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CONDENSED COMPENDIUM
OF MATERIA MEDICA

III

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Chinese-English

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CONDENSED COMPENDIUM OF MATERIA MEDICA

III



(明) 李时珍 著

李经纬 编校

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实



地松天名精



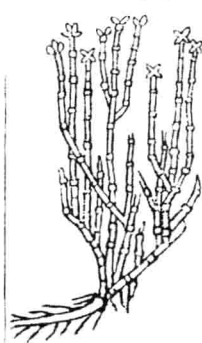
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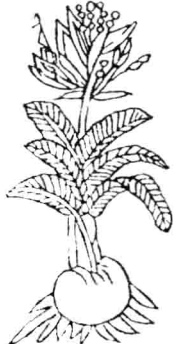
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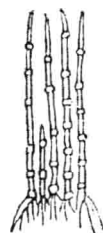
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龙须草



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红蓝花（宋开宝）

【释名】

红花开宝。黄蓝

〔颂曰〕其花红色，叶颇似蓝，故有蓝名。

【集解】

〔志曰〕红蓝花即红花也，生梁汉及西域。博物志云：张骞得种于西域。今魏地亦种之。〔颂曰〕今处处有之。人家场圃所种，冬月布子于熟地，至春生苗，夏乃有花。花下作棣犹多刺，花出棣上。圃人乘露采之，采已复出，至尽而罢。棣中结实，白颗如小豆大。其花暴干，以染真红，又作胭脂。〔时珍曰〕红花二月、八月、十二月皆可以下种，雨



HONGLANHUA

Safflower

Carthamus tinctorius L.

[Explanation of Names]

HONGHUA

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

HUANGLAN

Su Song: The flower of the herb is red. Its leaf is similar to Lan/polygonum tinctorum/indigo plant, so it is called Honglanhua. Hong = red, Lan = Lan/polygonum tinctorum/indigo plant. Hua = flower.

[Previous Explanations]

Ma Zhi: Honglanhua is produced in Liangzhou and Hanzhong and the Western Regions.

The book *Bowu Zhi*: Zhang Qian got the seed from the Western Regions. Now, it is planted in the Wei area.

Su Song: Now, the drug is found everywhere. Farmers plant the herb in the field. The seed is sown in the winter in fertile land. The seedling begins to germinate in spring. In summer, the flower blooms. A thorny ball like a hedgehog appears under the flower. Farmers pick the flower early in the morning when there is dew. After the flower is picked, a new one will appear. Repeat that until there are no more flowers appearing. In the thorny ball, there is seed, which is white and as big as Chixiaodou/semien phaseoli/rice bean. Dry the flower in the sun. It can be used as a red dyestuff. It can also be used to make rouge.

Li Shizhen: The seed of Honghua can be planted in the second, eighth and 12th months. Sow the seed after rain, in the same way as Dama/canna-





后布子，如种麻法。初生嫩叶、苗亦可食。其叶如小蓟叶。至五月开花，如大蓟花而红色。侵晨采花捣熟，以水淘，布袋绞去黄汁又捣，以酸粟米泔清又淘，又绞袋去汁，以青蒿覆一宿，晒干，或捏成薄饼，阴干收之。入药搓碎用。其子五月收采，淘净捣碎煎汁，入醋拌蔬食，极肥美。又可为车脂及烛。

花

〔气味〕辛，温，无毒。〔元素曰〕入心养血，谓其苦温，阴中之阳，故入心。佐当归，生新血。〔好古曰〕辛而甘苦温，肝经血分药也。入酒良。

〔主治〕产后血运口噤，腹内恶血不尽绞痛，胎死腹



bis sativa/hemp is sown. A tender seedling grows, which can be eaten as a vegetable. Its leaf is similar to that of Xiaoji/herba cephalanoploris/herb of common cephalanoplos. The flower blooms in the fifth month. It looks like the flower of Daji/herba seu radix cirsi japonici/Japanese thistle, but it is red. Collect the flower in the early morning. Pound the drug and rinse it in water. Put the drug in a cloth sack and squeeze off the yellow juice. Pound the drug again. Rinse the drug in Sumigan/aqua semen setariae preparatum/water in which millet has been washed. Put the drug in a cloth sack again and squeeze it. Cover the drug with Qinghao overnight and dry it in the sun the next day. Or, make thin cakes with the drug and dry it in the shade. When it is used, scrub it into powder. Collect the seed in the fifth month. Rinse the drug and pound it into powder and stew it to get juice. Use it as a seasoning together with vinegar to go with vegetables. It makes them very delicious. It can also be used as a lubricant for carts or add it into the making of candles.

HONGLANHUA

Safflower

Flos cathami

[Quality and Taste]

It is pungent, warm and nontoxic.

Zhang Yuansu: It functions on the Heart and nourishes it. This is because it is pungent and warm, a drug of Yang in the Yin. So it functions on the Heart. It assists Danggui/radix angelicae sinensis/root of Chinese angelica to help produce the new blood.

Wang Haogu: It is pungent, sweet, bitter and warm. It is a drug that functions on the blood system of the Liver Channel. It functions even better if the drug is processed with wine.

[Indications]

It is good for treating puerperal vertigo due to blood disorder with lockjaw and abdominal colic due to malignant blood remaining or retention

中，并酒煮服。亦主蛊毒开宝。多用破留血，少用养血震亨。活血润燥，止痛散肿，通经时珍。

〔发明〕〔时珍曰〕血生于心包，藏于肝，属于冲任。红花汁与之同类，故能行男子血脉，通女子经水。多则行血，少则养血。按养疴漫笔云：新昌徐氏妇，病产运已死，但胸膈微热。有名医陆氏曰：血闷也。得红花数十斤，乃可活。逐亟购得，以大锅煮汤，盛三桶于窗格之下，舁妇寝其上熏之，汤冷再加。有顷指动，半日乃苏。按此亦得唐许胤宗以黄芪汤熏柳太后风病之法也。





of a dead fetus. Stew the drug in wine to make a decoction. Serve the decoction. It is also effective in treating Gudu (disease due to noxious agents produced by various parasites).

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

Zhu Zhenheng: If the drug is heavily dosed, it functions to remove the blood stasis. If the dosage is small, it has the function of nourishing the blood.

Li Shizhen: It activates the blood and moistens the dryness, relieves pain and disperses swelling. It dredges the Channels.

[Explication]

Li Shizhen: The blood is produced in the pericardium and stored in the Liver. Chong Channel (Penetrating Vessel) and Ren Channel (Controlling Vessel) govern the blood. The juice of Honghua is similar to blood, so, it functions to motivate the blood circulation for a man and regulate menstruation for a woman. When it is heavily dosed, it has the function of motivating the blood and when it is lightly dosed, it nourishes the blood. The book *Yangke Manbi* recorded a case: Mrs. Xu in Xinchang suffered from puerperal vertigo and lost consciousness, apparently dead. But her chest still remained slightly warm. Doctor Lu, a famous physician, diagnosed the patient and said that this was a case caused by suffocation of blood and a huge quantity of Honghua like several dozen *jin* could rescue the patient. So, a huge quantity of Honghua was purchased. The drug was stewed with a big pot and when it was ready, the decoction was poured into three buckets. The buckets were placed together under the window. The patient was taken to lie on the buckets for fumigation. The decoction was kept hot. After a while, the patient's fingers began to move. After half a day of such treatment, the patient came to herself. This is a case similar to the way Doctor Xu Yinzong used the fumigation therapy by decocting Huangqi/radix astragali/root of membranous milkvetch to treat the mother of the emperor in the Tang Dynasty (618-907) who was suffering from a disease due to attack of pathogenic Wind.