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CONDENSED COMPENDIUM
OF MATERIA MEDICA

II

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Chinese-English

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OF MATERIA MEDICA

II



(明) 李时珍 著

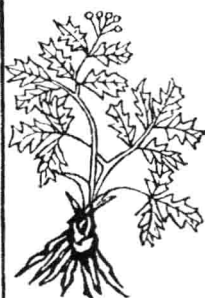
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藁 本



芍 药



甘 松 香



杜 若



蜘 蛛 香



牡 丹



山 柰



山 姜



白 芷



广州木香



廉 姜



高 良 姜



红豆蔻

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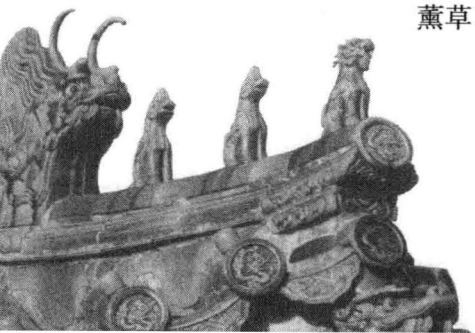


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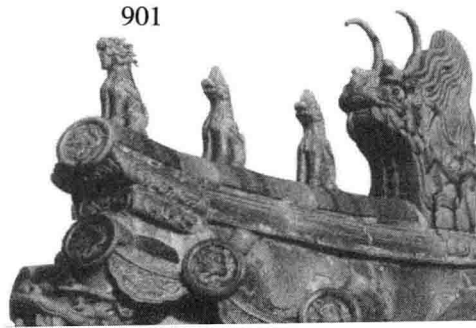
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延胡索（宋开宝）

【释名】

玄胡索

〔好古曰〕本名玄胡索，避宋真宗讳，改玄为延也。

【集解】

〔藏器曰〕延胡索生于奚，从安东道来，根如半夏，色黄。〔时珍曰〕奚乃东北夷也。今二茅山西上龙洞种之。每年寒露后栽，立春后生苗，叶如竹叶样，三月长三寸高，根丛生如芋卵样，立夏掘起。





YANHUSUO

Yanhusuo

Corydalis yanhusuo W.T. Wang.

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

[Explanation of Names]

XUANHUSUO

Wang Haogu: The drug was originally named Xuanhusuo. But to avoid using the character Xuan which was in the name of Emperor Zhenzong of the Song Dynasty, the name of the drug was changed to Yanhusuo.*

[Previous Explanations]

Chen Cangqi: Yanhusuo/rhizoma corydalis/yanhusuo is produced in the Xi area, and is shipped from Andongdao. Its root looks like Banxia/rhizoma pinelliae/pinellia tuber. It is yellow.

Li Shizhen: The Xi is a minority tribe in the northeast region. Now the drug is grown in Ermao** and Shanglongdong, in Shanxi. Every year, the drug grows after the solar term the Cold Dew (c. October 8). After the solar term the Beginning of Spring (c. February 5) the seedling begins to germinate. Its leaf is similar to Zhuye/foolium bambusae/bamboo leaf. In the third month, its seedling is as long as three *cun*. Its root grows in tussocks, like Yuluan. Collect the drug on the day of the solar term the Beginning of Summer (c. May 5).

*In ancient Chinese feudal society, when a new emperor came to the throne, the characters in his name became taboo for use in the names of other people or things.

**Ermao may indicate either Maoshan or Maojin.



根【气味】

辛，温，无毒。

〔珣曰〕苦、甘。〔杲曰〕甘、辛，温，可升可降，阴中阳也。〔好古曰〕苦，辛，温，纯阳，浮也，入手、足太阴经。

【主治】

破血，妇人月经不调，腹中结块，崩中淋露，产后诸血病，血运，暴血冲上，因损下血。煮酒或酒磨服开宝。除风治气，暖腰膝，止暴腰痛，破癥癖，扑损瘀血，落胎大明。治心气小腹痛，有神好古。散气，治肾气，通经络李珣。活血利气，止痛，通小便时珍。



YANHUSUOGEN

Yanhusuo

Rhizoma corydalis

[Quality and Taste]

It is pungent, warm and nontoxic.

Li Xun: It is bitter and sweet.

Li Gao: It is sweet, pungent and warm. It can ascend and descend, a drug of Yang in the Yin.

Wang Haogu: It is bitter, pungent and warm, a drug of pure Yang with the tendency to float. It functions on the Lung Channel of Hand Initial Yin and the Spleen Channel of Foot Initial Yin.

[Indications]

It is good for removing blood stasis. It treats menstrual disorder with hard mass in the abdomen, metrorrhagia and metrostaxis, vaginal bleeding and lochia. It also treats blood disorders during puerperium, vertigo due to blood disorder, rushing up of blood and hemorrhage due to general deficiency. Stew or grind the drug in wine.

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

Da Ming: It disperses invasion of pathogenic Wind and regulates the Vital Energy. It warms the lumbar region and knees, and relieves sudden onset of lumbago. It dissolves hard mass in the abdomen and blood stasis due to physical injury. It promotes abortion.

Wang Haogu: It relieves pain from the epigastrium and lower abdomen. It works wonders.

Li Xun: It disperses accumulation of Vital Energy, tonifies the Kidney and dredges the Channels and Collaterals.

Li Shizhen: It invigorates circulation of the blood and Vital Energy, relieves pain and facilitates urination.

[Explication]

Li Xun: It is a drug that tonifies the Kidney Vital Energy. It is good for treating puerperal lochia after a delivery with bleeding and after-pains.



【发明】

〔珣曰〕主肾气，及破产后恶露或儿枕。与三棱、鳖甲、大黄为散甚良，虫蛀成末者尤良。〔时珍曰〕玄胡索味苦微辛，气温，入手足太阴厥阴四经，能行血中气滞，气中血滞，故专治一身上下诸痛，用之中的，妙不可言。荆穆王妃胡氏，因食荞麦面着怒，遂病胃脘当心痛，不可忍。医用吐下行气化滞诸药，皆入口即吐，不能奏功。大便三日不通。因思雷公炮炙论云：心痛欲死，速觅延胡。乃以玄胡索末三钱，温酒调下，即纳入，少顷大便行而痛遂止。又华老年五十余，病下痢腹痛垂死，已备棺木。予用此药三钱，米



Grind the drug together with Sanleng/rhizoma sparganii/rhizome of common burreed, Biejia/carapax trionycis/turtle shell and Dahuang/radix et rhizoma rhei/rhubarb to powder. This is a very good preparation. The drug that has been eaten by moths with powder remaining is even better.

Li Shizhen: Xuanhusuo/rhizoma corydalis/yanhusuo, bitter and slightly pungent in taste and warm in quality, is a drug that functions on the following four Channels:

Lung Channel of Hand Initial Yin,
Spleen Channel of Foot Initial Yin,
Pericardium Channel of Hand Greater Yin, and
Liver Channel of Foot Greater Yin.

It is a drug that disperses stagnation of Vital Energy in the blood and blood stasis in Vital Energy. It is a drug that treats pain all over the body. When it is used in the right way, it gives very satisfactory effects beyond description. Ms. Hu, a concubine of King Jingmu, once got very angry right after eating noodles made of Qiaomai/semen fagopyri esculenti/buckwheat. She began to suffer from intolerable epigastric pain. Doctors prescribed drugs to vomit out the ailment, to facilitate the circulation of Vital Energy or to help the digestion. But once the drugs were served, she would vomit them out. There was no stool for three days. Then I was sent for. I examined the patient, and remembered that in *Lei Gong Paozhilun* (*Lei Gong's Treatises on the Preparation of Drugs*) it is recommended that when a patient is dying of heart pain, he or she should be served Yanhusuo/rhizoma corydalis/yanhusuo urgently. So I prescribed the following: Blend three *qian* of powder of Yanhusuo/rhizoma corydalis/yanhusuo with warm wine. Serve. She was able to swallow the drug. Then there was a stool, and the pain was greatly relieved and finally stopped. Another case: Mr. Hua, over 50 years old, was suffering from dysentery with severe abdominal pain. The patient seemed to be dying, and the coffin had already been prepared. When I examined the case, I prescribed three *qian* of powder of Yanhusuo/rhizoma corydalis/yanhusuo, and let the patient wash it down with Miyin (water in which rice has been cooked). The pain was greatly reduced. Then follow-up treatments were arranged. So the patient was saved. *Fang Shao Bozhai Bian* records another case: A patient was suffering from severe pain



饮服之，痛即减十之五，调理而安。按方勺泊宅编云：一人病遍体作痛，殆不可忍。都下医或云中风，或云中湿，或云脚气，药悉不效。周离亨言：是气血凝滞所致。用玄胡索，当归、桂心等分，为末，温酒服三四钱，随量频进，以止为度，遂痛止。盖玄胡索能活血化气，第一品药也。其后赵待制霆因导引失节，肢体拘挛，亦用此数服而愈。

【附方】

旧三，新一十二。（略）

all over his body. Doctors in the capital examined him. Some said it was a case of wind stroke, while others said that it was a case due to attack of pathogenic Humidity, and someone even diagnosed it as a case of beriberi. Drugs were prescribed and served, but to no avail. Doctor Zhou Liheng, after examining the patient, diagnosed the case as one of stagnation of Vital Energy and blood. Treatment: Grind equal amounts of the following drugs to powder:

Xuanhusuo/rhizoma corydalis/yanhusuo,
Danggui/radix angelicae sinensis/root of Chinese angelica, and
Guixin/cortex cinnamomi/inner bark of cassia.

Wash down three to four *qian* of the powder with warm wine. Take at short intervals until it works. Finally, the pain stopped. This shows that Yanhusuo/rhizoma corydalis/yanhusuo is the most important drug for invigorating Vital Energy and blood. Another case: Mr. Zhao Ting, official title Shizhi, was once suffering from contracture of the extremities due to overstrain while practicing Daoyin, a kind of ancient physical exercise. After taking several doses of the above drug, he was all right again.

[Prescriptions]

Three prescriptions collected previously, and
12 prescriptions collected recently.

