

尹光耀 編著

延緩衰老 方藥集錦

YIN GUANG YAO

THE COLLECTION
OF TRADITIONAL
CHINESE DRUGS
DELAYING
SENILITY



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**The Collection of Traditional
Chinese Drugs Delaying Senility**

Yin GuangYao

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Science and Technology**

前 言

光陰催人老，歲月描髮白。生老病死是生命活動的自然規律；健康長壽是人類自古以來的普遍願望。年齡愈大，愈是渴望永葆強壯的體質、健全的思維、充沛的精神、正常的情緒和隨時適應體內外環境變化的能力，以消除病邪侵害，防止疾病發生，延緩衰老，“盡終其天年，度百歲乃去”。

中醫學對延緩衰老方法與藥物的研究淵源流長，歷時二千五百多年，積累了極為豐富的經驗和資料。二十世紀二十年代起，國內外醫藥科學工作者採用現代科學技術方法，對中國延緩衰老藥物做了大量的研究工作，諸如藥物的化學成份的分析；藥物對機體免疫功能的影响；藥物對機體代謝功能的影响；藥物對機體內臟功能的影响；藥物對細胞傳代與對動物生存試驗的觀察；以及藥物的作用機制與毒副反應的探討。這些研究初步分清藥物的良莠和揭示了某些藥物的延緩衰老的機理。

《延緩衰老方藥集錦》全書十六章，重點闡述古今有文獻記載或有研究苗頭的延緩衰老藥物 102 種，並附較

多的中成藥方劑，供讀者借鑒、應用和研究。

每一種延緩衰老藥物的論述，分[基原]、[性味]、
[歸經]、[功效主治]、[用法用量]、[使用注意]、[現代研
究提要]和[選方]8個方面 14 個部分。

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PREFACE

Getting aging and ill to death are the natural laws of life evaluation; being healthy and having a long life are the common wishes of mankind. The older people get, the stronger they desire to keep a good physique, a sound mind, a full vigour, a normal mood and to have the capability to adapt to changes of internal and external conditions, prevent attack of diseases and delay senility.

There has been a more than 2,500 year history of studying the methods and drugs to delay senility in Traditional Chinese Medicine, in which rich experiences and information have been accumulated. Ever since 20s of the 20th century, by adopting modern scientific and technological means, medical scientists both at home and abroad have conducted enormous studies on Chinese drugs which can delay senility. These works include: analysis of drugs' chemical elements, drugs' influence on organism's immune function, drugs' influence on organism's metabolism, drugs' influence on organism's internal organs, observation of drugs' effect on cells generation

and of animal survival test, exploration of drugs' action mechanism and toxicological reactions. These studies primarily distinguished the positive and negative sides of drugs and revealed the senility delaying mechanism of certain drugs.

"The Collection of Traditional Chinese Drugs Delaying Senility" is composed of 16 chapters, mainly elaborating 102 kinds of drugs which are recorded in ancient and contemporary documents or are worth studying. A lot of prescriptions are also contained. This book is for your reference, for your application and for your research.

The description of each drug is stated in 14 parts, 8 aspects which are ORIGIN, NATURE AND TASTE, CHANNEL TROPISM, ACTIONS AND INDICATIONS, DIRECTION AND DOSAGE, CAUTION, CONTEMPORARY STUDY SUMMARY AND PRESCRIPTION.

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