

汉英对照

Classical Chinese-Modern Chinese-English

Shén Nóng Běn Cǎo Jīng

神农本草经

Agriculture God's Canon of Materia Medica



孙星衍◎考据 Textually Researched by Sun Xingyan

刘希茹◎今译 Translated in Modern Chinese by Liu Xiru

李照国◎英译 Translated in English by Li Zhaoguo



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译者例言

神农者，炎帝是也。炎帝者，华夏之始祖，农耕之神灵，本草之厘定者也。《神农本草经》虽成书于秦汉，然其表里本末，皆源自神农。远古之神农，一如五帝之轩辕，志在治国，意在救民。故理政之余，常俯察山谷池泽，以明辨草木、金石、鱼虫之性味，为民生而探路径，为民健而寻良方。

鄙人初入杏林，即闻黄帝之理法、神农之方药。其理法，高不可际；其方药，深不可测。上下求索数载，方知何谓“约而能张，幽而能明，弱而能强，柔而能刚”。学而时习之余，即探索西译岐黄之术，外传国医之法。学古文，读诸子，习国学，研岐黄，译国医，此即鄙人译岐黄之历程也。

历经廿载，《黄帝内经》之译毕矣。其译之难，无以言表。一字一词，即难辨难达，况乎一句一段，一篇一卷？阴者，阳者，气者，精者，神者，即难辨难达之常例也。春夏秋冬，常译常惑。进而退之，退而求之，求而惑之，惑而困之，此即鄙人译《黄帝内经》之体验也。虽困惑如此，然心志却从未移也。所谓“损之而不寡，斫之而不薄，杀之而不残”，即鄙人之感验也。

《黄帝内经》者，国医之理法也。虽理奥法博，然方药则鲜矣。《神农本草经》，方药则众，治法则明，故而救民有道，健民有肇。译毕岐黄，即译神农，此乃其缘由是也。历经三载，《神农本草经》之译毕矣，盖因其字简文洁，方药为先，无奥博之理法困之，无奥奇之字词惑之。

西人译《神农本草经》，皆视“神农”之“农”为农人也，故以 Divine Husbandman 译“神农”。以华夏文明观之，“神农”者，实“农神”也，非神圣之农人也。故鄙人所译之“神农”，皆 Agriculture God，而非 Divine Husbandman。如此之译，唯求信也，非求雅也。

《神农本草经》者，国医之经典也。何为国医之经典？三代至秦汉所问世之典籍，即国医之经典者也，《黄帝内经》《神农本草经》《难经》《伤寒论》《金匱要略》，即其是也。嗣后历朝历代之国医典籍，皆系国医经典之释难释意者也，抑或补益补充者也。

尘世风雨霜雪，人生寒热温凉，皆为译国医之楼台，译国学之闲阁。此生所欣然者，皆稟于此矣。

李照国

丙申年十月三十于北京永安宾馆

序录

上药一百二十种为君，主养命以应天，无毒，多服久服不伤人。欲轻身，益气，不老，延年者，本上经。

中药一百二十种为臣，主养性以应人，无毒、有毒，斟酌其宜。欲遏病补虚羸者，本中经。

下药一百二十五种为佐使，主治病以应地，多毒，不可久服。欲除寒热邪气，破积聚、愈疾者，本下经。

三品合三百六十五种，法三百六十五度。一度应一日，以成一岁。倍其数合七百三十名也。

药有君臣佐使，以相宣摄合和，宜一君、二臣、三佐、五使，又可一君、三臣、九佐使也。

药有阴阳配合，子母兄弟，根叶华实，草石骨肉。

有单行者，有相须者，有相使者，有相畏者，有相恶者，有相反者，有相杀者。凡此七情，合和视之。当用相须相使者良，勿用相恶相反者。若有毒宜制，可用相畏相杀者；不尔，勿合用也。

药有酸、咸、甘、苦、辛五味，又有寒、热、温、凉四气，及有毒无毒。阴干暴干，采造时月、生熟，土地所出，真伪陈新，并各有法。

药性有宜丸者，宜散者，宜水煮者，宜酒渍者，宜膏煎者，亦有一物兼宜者，亦有不可入汤酒者，并随药性，不得违越。

欲疗病，先察其源，先候病机。五脏未虚，六腑未竭，血脉未乱，精神未散，食药必活。若病已成，可得半愈。病势已过，命将难全。

若用毒药治病，先起如黍粟，病去即止；不去倍之；不去十之，取去为度。

治寒以热药；治热以寒药；饮食不消以吐下药；鬼疰蛊毒以毒药；痈肿疮瘤以疮药；风湿以风湿药，各随其所宜。

病在胸膈以上者，先食后服药；病在心腹以下者，先服药而后食。病在四肢血脉者，宜空腹而在旦；病在骨髓者，宜饱满而在夜。

夫大病之主有中风，伤寒，寒热，温疟，中恶，霍乱，大腹水肿，肠澼，下痢，大小便不通，贲豚上气，咳逆，呕吐，黄胆，消渴，留饮，癖食，坚积，症瘕，惊邪，癫痫、鬼疰，喉痹，齿痛，耳聋，目盲，金疮，踣折，痈肿，恶疮，痔，痿，癭，瘤；男子五癆七伤，虚乏羸瘦；女子带下，崩中，血闭，阴蚀；虫蛇蛊毒所伤。此大略宗兆，其间变动枝叶，各依端绪以取之。

Preface

There are one hundred and twenty medicinals in the first grade, [known as] monarch [medicinals in formulae], [which can] cultivate life, corresponding to the sky and [bearing] no toxin. Long-term taking of large dose will not damage the body. [If one] wants to relax the body, replenish Qi, prevent aging and prolong life, [he must] follow [the instructions mentioned in] the first volume.

There are one hundred and twenty medicinals [in the second grade], [known as] minister [medicinals in formulae], [which can effectively] cultivate health, [naturally] corresponding to man and [usually bearing] toxin or no toxin. [To use such medicinals, one must] consider [what is] appropriate [and what is inappropriate]. [If one] wants to prevent disease and improve emaciation, [he must] follow [the instructions mentioned in] the second volume.

There are one hundred and twenty medicinals [in the third grade], [known as] the envoy [medicinals in formulae], [which can effectively] treat diseases, [naturally] corresponding to the earth and [usually bearing] more toxin. [Thus these medicinals] cannot be taken for a long time. To eliminate cold-heat [disease caused by] evil-Qi, to break accumulation [of pathogenic factors] and cure disease, [the instructions mentioned about medicinals in] the third grade [in this] Canon must be followed.

Altogether there are 365 kinds [of medicinals], [which represent] 365 degrees, one corresponding to one day and all to one

year. When doubled, the number increases to 730.

[These 365 kinds of] medicinals are [classified into four categories, i. e.] monarch, minister, assistant and envoy, functioning as guidance, assistance, cooperation and companion. [In the formulae, some] contain 1 monarch [medicinal], 2 minister [medicinals], 3 assistant [medicinals] and 5 envoy [medicinals]; [some] contain 1 monarch [medicinal], 3 minister [medicinals], 9 assistant [medicinals] and envoy [medicinals].

[In these] medicinals, [there exists] cooperation between Yin and Yang, and [relationship between] child and mother [as well as] elder brother and younger brother, [such as] root and stalk, flower and fruit, herb and stone, bone and meat.

[Among these medicinals] there are [some that can be] used independently, there are [some that are] used together, there are [some that] support each other, there are [some that] fear each other [and cannot be used together], there are [some that] detest [each other and reduce the effect of each other], there are [some that] function differently, and there are [some that can] remove [toxin from each other]. These seven conditions [should be] noticed [when used together]. [It is] better to use [those that can be] used together and can support each other, [and it is] forbidden to use [those that] detest each other and differ from each other [in function]. [In some cases, those that] fear each other and remove [toxin] from each other can be used [together to formulate certain formulae]. [If it is] not for such a purpose, [these kinds of medicinals] cannot be used together.

[These kinds of] medicinals bear five tastes, i. e. sour, salty, sweet, bitter and pungent; four properties, i. e. cold, heat, warm and cool; and [four differences], i. e. toxic, non-toxic, dried in the

shade and dried in the sun. [These medicinals should be] collected in certain seasons and months [and kept] raw [or] processed. [The medicinals] growing [in different] places [are different in action and effect]. [It is also necessary to differentiate whether medicinals are] true or false [according to certain standards and] methods.

[According to] the properties of medicinals, some [can be] made into pills, some [can be] made into powder, some [can be] decocted in water, some [can be] soaked in wine, some [can be] boiled into paste, some [can be] processed in different ways, and some cannot [be boiled] in water [or soaked] in wine. [Hence it is important to process] the medicinals according to the properties, avoiding any violation.

To treat a disease [with certain medicinals], [one must] first be clear about where [these medicinals are collected] and the pathogenesis of the disease. [If] the five Zang-organs are not in deficiency, the six Fu-organs are not exhausted, the blood vessels are not in disorder, the essence and spirit are not dispersed, the disease certainly can be cured [after] taking these medicinals. If the disease is serious, there is half possibility to cure it. [If] the disease is very serious, it is difficult to be cured.

If [one] uses medicinals with toxin to treat disease, [the amount should be] like millet. [When] the disease is eliminated, [use of the medicinals should be] stopped. If [the disease is] not eliminated, [the amount of medicinals can be] doubled. [If the disease is still] not eliminated, [the amount of medicinals can be] increased ten times. The degree [in increasing the amount of medicinals should be adjusted for the purpose of] eliminating [the disease].

To treat cold [disease], medicinals heat [in property can be]

used; to treat heat [disease], medicinals cold [in property can be] used; [to resolve] indigestion, medicinals [that can induce] vomiting and diarrhea [can be] used; [to eliminate vicious pathogenic factors like] ghost and worm toxin, medicinals toxic [in property can be] used; [to treat] abscess, sore and tumor, medicinals [for treating] sore [can be] used; [to treat] wind-dampness [disease], medicinals wind-dampness [in property can be] used. [These medicinals should be used] according to the condition [of diseases].

[If] the disease is located in the chest and diaphragm, [the patient should] eat food first and then take the medicinals; [if] the disease is located below the heart and abdomen, [the patient should] take the medicinals first and then eat food; [if] the disease is located in the four limbs and vessels, [the patient should take the medicinals] in the morning with an empty stomach; [if] the disease is located in the bone marrow, [the patient] should eat enough food and take the medicinals at night.

Serious diseases include wind stroke, cold damage, cold-heat [disease], warm malaria, sudden turmoil, severe abdominal edema, diarrhea, dysentery, dysuria, constipation, running piglet, upward counterflow of Qi, cough with dyspnea, vomiting, jaundice, wasting-thirst, fluid retention, retention of cold water [in the bladder], hard accumulation, abdominal lump, infantile convulsion, epilepsy, vicious wandering [disease], throat impediment, toothache, deafness, blurred vision, injury [caused by] metal, fracture, abscess, severe sore, hemorrhoids, cervical ulcer, goiter, tumor, five [kinds of] overstrain and five [kinds of] damages in men, [the disease characterized by] deficiency, fatigue and emaciation, leucorrhea, severe vaginal bleeding, amenorrhea,

vulva ulcer and injury [caused by] insect, snake and worm toxin. These are the basic pathological conditions [analyzed in this book] and [there are some] changes about the diseases [mentioned] in this [book]. [The medicinals should be] used according to the conditions [of the diseases].

凡例

1. 本次所译的《神农本草经》，以清代孙星衍等所考据和编辑的版本为主。该版本是历朝历代对《神农本草经》的研究和考据比较完善的一部，故以此为本进行翻译。在研究和考据的过程中，孙氏将《神农本草经》中一些中药合并在了一起，所以只有 357 种，但内容方面依然是 365 种。

2. 在研究中，孙氏采用了《吴晋本草》《名医别录》《说文》《方言》《证类本草》等文献资料对每个中药从内容到文字进行了较为细致的考据。这些文献资料对于今人学习和了解《神农本草经》的基本精神，颇有启发和指导意义。故此考据部分也纳入到译文之中。其中“葱实”的考据，为译者所补充。

3. 考虑到《神农本草经》基本精神的传播，译文只对考据部分中有关中药的来源、名谓和作用进行了翻译。对于文字考据部分，翻译成英文则缺乏实际的传播意义，故没有纳入译文之中。

4. 为了更明确地传递《神农本草经》的基本信息，孙氏考据和编辑版本中的每一个中药，均按【原文】、【考据】和【今译】予以编排。译文则采用[Original Text]，[Textual Research]和[Notes]予以编排。

5. 为了避免中药名称的译名出现偏颇，译文采取了“四保险”的翻译方法，即每个中药名称均按拼音、汉字、英语和拉丁语的方式进行翻译。每个中药名称主体上采用音译，音译之后以括号形式附录汉字、英语和拉丁语。如“丹砂”译为 Dansha（丹砂，cinnabar，Cinnabaris），“甘草”译为 Gancao（甘草，licorice，Radix Glycyrrhea Praeparata）。

6. 中药名称如果是一个字（如“术”）、两个字（如“丹砂”）或三个字（如“石钟乳”），其音译则合并在一起，如果是四个字（如“太一余粮”）则前两个字的音译和后两个字的音译分开，以便于阅读。

7. 《神农本草经》中,个别中药名称如今已经无法确定究竟指的是什么中药。故在译文中,英语翻译采取音译加 medicinal 的方式进行翻译,拉丁语翻译则采取 materia medica 加音译的方式予以翻译。如“别羈”译作 Bieji (别羈, Bieji medicinal, Materia Medica Bieji),“屈草”译作 Qucao (屈草, Qucao medicinal, Materia Medica Qucao),“淮木”译作 Huaimu (淮木, Huaimu medicinal, Materia Medica Huaimu)。

8. 考据部分中的古籍名称,采用音译的形式翻译,括号中附以中文和英语的意译。音译中的每个字独立音译,以区别于中药名称和人名的翻译。如《名医别录》译作 Ming Yi Bie Lu (《名医别录》, *Special Record of Great Doctors*),《列仙传》译作 Lie Xian Zhuan (《列仙传》, *Story About Immortals*)。

9. 英译中每个中药的注解,主要包括性味、归经、功效和主治等四个部分,以便西方读者能更好地了解和掌握每个中药的性能和作用。

10. “今译”部分只包括《神农本草经》的原文,不包括孙氏考据的文献资料。

11. 根据中医基本名词术语国际化的发展趋势,本书中所涉及到的一些剂量单位均采用音译,基本形式和释义如下:

传统剂量单位	公制剂量单位	音译形式
斤	500 克	<i>Jin</i>
丈	3.3333333 米	<i>Zhang</i>
尺	0.3333333 米	<i>Chi</i>
寸	0.03333333 米	<i>Cun</i>

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