

精选草药彩色图集



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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、蕕(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(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《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 ($E103^{\circ}36' \sim 109^{\circ}35'$, $N24^{\circ}37' \sim 29^{\circ}13'$). 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℃, 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. 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

目 录

檫木	(2)
紫堇	(3)
断肠草	(4)
岩黄连	(5)
血水草	(6)
博落回	(7)
油菜	(8)
芥菜	(9)
水田碎米荠	(10)
独行菜	(11)
白萝卜	(12)
野油菜	(13)
落地生根	(14)
养鸡草	(15)
狗牙瓣	(16)
凹叶景天	(17)
景天	(18)
鼠牙半枝莲	(19)
垂盆草	(20)
石莲花	(21)
岩白菜	(22)
川洩疏	(23)
黄常山	(24)
西南绣球	(25)
粉团花	(26)

圆锥绣球	(27)
鬼灯檠	(28)
虎耳草	(29)
山枝茶	(30)
牛鼻栓	(31)
枫香树	(32)
榧木	(34)
蛇疙瘩	(35)
山樱桃	(36)
西南栒子	(37)
平枝栒子	(38)
地红子	(39)
野山楂	(40)
蛇莓	(41)
枇杷花	(42)
水杨梅	(43)
清明花	(44)
花红	(45)
石南	(46)
委陵菜	(47)
翻白草	(48)
白地莓	(49)
地蜂子	(50)
五匹风	(51)
打枪果	(52)

山桃	(53)
梅	(54)
樱桃	(55)
李	(56)
红子	(57)
白花刺	(58)
和尚头	(59)
蜂糖罐	(60)
七姊妹	(61)
粉团蔷薇	(62)
刺梨	(63)
钝叶蔷薇	(64)
山楂叶悬钩子	(65)
椭圆悬钩子	(66)
黄锁梅	(67)
牛尾泡	(68)
高粱泡	(69)
三月泡	(70)
大乌泡	(71)
倒触伞	(72)
茅莓	(73)
红毛悬钩子	(74)
枣儿红	(75)
强盗九杆子	(76)
羽叶金合欢	(77)
山合欢	(78)
花生	(79)
大夜关门	(80)
阎王刺	(81)
西南菥子梢	(82)
毛菥子梢	(83)

阳雀花	(84)
水皂角	(85)
紫荆	(86)
响铃草	(87)
小槐花	(88)
疏花山蚂蚱	(89)
粘人花	(90)
葫芦茶	(91)
皂角	(92)
黄豆	(93)
铁扫帚	(94)
血人参	(95)
鸡眼草	(96)
小夜关门	(97)
金花菜	(98)
野花生	(99)
草木樨	(100)
鸡血藤	(101)
岩豆藤	(102)
苦蚕子	(103)
油麻藤	(104)
地瓜	(105)
金雀花	(106)
赤小豆	(107)
苦葛	(108)
甘葛	(109)
洋槐	(110)
白花槐	(111)
苦参	(112)
槐	(113)
山豆根	(114)

白刺花	(115)
胡豆	(116)
野豌豆	(117)
豇豆	(118)
歪头草	(119)
紫藤	(120)
人字草	(121)
酸咪咪	(122)
山酢酱草	(123)
生扯拢	(124)
老鹳草	(125)
旱金莲	(126)
松风草	(127)
柚	(128)
甜橙	(129)
野吴萸	(130)
九里香	(131)
大山羊	(132)
芸香	(133)
见血飞	(134)
散血飞	(135)
大叶花椒	(136)
多叶花椒	(137)
野花椒	(138)
苦木	(139)
香椿	(140)
乌棒子	(141)
瓜子金	(142)
铁苋菜	(143)
油桐	(144)
黑面神	(145)

水黄花	(146)
五朵云	(147)
地锦	(148)
千金子	(149)
算盘子	(150)
白背叶	(151)
毛桐	(152)
橄榄	(153)
叶下珠	(154)
蓖麻子	(155)
乌柏	(156)
千年矮	(157)
三角咪	(158)
马桑	(159)
月亮柴	(160)
盐肤木	(161)
木蜡树	(162)
紫柄冬青	(163)
铁冬青	(164)
吊干麻	(165)
鬼见羽	(166)
丝棉木	(167)
野鸦椿	(168)
罗浮槭	(169)
清风藤	(170)
云南清风藤	(171)
指甲花	(172)
路南凤仙花	(173)
万年炬	(174)
野凤仙花	(175)
水金凤	(176)

铁包金	(177)
拐枣	(178)
薄叶鼠李	(179)
小冻绿	(180)
赤葛	(181)
苦郎藤	(182)
母猪藤	(183)
大母猪藤	(184)
爬山虎	(185)
野葡萄	(186)
黄麻	(187)
苘麻	(188)
蜀葵	(189)
木芙蓉	(190)
木槿	(191)
野西瓜苗	(192)
冬葵	(193)
黄蜀葵	(194)
黄花稔	(195)
肖梵天花	(196)
猕猴桃	(197)
油茶	(198)

茶	(199)
湖南连翘	(200)
金丝桃	(201)
田基黄	(202)
贯叶连翘	(203)
元宝草	(204)
西河柳	(205)
地核桃	(206)
黄瓜香	(207)
柞木	(208)
钻地风	(209)
转枝莲	(210)
锅铲叶	(211)
番木瓜	(212)
爬山猴	(213)
一口血	(214)
红八角莲	(215)
长柄秋海棠	(216)
一点血	(217)
索引	(218)
1. 中文名称笔画索引	(218)
2. 拉丁名索引	(232)



檫 木

别名 檫树、半枫樟。

来源 为樟科植物檫木 *Sassafras tzumu* (Hemsl.) Hemsl. 的根、叶。

植物形态 落叶乔木。叶互生，聚生于枝顶；叶柄鲜时常带红色，无毛或略被短硬毛；叶片倒卵形，先端渐尖，基部楔形，全缘或2~3浅裂，裂片先端略钝。总状花序顶生，先叶开放；花黄色，雌雄异株。果近球形。花期3~4月。

生于山野疏林中。产于贵州中东部；分布于长江以南地区。

主要化学成分 根含右旋D-芝麻素、 β -谷甾醇，去甲氧基刚果苷、澄茄素及挥发油等。

性味功效 辛、甘，温。祛风除湿，活血散瘀。

临床运用 ①治风湿痹痛：檫木、五香血藤、土牛膝、大血藤各9g，水煎服。②治跌打挫伤：檫木、野葡萄根各等量，捣烂外包。③治刀伤出血：檫木叶适量，捣烂外敷。

用量 10~20g。



紫 堇

别名 野花生、断肠草、水黄连、羊不吃。

来源 为罂粟科植物紫堇 *Corydalis edulis* Maxim. 的全草。

植物形态 一年生草本，具细长直根，高 10~30cm。茎柔软，常自基部分枝。叶基生并茎生，叶片轮廓三条形，2~3 回羽状全裂，1 回裂片 2~3 枚，2~3 回裂片卵状楔形，末回裂片狭卵形。总状花序顶生，花十余朵，萼片小，圆形盾状，白色膜质，花瓣紫色，4 瓣 2 列。蒴果条形，种子黑色。

生于丘陵、沟边、石缝的阴湿处。分布于贵州黔西南地区及长江流域中、下游各地区。

性味功效 苦、辛，平。有毒。清热解毒，止血。

临床运用 ①治肺癆咯血：断肠草 9g，水煎或泡酒服。②治疮毒：断肠草根适量，水煎洗患处。③治秃疮、蛇咬伤：鲜断肠草根适，捣烂外敷。

用量 6~9g；外用适量。



断肠草

别名 水黄连、黄花鱼灯草、野水芹、黄堇。

来源 为罂粟科植物小花黄堇 *Corydalis racemosa* (Thunb.) Pers. 的全草。

植物形态 一年生草本，具恶臭，高 10 ~ 60cm。根细长，茎多分枝。叶片轮廓三角形，2~3 回羽状全裂，1 回裂片 3~4 对，2 回或 3 回裂片轮廓卵形或宽卵形。总状花序，苞片披针形或钻形，萼片 2，卵形；花冠 4 瓣，黄色；雄蕊 6，2 体；雌蕊 1。蒴果条形，种子黑色。

生于墙脚、石缝或山沟湿地。分布于贵州及珠江流域、长江流域中下游各地及陕西南部、河南西南部。

主要化学成分 全草含原阿片碱、dl-四氢掌叶防己碱。

性味功效 苦、涩，寒。有毒。解毒，杀虫，清热，利尿。

临床运用 ①治牛皮癣、顽癣：黄堇根适量，磨酒、醋外搽。②治疮毒肿痛：鲜黄堇全草 15g，水煎服；并用鲜叶捣汁涂患处。③治目赤肿痛：鲜黄堇全草加食盐少许捣烂，闭上患眼后，外敷包好，卧床 2 小时。④治暑热腹泻：鲜黄堇全草 30g，水煎服，连服数日。⑤治小儿惊风抽搐：鲜黄堇 30g，水煎服。

用量 9~15g；鲜品加倍。外用适量。

