

CHINESE MEDICINAL HERBS OF HONG KONG

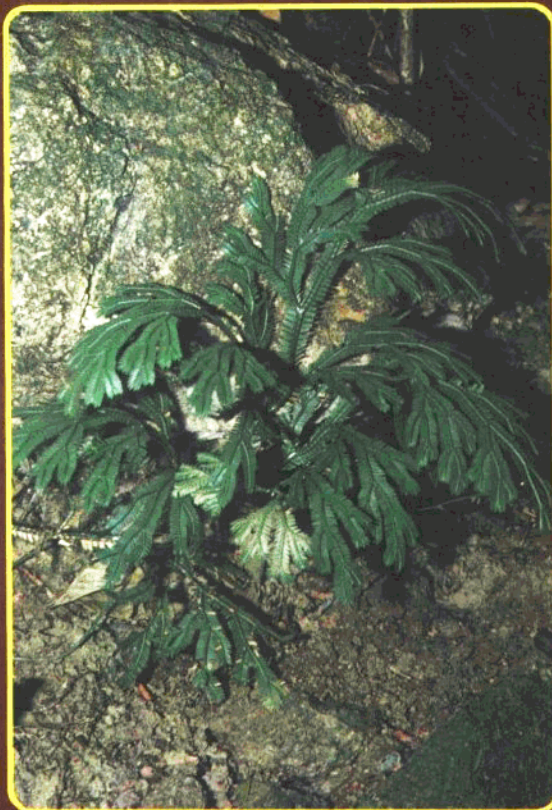
中英對照 CHINESE - ENGLISH

香港 中草藥

第一輯 Vol. 1

莊兆祥、李甯漢主編

商務印書館



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香港中草藥

第一輯 Vol.1 莊兆祥、李甯漢主編

本書是一本用彩圖和文字介紹香港野生和馴化的中草藥書籍
An Illustrated & Descriptive Guide to Medicinal Plants
Indigenous to and Naturalized in Hong Kong with Colored
Plates.

中英對照

香港中草藥 (第一輯)

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中草藥研究在香港

莊兆祥

香港位處我國南端，附近多崇山峻嶺，雖接近熱帶，而雨量充足，土壤非瘠，加以交通頻繁，華洋雜處，不獨本地草木暢茂，即外國植物亦頗多由輸入而歸化為野生雜草焉。據近年專家調查報告，全港共有植物二千四百二十種，另八十七個變種，以本港僅有三十平方英里的彈丸之地而擁有如此豐富植物種類，相信也是世界罕見。

講到調查研究香港植物的工作，自當推前世紀來華的歐美專家為首。雖然那時第一個到中國調查植物者是蘇格蘭人外科醫生根寧咸氏 JAMES CUNNINGHAM，但他只居留在福建省廈門，任職於英商東印度公司，時為公元一六九八年至一七〇三年，實在並未到過香港。可是在一八四一年冬季到來香港的外科船醫軒司氏 R. B. HINDS 却採得一百四十種植物製成乾臘標本帶返英國，現時有一種似酒餅筍的小灌木拉丁名 *Atalantia Hindsii*，就是因他最先發見而命名的。

其後，駐錫蘭的英國陸軍將官湛披安氏 J. G. CHAMPION 於一八四七年來港居三年、美國的土地測量員勳德氏 C. WRIGHT 在一八五四年來住半年，以及陸續許多到來調查採集植物的專家都各自採製逾百標本帶回本國。但是，他們的調查對象全是有關園藝觀賞植物或農業工業的經濟植物，至於藥用植物竟無一人加以採集或記錄者。

我在戰時一九三八年八月安置家人到港居住，特地到植物公園（俗稱兵頭花園）調查一些藥用植物時，發見那裏種有三百一十六種草花樹木，整理得十分得宜，每種樹木都有一個牌寫明中國名和拉丁學名，另註明原產地名，有許多是由印度，非洲或中國大陸、日本移植過來的，而最使我注意的就是其中竟然有一百一十種是世界各地的藥用植物，可見香港是適宜種藥的地區。此後，每當有空暇尤其在星期日就跑到香港九龍各處山野或離島調查本地出產和外國輸入的許多藥用植物，根據《生草藥性備要》（清朝初期何克諫著）、《嶺南采藥錄》（民國二十一年，公元一九三二，蕭步丹著），《本草綱目》（明朝，李時珍著）和許多英德日各國植物專書來鑑定各個植物名稱，遇有拉丁名稱不明時就請老友鄧瑩祥君代向其任職的漁農署查得，鄧君於戰前在廣州中山大學植物研究所陳煥鋪主任教授指導之下管理植物標本二十年，戰後一九五一年三月，陳教授由印度參加世界植物學會議回粵過港時，適巧在前任廣東中醫專校長潘詩憲君招宴上介紹相識，陳教授知余對植物拉丁名有困難，特介紹鄧君協助此事，並勸余購買《印度藥用植物志》作參考，因為印度出產常用的草藥有六七成是與香港相同的。後來，我又得到陳教授的另一位助手李日光君借給一本對研究香港植物極為重要的《香港廣東植物志》Flora of Kwangtung and Hong Kong，這書是一九一二年由本港農林署長鄧恩氏 DUNN及德邱氏 TUTCHER 合著，兩人經過多年調查廣東香港各地植物加以詳細分類記錄的。我衷心感謝以上各位專家的協助，使我因此而完成了《增訂嶺南采藥錄》，於一九五七年出版面世。

談到香港出產的中草藥分佈種類，可能由於地理環境，陽光濕度和人為破壞的關係，同一類藥草草生一處者比較少見，大多數是散生，甚者在一個山頭只能採得同一種草藥數根，至於較為羣落聚生一處的只有在海岸或人跡少到的地方，不受濫採影響者。因為採者多而種者少，於是有些草

藥在近年漸趨絕跡，除非是個性繁殖力特強如臭花草、毛麝、微甘菊等不獨未見減少，而且逐年增加，凡是由野有人行經的地方幾乎都可發見此輩的踪跡。至如獨脚柑、金鎖匙、人字草、鼠麴草等在戰後初期我發見前三種很多野生在九龍京士柏山地，後一種則在九龍荔枝角及大埔田畔異常茂盛，但今已甚難見到，將來恐怕要靠人工大力栽培繁殖，始能供給治病呢。

香港的歸化草藥也值得在此一談。根據一九三一年，克祿氏 A. H. CROOK 報告，歸化香港的外來植物共有十九種，其中可供藥用者有含羞草、臭花草、蓮生桂子花、森樹、魚木、天蒜、芒果樹、相思子、仙人掌、土三七、蓖麻、假白欖等十二種。臭花草、含羞草、天蒜三種據遮曼氏 SEEMANN 報告云在一八五〇年是香港人家栽種作觀賞用，後來漸成歸化野生，臭花草更因繁殖蔓延特速，一度被認為是惡草，自一九一〇至一九二六年間獎勵極力剷除而卒未成功焉。其實，如果詳細追尋原始，則鷓鴣菜、油柑子、欖柄葉、同瓣草、毛麝、假芥蘭等許多種草藥都是由外國傳來歸化者也。

香港中草藥的有系統的調查採集研究始於戰後初期，自一九五一年以來，我率領中醫學院員生到郊外各地採藥已數百次，草藥生態性質漸深了解，前年由李甯漢醫師主辦中草藥盆栽展覽會更使人獲得印象特深，現時本港生化學專家又埋頭追試中草藥特效，今後發展未可限量也。

最後，余深銘感本書出版者鼎力支持，將來中草藥研究突飛猛進，實有賴焉。

一九七八年三月三十一日 寫於港寓知足書室

HERB HUNTING IN HONG KONG

莊兆祥

By Dr. Cheung Siu-Cheong,
Formerly Professor of Sun Yat-sen
University, Canton, China.

Hong Kong is an outlying spur of continental south China. Though occupying an area of less than 30 square miles, it has an extraordinarily varied flora from both the temperate and subtropical zones. There are 2420 species enumerated at present, some of which are used by the local Chinese as folk herbs.

The first botanist to collect plants in Hong Kong was Richard Brinsley Hinds, surgeon of the H.M.S. Sulphur. He stayed in Hong Kong for a few weeks in January and February of 1814 and sent back specimens of 140 species to England.

Captain John George Champion (1815-1854) was in Hong Kong from 1847 to 1850 and collected over 500 species with complete field notes made on the spot.

The American collector Charles Wright, in Hong Kong from March 1854 to April 1855, also collected over 500 species that formed the basis of *Flora Hongkongensis* written by George Bentham in 1861.

From that time on various plant hunters visited Hong Kong and while they paid special attention to garden and economic plants, none of them explored or even briefly described the medicinal herbs used by Chinese.

In 1909 when I was seven, I stayed in Hong Kong with my mother from April to June. One day, my mother who had a rich knowledge of garden plants from the ones she grew at home, took me to the Botanical Gardens to show me some beautiful flowers. The dense foliage of palms, bamboo and rhododendrons such as I had never seen in my hometown of Canton before afforded a cool retreat. My mother taught me the uses of some Chinese herbs such as *Lonicera japonica* 金銀花, *Gardenia florida* 梔子, *Ixora chinensis* 龍船花, and *Houttuynia cordata* 魚腥草. Chinese herb doctors frequently used them to treat me when I suffered from enteritis, sore throat or whooping cough. I was eager to know the appearance of the herbs I had taken and where I could

collect them.

In August 1938 I emigrated from Canton to Hong Kong to practice western medicine. When I paid a second visit to the Botanical Gardens after a lapse of 30 years, I began to study all the medicinal plants there. I found a total of 316 species of native and exotic plants, each with a latin name and the country of origin written on a metal label. I noted these names down in my diary but when I compared them with herb manuals, I discovered that of the 316 species, 110 were used medicinally somewhere in the world. I wondered if the soil and climate of Hong Kong were fit for growing herbs.

Botanists from all over the world had come here before me in search of plants for herbaria or for shipping home as new garden plants. My sole interest apart from medicine was herb hunting. Since I had much practical experience collecting herbs in Japan during 1918-1931, from Kyushu to the northeast region, I decided to explore the seashore, villages, rice fields, ravines, and the mountains of Hong Kong Island, Kowloon Peninsula and the New Territories during each season for new herbs. If I found any, I hoped they might be useful to the people.

I was greatly interested in a book Record of Medicinal Herbs Collected in Kwangtung written in 1932 by Shiu Bo-Tan 蕭步丹, then lecturer of Chinese herbs in a Chinese medical college in Canton. He described about 400 species of herbs of south China, but without illustrations or latin names. I intended to find in Hong Kong all the herbs recorded in this book. But to see every herb with my own eyes, to collect and describe it in detail posed a problem. What were the correct latin names for herbs I collected? Some were very difficult to classify and I was not a botanist.

In March 1951 I was invited to a dinner given by Mr. Poon Shi-Hin 潘詩憲, formerly principal of a Chinese medical college in Canton, for Professor Chun Woon-young 陳煥鏞, then director of the Botanic Institute of Sun Yat-Sen University in Canton. Prof. Chun had just returned from the International Botanic Conference in India. After a lively discussion of Chinese herbs, I asked Prof. Chun to help me identify the latin names of the herbs I collected. He introduced me to his assistant Mr. Tang Hune-Cheung 鄧萱祥 of the Urban Services Department in Hong Kong. He told me that Tang was curator of the herbarium of Sun Yat-sen University under his supervision for 20 years before moving to Hong Kong and was able to find out the latin name of any plant growing in Hong Kong. He also persuaded me to buy the eight-volume Indian

Medicinal Plants written by Kirtikar and Basu for reference because 70% of Indian herbs are common to Hong Kong.

Two years before in November 1949 I had met Mr. Lee Yat-Kwong 李日光, another assistant of Prof. Chun in Fanling, the New Territories who lent me a most valuable book *Flora of Kwangtung and Hong Kong* with detailed analytical keys of the families of plants written by Dunn and Tutcher in 1912. This was extremely useful to me because not only was the shape of each plant described in detail, but its locality and flowering season were also comprehensively recorded.

I owe a special debt of gratitude to the above-mentioned botanists for their aid in identifying the herbs I collected. To Madam Lee Chee-ping 李志萍 who corrected the errors in this preface, I am deeply grateful.

編輯說明

在1976年7月中旬，我們在大會堂舉辦「香港草藥展覽」的時候，二萬七千多觀眾中，有很多中西醫和各界人士都建議我們把展出的四百多種香港中草藥展覽資料整理出版，外國朋友更提出最好有英文版的，這是大家對我們的鼓勵和信任。我們經過充分考慮後，決定接納這個建議，因為六十年代以來，我國大力開展中草藥使用運動中，各省市出版的內容豐富、圖文並茂的中草藥書籍，和近年本港出版的植物學書籍，為我們提供了豐富的參考資料，各方面的關心支持和我們同事團結一致，親密無間的合作，也為本書的編輯出版準備了條件，於是在1976年底成立《香港中草藥》編輯委員會，進行本書編輯、攝影工作。

《香港中草藥》編輯委員會名單

主編：	莊兆祥	李甯漢			
副主編：	丁煥清	梁澤民	劉惠蓮		
攝影：	劉啓文	蔡盤生	劉啓榮	李天德	甘長東
翻譯：	吳超毅	吳燕月	鍾國綱	劉振彪	
編輯：	鄒平	韓碧霞	劉梅玉	張月媚	
	羅浩林	高耀	梁安好	黎承顯	
	許清善	杜麗幾	楊炳成	楊根錨	

根據我們的調查統計，到目前為止，香港地區的中草藥有600種以上，常用的約一半左右，計劃把常用的分輯出版。第一輯刊載香港中草藥100種，彩色印刷，中英對照，每種中草藥均按正名、學名、別名、生長環境、採集加工、性味功能、主治用法、方例、中國成藥、主要成分、附註、形態特徵等項編寫。除別名、主要成分、形態特徵及部分方例因篇幅關係，沒有翻譯英文外，大部分均為中英對照。茲分別說明於後：

1. 攝影：本書照片全部由我們自己拍攝，大部分當中草藥開花結果時攝於郊野，故形態比較逼真。但在攝影中草藥時碰到一些技術上的困難：例如在拍攝喬木、灌木的時候，如果全棵拍攝，由於距離較遠，則照片中花、果、枝、葉很細小，使人難於分辨，故本書大部分中草藥只拍攝有代表性的局部，用局部的花、果、枝、葉去表現全體；在拍攝細小的中草藥時，要用微距鏡頭，雖然主體清晰了，但看起來又會較原株中草藥為大。故看圖片時，宜參閱形態特徵的詳細描述。

2. 形態特徵：本書形態特徵編排在彩色圖下，方便省閱，介紹形態時，以植物學術語和通俗形象描寫相結合。

3. 正名：一般選用全國性中草藥書籍最常用者為正名，以求名稱逐步統一。

4. 學名：每種中草藥只選用一個常用學名（拉丁名），如有幾個學名者，均附列在書後學名索引中。

5. 別名：中草藥別名繁多，本書只選入其中幾個較常用的別名。

6. 生長環境：只列出中草藥的生長環境，如生長在山上、水邊……等，沒有寫明生長在本港什麼地方，因為有些中草藥在香港很多地方都有生長，不勝羅列。

7. 採集加工：寫明其藥用部分，什麼時候最適宜採集，和簡便泡製法。

8. 性味功能：根據中醫使用中草藥的傳統經驗：四氣（寒、熱、溫、

涼、平），五味（酸、苦、甘、辛、鹹），加以闡釋。在使用的時候，還要參照中醫的基本診斷方法：四診（望、聞、問、切），八綱（陰、陽、表、裏、寒、熱、虛、實），辨證施治，才會收到理想的效果。

9. 主治用法：列出每種中草藥的治療病症。本書中草藥使用分量除註明鮮品者外，一律指乾品而言（鮮用加倍），按1斤等於16兩計算。大部分中草藥均是用水煎服，水的用量，以剛浸過藥面為度。普通每兩藥用水一碗煎服，3兩藥用水3碗左右，煎成一碗服。

10. 方例：中草藥除少數可單味使用外，多配入複方使用，本書所輯方例，大部分是近年我國各地使用的臨床經驗方，小部分是我們自己的經驗方。中西病名均予採用。所列使用分量，只供參考，尚要根據患者的體質強弱、病情輕重、年齡大小等具體情況，加減靈活運用。

11. 中國成藥：所列中國成藥，有些是全部以該種中草藥為原料製成的，如“穿心蓮片”等；有些是以該種中草藥為主要成分製成者，如桑樹文內的“桑菊飲片”等。各種中國成藥均能在香港購到。

12. 主要成分：中草藥所含成分很複雜，只列出其部分主要成分，有些因篇幅關係，沒有編入。

13. 附註：有關該種草藥的類似品種，中毒的解救方法，抗菌試驗……等，凡屬於上述各項者，均列入附註項內。

14. 參考書籍：由於篇幅關係，除抗癌中草藥外，均沒有註明出處。

本書蒙香港植物標本室主任劉善鵬先生和助理黃蕭德萍女士協助核對標本，增加了本書學名的準確性！和植物學家李賢社博士對我們關於植物分類學的指導！我們參觀“廣東植物園”時，得到該園負責人的親切接待，園中栽種的800多種中草藥，使我們大開眼界，增加不少認識！……等，所有這些關心支持，都是本書能夠順利出版的重要因素，我謹代表《香港中草藥》編輯委員會，致以衷心的感謝！

爲本書英文翻譯作出過巨大貢獻的西醫吳超毅先生，竟不幸於年前英年早喪，未能目覩本書付梓，這是使我們覺得最大遺憾的！

最後，我們促請讀者注意，請勿妄自用藥，因爲有些野生植物具有毒性。就算你診斷正確，亦切勿超過本書所載的用量。

李甯漢

一九七八年五月

Editor's Note

In the "Exhibition of Medicinal Herbs in Hong Kong" at the City Hall in July 1976, there were 27,000 visitors. Many suggested that we consolidate and publish the material on the 400 plus medicinal herbs. Foreign friends requested, in addition, an English version of the same. We valued this confidence and encouragement. After thorough consideration, we have decided to accept the task.

Since the early sixties, our country has held large campaigns in the exploration and usage of Chinese medicinal herbs. Many colorful and informative texts on Chinese medicinal herbs published in different provinces and cities, as well as recent botanical books from Hong Kong, furnish us with resourceful references. The moral support of the public and the cooperative effort of our colleagues aided in the realization of the task. Thus, in late 1976, the editorial committee of the book "Chinese Medicinal Herbs of Hong Kong" was formed with the following members:

Chief Editors: Cheung Siu-cheong, Li Ning-hon

Assistant Chief Editors: Ting Huang-ching, Leung Chat-man, Lau Wai-lin

Photographers: Lau Kai-man, Choy Pun-sang, Lau Kai-wing, Lee Tin-tak,
Kam Cheung-tung

Translators: Wu Chow-yee, Go Yan-guat, Chung Kwok-kong, Lau Chun-piu

Editors: Chow Ping, Hon Bik-ha, Lau Mui-ngiuk, Chang Yuet-mei, Law Ho-lam,
Ko Yiu, Leung On-ho, Lai Shing-hin, Hui Ching-sin, To Lai-kei, Yeung
Bing-shing, Yeung Kan-lou

According to our research and statistics, there are over 600 species of Chinese medicinal herbs found in Hong Kong. Half of these are commonly used by the local people, and we plan to start with them. Volume I will contain 100 species of medicinal herbs with color printing, in both Chinese and English. Each herb is listed with the main name, scientific name, common names, habitat, preparation, characteristics, indication, prescription, Chinese patent medicine, main ingredients, remark, plant description, etc. Due to space limitations, there is no English translation on the common names, ingredients,

plant description, and some of the prescriptions.

Here are some points to notice:

1. Photography: All pictures in this book are originally taken by us when the plant was in bloom or bearing fruit, giving the pictures a vivid appearance. We encountered some technical difficulties in so doing. For example, in filming trees and shrubs, if the whole plant was included, we'd miss the details due to distance, so we filmed only the representative parts like the flower, fruit, branches, leaves, etc. When filming the smaller herbs, we used macro-lens to show the details, thus making the pictured plant appear much bigger than its actual size.

2. Main Name: For uniformity, the name that is used most frequently in Chinese herbal texts is listed as the main name.

3. Scientific name: The Latin name most commonly used is listed.

4. Common names: Since there are many common names for each herb, only the more popular ones are listed.

5. Habitat: Only the growing environments are described using phrases such as "on mountains", "along water courses", etc. We do not mention the specific sites of Hong Kong where the plants are discovered, as some are found in many different places.

6. Preparation: The useful parts, the optimal time for collection, and simple ways of preparation are described.

7. Characteristics: These are explained according to Chinese traditional medicine with characteristics varying from cold, hot, warm, to cool, and tastes varying from sour, bitter, sweet, acrid to salty. To have effective treatment, readers are requested to refer at the same time to the Chinese traditional methods of diagnosis.

8. Indication: This section includes the diseases curable with the herb described. Unless the use of fresh plant is specified, all descriptions refer to the dried herb. Decoctions are made by boiling the herbs in water under low heat, using three bowlfuls of water to be concentrated into one bowlful.

9. Prescriptions: Only a few Chinese medicinal herbs are used singly, while most are used in combination with other herbs. The prescriptions cited are the popular ones used clinically in China in recent years. A few are from our own experience. The dose mentioned is for reference only, and modifications are sometimes necessary to take into account differences in body weight, age, severity of illness, etc.

10. Chinese patent medicine: Some of the drugs mentioned are from one kind of medicinal herb, while others are combined with other ingredients.

11. Remarks: Included are similar species of herbs, management of intoxication, antibacterial experiments, etc.

12. References: These are listed at the end of the book. Due to space limitations, only anti-cancer herbs are referenced.

We wish to express here our sincere gratitude to Mr. Lau Sin-pang, keeper of the Hong Kong Herbarium and Mrs. Wong Siu Tak-ping, Herbarium assistant, for verification of our specimens, thus increasing the accuracy of our book; to Dr. Eric Lee Yin-tse, botanist, for his advices on classification of the herbs; to the staff of the "Kwangtung Botanical Garden" for the warm reception afforded us during our visit, where the 800 plus species of Chinese medicinal herbs in that garden opened our eyes and provided us with abundant understanding. All these concerns and supports are factors contributing to the realization of this book. On behalf of the editorial committee, I wish to express our heartfelt thanks.

Our biggest loss is the sudden death of Dr. Wu Chow-ye, who had contributed greatly to the English translation. We are very sorry that he could not witness the materialization of his contributions.

We urge and warn our readers to avoid self medication of herbs through use of the information we have presented in this book, because some of them are poisonous in the wild form. Even if your diagnosis and indication are accurate, do never exceed the dose recommended.

Li Ning-hon

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