper cutlery and cut the drug into four to five slices. Soak again for another night. Then, steam the drug from Sishi (9-11 hours) to Weishi (13-15 hours). Dry the drug in the sun. Blend it with wine and then steam it again. Dry the drug in the sun, finally.

Da Ming: Stir-bake the drug.

[Quality and Taste]

It is bitter, cold and slightly toxic.

It is salty, a bit cold and slightly toxic. A drug of red color may kill a person. The white one is good.

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

Wu Pu: It is bitter according to Shen Nong; sweet and toxic according to the Yellow Emperor, Qi Bo and Tong Jun; sweet and nontoxic according to Bian Que; and very cold according to Li Dangzhi.

Zhen Quan: It is bitter and slightly toxic.

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

Xu Zhicai: The following can be its guiding drugs: Lizhi/fructus litchi/lychee, Houpo/cortex magnoliae officinalis/bark of officinal magnolia and Yuanhua/flos genkwae/flower bud of lilac daphne. It is mutually inhibiting to Xugen an Gegen/radix peurariae/root of lobed kudzu vine.

[Indications]

It kills the Three Worms, disperses toxin with Heat in the Stomach. It is a drug for men but not for women.

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

Make rubbing ointment with the drug. It is good for treating infantile diseases of all kinds. It disperses invading pathogenic factors, and treats a case with aversion to wind and perspiration. It disperses accumulation of Heat in the skin, and treats Gudu and a case with tapeworms. Long-term

虫寸白自出不止。久服，令人阴痿别录。逐风，主癫痫狂走甄权。

【发明】

〔弘景曰〕本经云利丈夫，别录曰久服阴痿，于事相反。〔志曰〕经言利丈夫不利女子，乃疏利男子元气，不疏利女子脏气，故曰久服令人阴痿也。〔时珍曰〕按范正敏遁斋闲览云：杨勔中年得异疾，每发语，腹中有小声应之，久渐声大。有道士见之，曰：此应声虫也。但读本草，取不应者治之。读至雷丸，不应。遂顿服数粒而愈。





use causes impotence.

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

Zhen Quan: It disperses invading pathogenic Wind, and treats depressive psychosis with manic walking.

[Explication]

Tao Hongjing: According to *Shen Nong Bencao Jing*, the drug was good for man. But in *Mingyi Bielu*, the drug was said to cause impotence. They contradict each other.

Ma Zhi: *Shen Nong Bencao Jing* said that the drug was good for men but not for women. This means that the drug facilitates the flow of Yuanqi (Primordial Vital Energy) of men. It does not facilitate the flow of qi of the Viscera in women. So it said that long-term use would bring impotence.

Li Shizhen: The book *Dunzhai Xianlan* by Fan Zhengmin — Mr. Yang Mian was troubled by a strange disease in middle age. Whenever he uttered a word, there was an echo from his abdomen. Later, the echo became loud. A Taoist heard this and said to the patient that this was an echo worm. The Taoist let the patient read Bencao works loudly. The worm echoed when each drug was read. But it did not echo when Leiwan was read. So Leiwan was given as a treatment. After taking several pills, the echo disappeared.



桑上寄生（本经上品）

【释名】

寄屑本经。寓木本经。宛童本经。葛鸟、吊二音。

〔时珍曰〕此物寄寓他木而生，如鸟立于上，故曰寄生、寓木、葛木。俗呼为寄生草。东方朔传云：在树为寄生，在地为窠藪。

【集解】

〔别录曰〕桑上寄生，生弘农川谷桑树上。三月三日采茎叶，阴干。〔震亨曰〕桑寄生药之要品，而人不谙其的，



SANGSHANGJISHENG

Chinese taxillus

Loranthus parasiticus (L.) Merr.,

Viscum coloratum (Kom.) Nakai,

Loranthus yadorik Sieb.

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

[Explanation of Names]

JIXIE

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

YUMU

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

WANTONG

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

NIAO (or DIAO)

Li Shizhen: This plant is parasitical on their woods, looking like a bird standing on it. So it has names such as Jisheng, Yumu and Niao (mu), all indicating its parasitic nature. It is colloquially called Jishengcao (parasitic herb).

The book *Dongfang Shuo Zhuan* (*Biography of Dongfang Shuo*): When the plant is on a tree, it is called Jisheng. When it grows on the ground, it is called Loushu.

[Previous Explanations]

The plant grows on mulberry trees in the valleys of Hongnong. Collect the twig and leaf on the third day of the third month and dry it in the shade.

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



惜哉。近海州邑及海外之境，其地暖而不蚕，桑无采捋之苦，气厚意浓，自然生出也。何尝节间可容他子耶？〔时珍曰〕寄生高者二三尺。其叶圆而微尖，厚而柔，面青而光泽，背淡紫而有茸。人言川蜀桑多，时有生者。他处鲜得。须自采或连桑采者乃可用。世俗多以杂树上者充之，气性不同，恐反有害也。按郑樵通志云：寄生有两种：一种大者，叶如石榴叶；一种小者，叶如麻黄叶。其子皆相似。大者曰葛，小者曰女萝。今观蜀本韩氏所说亦是两种，与郑说同。

【修治】

〔斆曰〕采得，铜刀和根、枝、茎、叶细锉，阴干用。勿见火。

【气味】

苦，平，无毒。

〔别录曰〕甘，无毒。

【主治】

腰痛，小儿背强，痈肿，充肌肤，坚发齿，长须眉，安



Zhu Zhenheng: Sangjisheng is a very important drug. But people are not familiar with it. What a pity! Mulberry trees growing in warm places close to Haizhou and in foreign countries are not stripped of their leaves, as local people do not raise silkworms. So the mulberry trees there are natural and flourishing, much enriched by nature. It is not likely that among the twigs and nodes of such trees that other things (like Sangjisheng) can develop.

Li Shizhen: Sangjisheng can grow as tall as two to three *chi*. Its leaf is round, with a slightly pointed tip. It is thick and soft. The face of the leaf is blue-green and lustrous. The back of the leaf is light purple covered with fur. People say that in Sichuan there are plenty of mulberry trees. The drug can be found there now and then. It is difficult to find in other places. If you want to have the genuine drug, get it yourself. Or if the drug is collected together with a part of a mulberry twig, then it is easier to tell. But merchants always sell the drug collected from different kinds of trees. They have varied quality and function, and use of such drugs may cause trouble.

The book *Tong Zhi* by Zheng Qiao: There are two species of Sangjisheng. One is big and its leaf is similar to the leaf of pomegranate. The other is small. Its leaf is similar to the leaf of ephedra. Their fruits are more or less the same. The big drug is called Niao and the small one is called Nüluo. Comment: The book *Shu Bencao* also says that there are two species.

[Preparation]

Lei Xiao: Cut the root, twig, stem and leaf of the drug with copper cutlery into small pieces. Dry the drug in the shade. Do not use fire in the processing.

[Quality and Taste]

It is bitter, plain and nontoxic.

It is sweet and nontoxic.

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

[Indications]

It is good for treating lumbago, the rigid back of an infant, carbuncle

胎本经。去女子崩中内伤不足，产后余疾，下乳汁，主金疮，去痹别录。助筋骨，益血脉大明。主怀妊漏血不止，令胎牢固甄权。

【附方】

新四。（略）



and swelling. It fills the skin and muscle, consolidates the hair and tooth, and promotes growth of eyebrow and beard. It soothes a fetus.

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

It is good for treating metrorrhagia of a woman with internal damage and general debility, and various puerperal disease and promoting lactation. It also treats incised wound and arthralgia.

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

Da Ming: It enhances tendon and bone and reinforces the blood.

Zhen Quan: It stops vaginal bleeding during pregnancy and consolidates the fetus (so as to prevent abortion).

[Prescriptions]

Four prescriptions collected recently.





竹（本经中品）

【释名】

〔时珍曰〕竹字象形。许慎说文云：竹，冬生艸也。故字从倒艸。戴凯之竹谱云：植物之中，有名曰竹。不刚不柔，非草非木。小异实虚，大同节目。

【集解】

〔时珍曰〕竹惟江河之南甚多，故曰九河鲜有，五岭实繁。大抵皆土中苞笋，各以时而出，旬日落箨而成竹也。茎有节，节有枝；枝有节，节有叶。叶必三之，枝必两之。根下之枝，一为雄，二为雌，雌者生笋。其根鞭喜行东南，而



ZHU

Bamboo

phyllostachys nigra (Lodd.) Mumro var. henonis (Mitf.) Stapf ex Rendle

Pleioblatus amarus (Keng) Keng f.

Sinocalamus affinis (Rendle) Mclure.

Lophatherum gracile Brongn.

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

[Explanation of Names]

Li Shizhen: Zhu is a pictographic character.

The book *Shuowen Jiezi*: Zhu is a kind of herb that grows in winter, so the character Zhu is written as a character Cao (herb, grass) in inverted order.

The book *Zhu Pu* (*Collection of Bamboo*) by Dai Kaizhi: Among the plants, there is a kind called Zhu, which is not very hard, but not very soft. It is neither herb nor wood. It has a hollow stem with nodes.

[Previous Explanations]

Li Shizhen: Baoboo is found in bulk in the area south of the Yangtze River and Yellow River. It is said bamboo can seldom be found in areas among the nine rivers (in the north). But it is found in bulk in the Wuling areas (in the south). Bamboo shoots first hide in the soil and come out at the right time. After some 10 days, shoots will fall off and the bamboo stem is already there. It has nodes. On the node, there are twigs. On the twig, there are nodes. On each node, there are leaves. Two twigs grow from one node and three leaves grow from one twig. If there is one branch at the root, it is a male bamboo. If there are two branches at the root, it is female bamboo.



宜死猫，畏皂刺、油麻。以五月十三日为醉日。六十年一花，花结实，其竹则枯。竹枯曰筠，竹实曰箨，小曰箨，大曰篠箠。其中皆虚，而有实心竹出滇广；其外皆圆，而有方竹出川蜀。其节或暴或无，或促或疏。暴节竹出蜀中，高节磔磔，即筇竹也。无节竹出溱州，空心直上，即通竹也。簕竹一尺数节，出荆南。苗竹一节尺余，出吴越。筴筴竹一节近丈，出南广。其干或长或短，或巨或细。交广由吾竹长三四丈，其肉薄，可作屋柱。篙竹大至数围，其肉厚，可为梁栋。永昌汉竹可为桶斛，箬竹可为舟船。严州越王竹高止尺余。辰州龙孙竹细仅如针，高不盈尺。其叶或细或大。凤尾竹叶细三分，龙公竹叶若芭蕉，百叶竹一枝百叶。其性或柔或劲，或滑或涩。涩者可以错甲，谓之篋箬。滑者可以为席，谓之桃枝。劲者可以为戈刀箭矢，谓之予竹、箭竹、筋竹、石麻。柔者可为绳索，谓之篔竹、弓竹、苦竹、把发。其色有青有黄，有白有赤，有乌有紫。有斑斑者驳文点染，



The root tends to grow in a southeasterly direction. If a dead cat is buried in the root, it gives very good nourishment to the bamboo. But Zaojiaoci/spina gleditsiae/spine of Chinese homey locust and Huma/semem sesame/sesame seed are very harmful to bamboo. After 60 years, the bamboo will have flowers, followed by fruit. Then, it will wither. The withered bamboo is called Zhou. The bamboo fruit is called Fu. The small one is called Xiao and the big one Xiaodang. All bamboos are hollow inside the stem. But there are bamboos with a solid stem, which grow in Yunnan and Guangdong. All bamboos have a round stem. But there are bamboos with a square stem found in Sichuan. Bamboos may have protruding nodes or be without nodes. The number of nodes is not fixed. Bamboo with protruding nodes is produced in Sichuan and is actually Qiongzhu. Bamboo without nodes is produced in Zhenzhou. It is hollow inside and the stem grows straight upward. This is Tongzhu. Meizhu has several nodes within a length of one *chi*. It grows in Jingnan. The nodes between Dizhu bamboo can be more than one *chi*. It grows in the Wu and Chu areas. The distance between two nodes on Yundangzhu bamboo can be up to 10 *chi*. It grows in Nanguang in the south. Bamboo stems can be long or short, and can be thick or thin. Youwuzhu bamboo produced in the Jiao and Guang areas has a 30 to 40 *chi*-long thin stem that can be used as a house pillar. Baozhu bamboo can be as thick as several arms span around, with a thick stem. It can be used as the ridgepole of a house. Hanzhu bamboo produced in Yongchang can be made into a bucket or Hu measure. Xunzhu bamboo can be used to make a boat. Yuewangzhu bamboo produced in Yanzhou is only one *chi* tall. Longsunzhu bamboo produced in Chenzhou is as thin as a needle and as short as one *chi*. It has small or big leaves. The leaf of Fengweizhu bamboo is three *fen* in width. The leaf of Longgongzhu bamboo is as wide as Bajiao/foolium musae paradisiacae/leaf of plantain banana. There are 100 leaves on the twig of Baiyezhu bamboo. Its leaves are soft or solid, slippery or rough. The rough leaf can be used to make armor. It is called Silao. The slippery leaf can be used to weave mats. It is called Taozhi. The solid stem and twig of bamboo can be made into a spear, knife, and arrow. Such bamboos are called Maozhu, Jianzhu, Jinzhu and Shima. The soft ones can be made into rope and noose. They are called Manzhu, Gongzhu, Kuzhu and Bafa. The

紫者黯色黝然，乌者黑而害母，赤者厚而直，白者薄而曲，黄者如金，青者如玉。其别种有棘竹，一名笏竹，芒棘森然，大者围二尺，可御盗贼。棕竹一名实竹，其叶似棕，可为柱杖。慈竹一名义竹，丛生不散，人栽为玩。广人以筋竹丝为竹布，甚脆。

淡竹叶

〔气味〕辛，平、大寒，无毒。〔权曰〕甘，寒。

〔主治〕胸中痰热，咳逆上气别录。吐血，热毒风，止消渴，压丹石毒甄权。消痰，治热狂烦闷，中风失音不语，壮热头痛头风，止惊悸，温疫迷闷，妊妇头旋倒地，小儿惊





colors of bamboos are varied, too. They can be blue-green, yellow, white, red, black and purple. Some have colored dots. Purple ones can be very dark. The black one is no good for the mother plant. Red bamboo is thick and upright. The white one is thin and curved. Yellow bamboo shines like gold. Blue-green bamboo looks like jade. Other species include Jizhu, also named Lezhu, which is covered with spines. The big one can be as thick as two arms span round, and can be used as a weapon. Zongzhu bamboo is also called Shizhu. Its leaf is similar to Zongye/fohium trachycarpi/leaf of fortune windmill palm. It can be used as a walking stick. Cizhu Bamboo is also called Yizhu. It grows in tussock. The whole plant keeps a good-looking crown and therefore people like to plant it in the courtyard. People in Guangdong use fiber of Jinzhu bamboo to weave a kind of bamboo cloth, which is very crispy.

DANZHUYE

Leaf of common lophantherum
Folium lophantheri

[Quality and Taste]

It is pungent, plain, very cold and nontoxic.
Zhen Quan: It is sweet and cold.

[Indications]

It eliminates phlegm and Heat resting in chest with coughing and dyspnoea.

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

Zhen Quan: It stops hematemesis, quenches thirst in diabetes and disperses noxious Heat and Wind syndrome. It oppresses side effect of alchemical stone drugs.

Da Ming: It eliminates phlegm. It is good for treating mania with fever and restlessness. It treats apoplexy with aphasia, high fever, headache and severe intermittent headache, stops convulsion and palpitation, and treats epidemic disease with mental confusion and suffocation feeling, and vertigo with falling down to the ground of a pregnant woman. It treats infantile



痢天吊大明。喉痹，鬼疰恶气，烦热，杀小虫孟洗。凉心经，益元气，除热缓脾元素。煎浓汁，漱齿中出血，洗脱肛不收时珍。

苦竹叶

〔气味〕苦，冷，无毒。

〔主治〕杀虫。烧末，和猪胆，涂小儿头疮疥癣；和鸡子白，涂一切恶疮，频用取效时珍。

〔发明〕〔弘景曰〕甘竹叶最胜。〔诜曰〕竹叶，篁、苦、淡、甘之外，余皆不堪入药，不宜人。淡竹为上，甘竹次之。〔宗奭曰〕诸竹笋性皆微寒，故知其叶一致也。张仲景竹叶汤，惟用淡竹。〔元素曰〕竹叶苦平，阴中微阳。〔杲曰〕竹叶辛苦寒，可升可降，阳中阴也。其用有二：除



convulsion and epilepsy with uplifted eyes.

Meng Xian: It is good for treating throat inflammation, Guizhu with an attack of noxious agents, restlessness and fever. It kills small worms.

Zhang Yuansu: It cools off Heat resting with the Heart Channel, reinforces Yuanqi, eliminated Heat and harmonizes the Spleen.

Li Shizhen: Stew the drug to make a dense decoction to rinse the mouth and stop gum bleeding. Wash the affected part to treat a prolapsed rectum.

KUZHUYE

Leaf of bitter bamboo

Folium pleioblasti

[Quality and Taste]

It is bitter, cool and nontoxic.

[Indications]

It is good for treating aphtha and pain in the eye. It brightens the eye and facilitates the function of the nine orifices.

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

Da Ming: It treats insomnia, quenches thirst in diabetes, detoxifies alcoholism, eliminates restlessness and fever, induces perspiration and treats apoplexy with aphasia.

Li Shizhen: It kills worms. Burn the drug into powder. Blend it with pig bile. Apply the drug to treat infantile head sores, sores in the ear, scabies and tinea. Blend the drug with egg white and apply it to treat all kinds of malignant sores. It has been tried many times and it works each time.

[Explication]

Tao Hongjing: Among all the bamboo leaves, Ganzhu leaf is the best.

Meng Xian: Among the bamboo leaves, only Jinzhu, Kuzhu, Danzhu, and Ganzhu leaves are used for medical purposes. Other bamboo leaves are not good to health. Danzhuye is the best. The next is Ganzhu.



新久风邪之烦热，止喘促气胜之上冲。

淡竹茹

〔气味〕甘，微寒，无毒。

〔主治〕呕哕，温气寒热，吐血崩中，溢筋别录。止肺痿唾血鼻衄，治五痔甄权。噎膈孟诜。伤寒劳复，小儿热痢，妇人胎动时珍。

淡竹沥

〔修治〕〔机曰〕将竹截作二尺长，劈开。以砖两片对立，架竹于上。以火炙出其沥，以盘承取。〔时珍曰〕一法，以竹截长五六寸，以瓶盛，倒悬，下用一器承之，周围以炭火逼之，其油沥于器下也。



Kou Zongshi: All bamboo leaves are slightly cold in quality. Master Zhang Zhongjing had a prescription Zhuye Tang (Decoction of Bamboo Leaf), in which Danzhuye was used.

Zhang Yuansu: Bamboo leaf is bitter and plain, a drug of slight Yang in Yin.

Li Gao: Bamboo leaf is bitter, pungent and cold. It is a drug that has both ascending and descending tendencies. It is a drug of Yin in Yang. It has two therapeutic functions: First, it eliminates restlessness and fever due to invading pathogenic Wind whether it is a chronic or an acute case. Second, it brings down the rushing up of dyspnoea with asthma.

DANZHURU

Shavings of common lophantherum
Caulis lophantheri in taeniae

[Quality and Taste]

It is sweet, slightly cold and nontoxic.

[Indications]

It is good for treating nausea and vomiting with fever and chills. It stops hematemesis and metrorrhagia, and relieves contraction of the tendon.

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

Zhen Quan: It stops spitting of blood in pulmonary flaccidity and epistaxis, and treats five hemorrhoid types.

Meng Xian: It treats dysphagia.

Li Shizhen: It treats Laofu (relapse due to overstrain) of febrile disease caused by Cold. It also treats infantile epilepsy with Heat, and soothes a threatened abortion.

DANZHULI

Juice of common lophantherum
Succus lophantheri

〔气味〕甘，大寒，无毒。〔时珍曰〕姜汁为之使。

〔主治〕暴中风风痹，胸中大热，止烦闷，消渴，劳复别录。中风失音不语，养血清痰，风痰虚痰在胸膈，使人癫狂，痰在经络四肢及皮里膜外，非此不达不行震亨。治子冒风瘕，解射罔毒时珍。





[Preparation]

Wang Ji: Cut a bamboo stem into two-*chi* segments and then cut it into two pieces vertically. Put the bamboo on two bricks on both ends and burn it with fire. Juice will be secreted.

Li Shizhen: Cut the bamboo stem into segments five to six *cun* long. Hold the segments in a bottle. Fasten the bottle with its bottom up and burn with fire. Place a container under the bottle hold the juice.

[Quality and Taste]

It is sweet, very cold and nontoxic.

Li Shizhen: Jiangzhi/succus zingiberis recens/juice of fresh ginger can be used as its guiding drug.

[Indications]

It is good for treating sudden onset of apoplexy and arthralgia due to invading pathogenic Wind. It eliminates Heat in the chest, stops restlessness, relieves a suffocating feeling, quenches thirst in diabetes and treats Laofu.

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

Zhu Zhenheng: It treats apoplexy with aphasia, nourishes the blood and clear phlegm. It removes accumulation of Wind-phlegm and phlegm of deficient nature resting in the chest and diaphragm that makes one run wild. It is good for dispersing accumulation of phlegm resting in the Channels and Collaterals, extremities, under the skin and outside the membrane.

Li Shizhen: It treats eclampsia gravidum and convulsive disease with lockjaw and opisthotonos due to invading pathogenic Wind. It removes the toxin of Shewang/extractum aconite/medicinal extract of common monkshood.