

草

药

彩色图集

4

主 编 汪 毅
副主编 杨卫平 夏同珩 李朝斗 司晓雯



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草药

植物类



中国药典



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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、葎(今“益母草”)、莢(今“泽泻”)、芡苢(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 $103^{\circ}36'$ ~ $109^{\circ}35'$, 北纬 $24^{\circ}37'$ ~ $29^{\circ}13'$), 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 $11.0 \sim 19.0^{\circ}\text{C}$ 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《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。

《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。

《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 2001 年 6 月 18 日

Preface

It has a long history using Chinese medical herbs to prevent and cure diseases in China. Dating from Zhou Dynasty (1066 B.C. ~ 221 B.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 Dynasty 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 doctors 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 firstly Guizhou lies in the eastern side of the slope zone of Ynu Gui Plateau ($E103^{\circ}36' \sim 109^{\circ}35'$, $N24^{\circ}37' \sim 29^{\circ}13'$). Its western side is higher than the eastern. The average elevation is around 1000 m with the lowest elevation of 137 m and the highest of 2903 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 1 000 300mm. It is neither too cold in winter nor too hot in summer with the average temperature of 11.9℃, and frost – free period of over 270 days for most areas or as long as 350 days for some 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. Therefore, we sincerely hope that readers and experts can point them out, so that we can correct them in the second edition.

June 18, 2001 in Guiyang, China

Translated by Xia Xuan

Revised by Tang Wen, Wang Xia

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黑三棱

别名 三棱、京三棱。

来源 为黑三棱科植物黑三棱 *Sparganium stoloniferum* Buch. - Ham 的块茎。

植物形态 多年生草本。根茎横走，下面生粗而短的块茎。茎直立，光滑圆柱形。叶丛生，2列；叶片线形，基部抱茎。花茎由叶丛抽出，单一，有时分枝；有叶状苞片；雄花生于雌花序上部。花期6~7月。

生于池沼及水塘边。产于贵州湄潭、遵义；分布于我国大部分地区。

主要化学成分 块茎含挥发油、淀粉。

性味功效 辛、苦，平。破血行气，消积止痛。

临床运用 ①治痛经、闭经：黑三棱、女儿红各10g，红花5g，水煎服。②腹内包块：黑三棱、莪术各10g，酒大黄6g，丹参20g，蒲黄10g，水煎服。③治产后腹痛：黑三棱、乌药各10g，桃仁8g，玄胡15g，水煎服。④治慢性肝炎：黑三棱10g，虎杖、六月雪、小夜关门各20g，白糖200g，水煎服。

用量 10~15g。



水慈姑

别名 剪刀菜、燕尾草、姑妈菜、小慈姑。

来源 为泽泻科植物长叶慈姑 *Sagittaria aginashi* Mak. 的全草。

植物形态 多年生草本。须根纤细白嫩，多具透明横纹，中空。叶由根丛生，数枚；叶柄基部扩大；叶片箭形，先端锐尖，基部叶耳向两侧开展，全缘。长茎自叶丛抽出；花雌雄同株，轮状排列，每轮有花3朵；下部为雌花，上部为雄花；白色。聚合果球形。花期5~6月。

生于水田、水沟及池塘中。贵州各地均产。分布于长江以南地区。

性味功效 辛，凉。清热解毒，活血止痛。

临床运用 ①治疗疮肿毒：水慈姑20g，捣烂外敷。②治毒蛇咬伤、蜂螫伤：水慈姑适量，捣烂外敷，或取汁涂搽。③治急性结膜炎：水慈姑适量捣烂，外敷于眼皮上。④治血崩、痔疮：水慈姑20g，铁包金30g，水煎服。⑤治丹毒：水慈姑适量，捣汁外搽。

用量 20~30g。



慈 姑

别名 茨菰、大慈姑。

来源 为泽泻科植物慈姑 *Sagittaria atrifolia* L. 的球茎。

植物形态 多年生水生草本。有纤细匍匐枝，枝端膨大成球茎。叶变化极大，沉水的狭带形，浮水的为卵形或近戟形，突出水面的戟形，基部裂片多少向两侧开展；叶柄三棱形。总状花序或圆锥花序，有花 3~5 轮，每轮有花 3~5 朵，下轮为雌花，上轮为雄花，白色。瘦果。花期 6~9 月。

生于沼泽中。贵州及全国各地均有分布。

主要化学成分 含维生素 B、胰蛋白酶抑制物。

性味功效 苦、甘，微寒。行血通淋，清热解暑。

临床运用 ①治产后血闷：慈姑、元宝草各 20g，水煎服。②治咳嗽咯血：慈姑、牛耳大黄各 20g，石油菜 30g，水煎服。③治淋病：慈姑、小龙胆草各 20g，水煎服。④治痔疮：慈姑、狗牙瓣各适量，捣烂外敷。⑤治疗疮痈肿：慈姑适量，捣烂外敷。

用量 10~20g。



野慈姑

别名 水慈姑、剪刀菜、燕尾草。

来源 为泽泻科植物长瓣慈姑 *Sagittaria trifolia* L. var. *angustifolia* (Sieb.) Kitag. 的全草。

植物形态 多年生水生草本，直立，高 30~90cm。根须状。叶片狭窄呈剪刀状，顶端的裂片较耳裂片为短，先端均长尖。总状花序；小花一般为 3 朵轮生，上部雄花具细长梗，下部雌花具短梗；苞片披针形；花瓣较萼片大，白色。花期 5~6 月。

生于池沼及水田中。贵州各地均产；分布于华东至西南。

性味功效 甘，微寒。清热解毒，凉血消肿。

临床运用 ①治黄疸：野慈姑、倒触伞各 30g，水煎服。②治水肿：野慈姑、水折耳、水灯芯、水菖蒲各 20g，水煎服。③治痔疮：野慈姑、野花生各适量，捣烂外敷。④治瘰癧：野慈姑、黄山药、独脚莲各等量研末，醋调外敷。⑤治蛇咬伤：野慈姑适量，捣烂外敷伤口四周。

用量 10~20g。

