JI
ZH TUPU

精编中草药图谱

主编 汪毅

副主编 杨卫平 夏同珩 李朝斗 司晓雯

共收集了在民间较为普遍、疗效确实可靠的中草药800余种，分别按药名、异名、来源、植物形态等进行介绍，并配以相应彩色照片1600余幅，非常实用。

便携本

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便携本

主　编　汪　毅
副主编　杨卫平　夏同珩　李朝斗　司晓雯
编写人员（以姓氏笔画为序）
李　俊　李朝斗　司晓雯　杨卫平
汪　毅　陈　芳　罗贵廷　郭锡勇
夏同珩　魏升华

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前　言

中草药防治疾病，在我国有悠久的历史。早在周代（公元前1066年～公元前221年）的一些非医药著作中，就有不少关于药物的资料，如《周礼》有“五药”。汉代郑玄注：“五药”，草、木、虫、石、谷也。《诗经》中也记载了多种药用植物的名称，如苓、葛、艾、蓫（今“益母草”）、荬（今“泽泻”）、芣苢（今“车前子”）、卷耳（今“苍耳子”）等。经过历代医家的努力，逐渐形成了完整的中医药体系，并广传世界，普济众生。这完全得力于我国历代人民的智慧和优越的自然环境。随着中草药的广泛使用，在我国逐渐形成了云（云南）、贵（贵州）、川（四川）、广（广西）四大药材产区，其中尤以贵州的自然条件得天独厚。这是因为贵州位于云贵高原东部的斜坡地带上（东经103°36′～109°35′，北纬24°37′～29°13′），西高东低，平均海拔1 100m左右，最低处海拔仅137m，最高处海拔2 903m，因此从低洼河谷至高山山原形成了明显的垂直分布的气候特征；加上又处于南亚热带向中亚热带的过渡区域内，有丰富充沛的雨量，年平均降雨量一般在1 100～1 300mm之间。除个别地区外，一般冬无严寒，夏无酷暑，形成冬暖夏凉宜人的气候环境。年平均气温在11.0～19.0℃之间。大部分地区无霜期270天以上，部分地区长达350天，形成了优越的生态环境。

贵州境内苗岭山脉、娄山山脉、乌蒙山脉、武陵山脉等山脉绵延，溪流纵横，河谷深切，地形崎岖，岩溶地貌发育（占全省总面积的73%），高山与丘陵并存；土壤类型复杂多样，在这种得天独厚的自然条件和生态环境中，动植物大量繁衍生息，既有热带植物种群，又有暖温带植物种群，形成了“黔中无闲草，贵州多名药”的特点。据不完全统计，贵州有野生植物药4 000余种，是中国四大

药材产区之一。贵州又是一个多民族聚居的省份，各族人民自古以来就利用天然药（民族药）来防治疾病。随着社会的发展和科学技术的进步，丰富的药物资源被逐渐开发利用。特别是新中国成立以来，党和政府十分重视中草药、中草医在防治疾病中的作用和地位，对贵州中草药资源的进一步开发和利用起到了积极的推动作用。自党的十一届三中全会以来，随着改革开放的不断深入和受国际上返璞归真，回归自然，用天然药物防治疾病趋势的影响，贵州民族药生产的企业如雨后春笋般涌现，现在有药品生产企业近200家。面对这种情况，对中草药资源的合理开发和利用，是一个摆在人们面前的实际问题，也是涉及到中草药产业能否可持续发展的一个重大问题。因此，我们在贵州省科学技术厅、贵州省中医管理局及贵州科技出版社的大力支持下，在收集整理贵州草药的基础上，编写了这本《精选草药彩色图集》，以满足广大中草药爱好者、科研、教学人员及临床医务工作者、药品生产企业的需要。

《精选草药彩色图集》收集了在民间应用较为普遍、疗效确实可靠的草药800余种，分别按常用药名、异名（民间常用名）、来源（拉丁学名）、产地、植物形态、性味功效、主要化学成分、临床运用（处方举例3~6首）、用法、用量等内容介绍；药物编排顺序按裸子植物、被子植物分科排列。全书约70余万字，并配以相应的彩色照片1 600余幅。这些照片都是在山野林间、悬崖峭壁、溪沟沼泽等生长地实地拍摄的，珍贵难得。

参加本书野外拍摄照片的除本书作者外，尚有王冬梅、李杰、王明芹、张建生、洪冠生、何书敏、杨仕荣、陈舒羽、汪晶晶、陈友军、英语翻译夏璇，在此一并致谢。

《精选草药彩色图集》的编写和出版，尚属首次尝试，加之我们水平有限，书中难免有不妥之处，敬请广大读者和专家批评指正，以便再版时修正。

编者　2007年10月18日

Preface

It has a long history using Chinese medical herbs to prevent and cure diseases in China. Dating from Zhou Dynasty (1 066 B.C. ~ 221B.C.) a lot of information about medicines has appeared in some non-medical works. For example, there was "Five Medicines" on record in the book of Zhou Li. Zheng Xuan in Han Dynasly noted: "'Five Medicines' means herbs, Woody plants, insects, rocks and cereals." In the Book of Song we can also find many names of medical plants, such as Ling (Fuling), kudzu vine, Chinese mugwort, Tui (called motherwort nowadays), Mai (called the rhizome of oriental water plantain nowadays), Fuyi (called Asiatic Slantach nowadays), Jnan'er (called Siberian Cocklebur nowadays) etc. By the hard work of doctots for many generations, a complete Chinese medical herbs system has gradually come into being and the system has been spread far and wide and used to release those troubled by disease. All these are due to the wisdom of the Chinese people for many generations and the marvellous natural environment. As the Chinese medical herbs have been widely used, the four crude drug production bases with a large scale have been gradually formed. They are Yun (Yunnan), Gui (Guizhou), Chuan (Sichuan), Guang (Guangxi). Among them, Guizhou enjoys the exceptional advantages in natural environment. The reasons for this are fouoals Guizhou lies in the eastern side of the slope zone of Ynu Gui Plateau (E103°36′ ~ 109°35′, N24°37′ ~ 29°13′). Its western side is higher than the eastern. The average elevation is around 1 000 m with the lowest elevation of 137 m and the highest of 2 903 m.

The climate is vertically distributed with characters obviously seen from the low – lying river valleys to the high plateaus. In addition to this, Guizhou is situated in the obvious transitional area from the southern subtropics to the middle subtropics and very rich in rainfall with the annual average rainfall of 1 0001 300mm. It is neither too cold in winter nor too hot in summer with the average temperature of 1119℃, and frost – free period of over 270 days for most areas or as long as 350 days for smom areas with only few exceptions.

In Guizhou, Miaoling Mountain Range, Loushan Mountain Range, Wumeng Mountain Range, Wuling Mountain Range stretch long and unbroken with vertical and horizontal brooks, deep river valleys, rugged topography and rich Karst (73% of the total area). There are many high mountains as well as hills. It also has many kinds of soil types. Due to its typical and superior ecological environment, animals and plants multiply quickly. There are groups of tropical plants here as well as those of temperate zone plants. Moreover, the saying that "there is no spare herbs in Guizhou, many famous medical herbs can be found here" is typically described as the rich herb medicine resources in Guizhou. According to the incomplete statistics, about 4 000 kinds of wild medical plants can be found in Guizhou and it is one of the four medical herb production bases in China. Guizhou is a province with many minority nationalities and the long history of using natural medical herbs to prevent and cure diseases has had for these local people. Along with the development of science and technology, the rich wild medical resources have gradually been developed. Especially, after the establishment of the People's Republic of China, the Chinese Communist Party and the People's Government have paid much attention to the special curative effect of medical herbs. This

has fully helped to promote the development and application of medical herbs. After Third Plenary Session of the Eleventh Central Committee, with the opening and reformation of China and affected by the international trend of returning to the nature, a large number of enterprises for producing national medical herbs have sprung up in Guizhou. Now, there are 183 enterprises for producing national medical herbs. In this situation, the realistic question of how to reasonably develop and utilize the Chinese medical herb resources has appeared urgently for waiting to be solved. It is also the question of whether the Chinese medical herbs can have sustainable development or not. For the great support from Guizhou Science and Technology Department, and Guizhou Administrative Bureau of Traditional Chinese Medicine, and Guizhou Science and Technology Publishing House, and on the base of collecting and systematizing Guizhou medical herbs, the book of A Collection of Colorful Pictures of Medical Herbs will be published. It will meet the needs of enthusiasts, scientific researchers, teachers, clinicians and medicine production enterprises.

In this book there is a collection of about 80 kinds of medical herbs which are the most popular among the people and have dependable curative effects. These medicines are organized according to the general name , the different name (called among the people), resources (Latin scientific names), place of origin, plant shape, properties, main chemical composition, clinical application (36 recipe examples), usage, dosage and so on. Besides, they are arranged in the order of gymnosperm and angiosperm. All these pictures are taken on the spot of remote mountains, wild woods, sheer precipices, overhanging rocks, brooks, gullies, marsh swamps etc.

Since it is the first edition as well as the first try, and our level is limited, there may be something improper and inappropriate existing. Therefoer, we sincerely hope that readers and experts can point them out , so that we can correct them in the second edition.

October 18, 2007 in Guiyang, China

Translated by Xia Xuan

Revised by Tang Wen, Wang Xia

目　录

银　耳

别名　白木耳。

来源　为银耳科银耳 *Tremella fuciformis* Berk. 的子实体。担子果胶质，光滑，半透明，耳状或花瓣状、菊花状、鸡冠状，白色。干燥后白色或淡黄色，基蒂常黄褐色，硬而脆。每个瓣片的上下表面均为子实体所覆盖，宽 3～7cm，厚 2～3mm，带状至花瓣状，边缘波状或瓣裂，两面平滑。

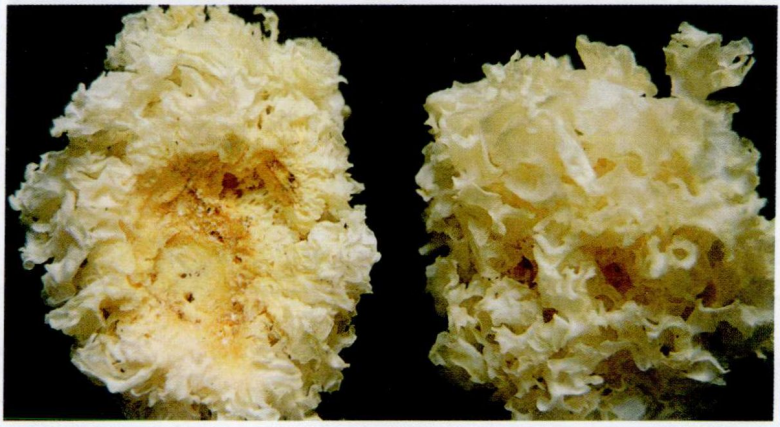
生于麻栎、栓皮栎、琒等阔叶树的倒木上。产于贵州各地；山西、吉林、江苏、浙江、安徽、福建、江西、湖南、湖北、广东、广西、四川、云南、陕西、台湾、黑龙江等省区亦产。

主要化学成分　含蛋白质约 10%，碳水化合物约 65%，无机盐 4% 及银耳多糖、维生素 B 等。

性味功效　甘，平。滋阴润肺，养胃生津。

临床运用　用于虚劳咳嗽，痰中带血，虚热口渴等。一般用作滋补品。①治虚劳咳嗽：银耳、杏仁各 20g，梨 1 个切碎，共蒸服。②治神经衰弱：银耳 20g，夜合欢花 10g，石菖蒲 8g，水煎服。③治胃燥纳呆：银耳、芦竹根、鸡矢藤各 10g，水煎服。

用量　10～20g。



木　耳

别名　黑木耳、云耳。

来源　木耳科植物，木耳 *Auricularia auricula*（L. ex Hook.）Underw. 的干燥子实体。另有毛木耳 *A. polytricha*（Mont.）Sacc. 也作木耳入药。

植物形态　子实体略呈耳形，灰黑色或褐色，背面密生短软毛；湿润时半透明，干燥时革质。

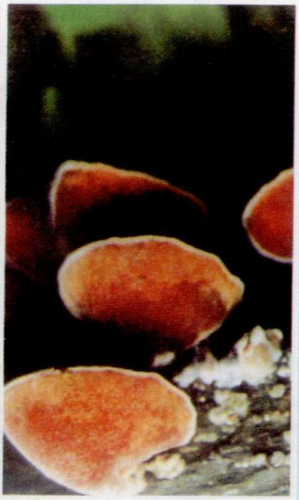
野生或人工栽培。生于枯死的树干上，或用阔叶树类的段木和木屑进行人工栽培。产于贵州各地区；东北、西南、东南各地均产。

主要化学成分　木耳每千克含蛋白质 106g，糖 650g，脂肪 2g，粗纤维 70g；此外，还含有钙、磷、铁及微量胡萝卜素、硫胺素、核黄素、尼克酸等；全株含二氢麦角甾醇(22,23-)、鞘磷脂、葡萄糖醛酸、甘露醇，卵磷脂等。

性味功效　甘，平。生津止渴，润肺止咳，止血。

临床运用　①治肺热咳嗽：木耳 20g，冰糖适量，加水蒸服。②治肠风下血：木耳 10g，铁包金 15g，水煎服。③治吐血、崩漏：木耳 10g，紫珠 20g，小蓟 10g，水煎服。④治矽肺：木耳 20g，山乌龟 10g，水煎服。

用量　10～20g。



灵　芝

别名　灵芝草、木灵芝。

来源　为灵芝科紫芝 *Ganoderma lucidum*（Fr.）Lloyd，或赤芝 *G. lucidum*（Leyss. ex Fr.）Karst. 的干燥子实体。

植物形态　子实体1年生，有柄，木栓质。菌盖肾形、半圆形或近圆形，表面红褐色、暗红褐色，有时边缘渐变为淡黄褐色，有漆状光泽和云状环纹。菌肉分层不明显，下面淡黄色，有许多细孔。菌柄长，侧生、偏生或中生，近圆柱形，红褐色，有光泽。

生于山地或阔叶林中腐木桩周围地上。产于贵州各地；全国多数地区亦产。

主要化学成分　含麦角甾醇和多糖、苯甲酸、真菌溶菌酶、蛋白酶和多种氨基酸；赤芝还含树脂、硬脂酸、甘露醇、生物碱、香豆精、内酯、水溶性蛋白体和多种酶类。

性味功效　甘，温。益精气，坚筋骨，滋补强壮。

临床运用　①治心悸、失眠：灵芝10g，党参30g，水煎服。②治哮喘：灵芝、毛茛、大毛香、羊奶奶叶各10g，水煎服。③治神经衰弱：灵芝20g，大枣10g，水煎加白糖适量服。④治肝炎：灵芝20g，委陵菜、小血藤、鸡矢藤各10g，水煎服。

用量　10～20g。

海花草

别名 海花藓、水苔、水毛衣。

来源 为泥炭藓科植物泥炭藓 *Sphagnum palustre* L.的植物体。

植物形态 植物体枝条纤长，黄绿色或黄白色。茎及枝表皮细胞具多数螺纹及水孔。茎叶舌形，平展；枝叶阔卵圆形，内凹，先端兜状内卷。雌雄异株。精子器球形，集生于雄株头状枝或短枝顶端；颈卵器生于雌株头状枝丛的雌器苞内。

生于水湿沼泽地带。全国大部分地区有分布。

主要化学成分 植物体含胡萝卜素、叶黄素、叶黄素环氧化物、玉红黄质等。

性味功效 甘、淡，凉。清热解毒，明目，消肿。

临床运用 ①治目赤肿痛：泥炭藓适量，水煎熏洗。②治角膜白斑：泥炭藓、地钱各 10g，牛毛毡 20g，水煎内服又外洗。

用量 10～20g。