

JINGBIAN
ZHONGCAOYAO TUPU

精编

中草药图谱

图谱

3

便携本

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1000余幅，非常实用。



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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、蕤(今“益母草”)、莢(今“泽泻”)、芩苳(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(东经 $103^{\circ}36'$ ~ $109^{\circ}35'$,北纬 $24^{\circ}37'$ ~ $29^{\circ}13'$),西高东低,平均海拔1100m左右,最低处海拔仅137m,最高处海拔2903m,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1100~1300mm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4000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. ~ 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 foudals 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 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 1 000 1 300mm. It is neither too cold in winter nor too hot in summer with the average temperature of 11.9°C, 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.

October 18, 2007 in Guiyang, China

Translated by Xia Xuan

Revised by Tang Wen, Wang Xia

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了哥王

别名 岭南茛花、山麻皮、山石榴、山棉皮。

来源 为端香料植物了哥王 *Wikstroemia indica* (L.) C. A. Mey. 茎叶、根。

植物形态 灌木，高 30~100cm。枝红褐色，无毛。叶对生，坚纸质至近革质，长椭圆形，长 2~5cm，宽 8~15mm，先端钝或急尖，基部楔形，全缘；叶柄短或几乎无柄。花黄绿色，数朵组成顶生短总状花序；核果卵形，长约 6mm，熟时暗红色至紫黑色。花、果期夏、秋季。

生于山坡灌丛中。分布于贵州及广东、广西、福建、台湾、浙江、江西、湖南、四川等地。

主要化学成分 根中含白瑞香素、黄酮甙及茛花素；根皮内含有南茛甙、挥发油、酚性成分等；种子中含皂甙、黄酮类及多量油脂。

性味功效 苦、辛，寒。有毒。清热解毒，消肿散结，祛湿化痰。

临床运用 ①治鹤膝风：了哥王 6g，接骨草 10g，水煎服。②治疮疡，乳痈：了哥王叶适量，捣烂敷患处。③治肾炎：了哥王 6g，加水 600ml 煎成 200ml，加糖分 3 次服。④治哮喘、百日咳、腮腺炎：了哥王根 9g，鸡肉 120g，加适量水炖 7 小时，一次服下。

用量 茎叶：6~9g；根：9~15g(煎 4~10 小时)。



羊奶奶

别名 牛奶奶、羊咪咪、羊奶子、羊奶、牛咪。

来源 为胡颓子科植物蔓胡颓子 *Elaeagnus glabra* Thunb. 的根、叶。

植物形态 常绿蔓生灌木，高达 6m。小枝无刺，密被暗灰色光亮鳞片。叶互生，有短柄；叶厚纸质，椭圆状卵形至椭圆状披针形，长 3~7cm，宽 2~2.5cm，先端尖或渐尖，基部阔楔形，全缘，叶面光亮，初被散生鳞毛，后变无毛，叶背银灰色而有锈色鳞片。秋冬季开白色花，单生或 2~3 朵簇生于短枝上，呈短总状花序，下垂。核果椭圆形，翌年 4~5 月成熟，红棕色。

生于山坡疏林下或林边灌丛中。分布于贵州及河南和长江流域各地，南达广东、台湾等地。

主要化学成分 叶含生物碱、黄酮甙、香豆精、糖、酚类物质、氨基酸、有机酸等。

性味功效 酸、微涩，凉。清热解毒，收敛止血，止咳平喘，镇静安神。

临床运用 ①治水泻或痢疾：羊奶奶根 30g，水煎服。②治血痢或痔疮出血：羊奶奶根 15~30g，煮甜酒水服。③治血崩：羊奶奶根、金樱根各 30g，水煎服。④治咳嗽：羊奶奶叶、果上叶各 30g，水煎服。

用量 根：15~60g；叶：10~30g。



怕痒树

别名 怕痒树、痒痒花、紫梢、红薇花。

来源 为千屈菜科植物紫薇 *Lagerstroemia indica* L. 的根、叶、花。

植物形态 落叶灌木或小乔木，高达3~4m。枝条光滑，幼枝具四棱。叶对生，上部互生，近于无柄；叶片倒卵形、椭圆形或长椭圆形，长3~7cm，宽2~4cm，先端钝或尖，基部阔楔形或圆形，全缘。圆锥花序顶生，萼下部筒状，顶端6裂；花瓣6，圆形，紫色，边缘皱曲；雄蕊36~42；雌蕊1。蒴果圆球形。

生于潮湿山地林中、路旁及村落附近。分布于贵州及云南、四川、湖南、湖北等地。

主要化学成分 植株含德卡明碱、德新宁碱、印车前明碱和紫薇碱等。根含谷甾醇。叶含紫薇醛、鞣花酸。种子中含脂肪酸、 β -谷甾醇等。

性味功效 酸，寒。清热解毒，祛瘀止血，祛风止痒。

临床运用 ①治产后流血不止：怕痒树根皮、益母草、荠菜各15g，水煎服。②治疥癣、皮肤瘙痒：怕痒树根皮研末，取适量醋调敷患处。③治带下：怕痒树根皮、胭脂花根、白鸡冠花各15g，水煎服。④治无名肿毒：怕痒树树皮研末，适量酒调敷患处。⑤治风丹：怕痒树30g，水煎后煮甜酒吃。

用量 15~30g；外用适量。

