

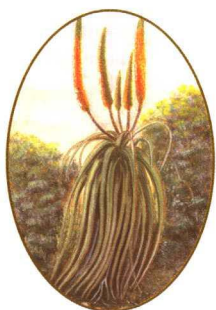


芦荟

朱亮锋 著

ALOE

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花城出版社



芦荟



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朱亮锋 著

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朱亮锋教授退休前一直在中国科学院华南植物研究所从事植物化学、植物资源研究和开发工作。近10年来，承担芦荟的研究和开发工作，并取得可喜成果。其间，曾到芦荟原生地南部非洲多个国家和地区进行考察，深入了解原生地各种芦荟的形态和生境、种植和加工概况。收集和拍摄大量有关芦荟资料和图片，退休之后把资料、图片整理成书本和图册集，由上海科普出版社出版。现在又将图片资料绘成精美的水彩画，钉装成画册出版，画册中每幅画都能忠实表现出各种芦荟形态和它们的生长环境，既可得到一种艺术的享受，又达到了科普推广的目的。朱亮锋教授长期从事自然科学工作，现在用绘画艺术来表达鲜为人知的各种芦荟千姿百态的图像，此举使读者了解到世界上还有那么多美丽的芦荟，这是值得称赞的。朱亮锋教授已退休多年，但他为了将自己掌握的知识奉献给读者，以手绘制芦荟印刷成册，供观赏参考和阅读。

Professor Zhu Liangfeng, before his retirement, had worked in South China Institute of Botany, Chinese Academy of Sciences for 40 years on the research and exploitation fields of phytochemistry and plant resources. In the last 10 years, he engaged in Aloe research work and development project, and got good achievement. During this time, he went on a tour of investigation to some countries and districts in the southern Africa where are the primitive areas of Aloe, and collected a vast amount of information on appearance, habitat, reproduction, and processing methods of different aloe species, as well as many photos too. After retirement, the author has compiled several books and picture album published by the Shanghai Popular Science Publishing House.

Recently, he put those aloe species into watercoloured pictures and sent to the press. Each picture can reappear different aloe species with individual pattern and habitat. We can obtain both in artistic enjoyment and popular science knowledge from them.

Professor Zhu Liangfeng has engaged in natural science research for long time, and now, he showed readers those aloe species with drawing art. We can find so many gorgeous aloe species in the world. It is praiseworthy that Prof. Zhu offered his knowledge and drew these aloe watercoloured pictures by himself after retirement years. This book is useful for enjoyment, reference and read.

兰小兰

Aloe is a general designation of the Aloe (genus) plants of the Liliaceae (family). As popular economic plants, they are mostly distributed in Africa, especially in the south part of Africa and Madagascar islands. Among them, 3-5 species have been introduced and cultivated all over the world, being used as raw material in daily articles chemical industry, medicine and healthy foods. Most of them have fantastic appearance, gorgeous colors and strong adaptability that made them easy to be cultivated as ornamental plant in house, cartilage and park.

It's been a long time since people picked Aloes for medical use. It was first mentioned in the Egyptian "Ebers" papyrus at about 1552 BC, as called as "mysterious plant" and legend has it that the beautiful Egyptian queen, Cleopatra, attributed her beauty to the use of Aloe. The New Testament of Bible mentions, "Nicodemus, who at first came to Jesus by night, also came, bringing a mixture of myrrh and Aloes, weighing about a hundred pounds. Then they took the body of Jesus, and bound it in strips of linen with the spices, as the custom of the Jews is to bury."

Nowadays, Aloe's various functions in fields of medicine, food and cosmetology have been further explored by medical researchers. A survey conducted by World Food and Agriculture Organization shows that Aloe has most nutrient value among all wild fruit and vegetables, which makes it "the best health food in 21st century". However, among the 548 kinds of Aloe, only about ten of them are applicable to medicine, and even fewer are safe enough to eat. For people who love Aloe, it is very important to know how to distinguish them and use them properly.

Since 1987, Professor Zhu Liangfeng has done a lot of opening-up work in introducing international Aloe resources into China, as well as developing and analyzing it. After retirement, besides devoting himself to natural science, he still sticks to his love for Aloe and plants studying. After re-organizing Aloe materials of 20 years, he has been painting the most favorite plant Aloe in 3 years, producing a hundred and more colorful aquarelle of Aloe series, making it easier for readers to appreciate and distinguish them.

For the publish of this book, my special thanks go to Mrs. Wu Xiaolan, who offered great support and help; Miss Xudan and fotoe.com, who make great contributions to this book.



FOREWORD

前言

芦荟为百合科芦荟属植物的统称，是时下颇为流行的经济植物，主要分布于非洲，特别是南部非洲和马达加斯加岛等地，其中3—5种已在全世界范围内被作为经济和药用植物引种、栽培，成为日用化妆品、药物和保健食品等的原料。此外，绝大数芦荟种类体态奇特、花色艳丽、生长粗犷、易于栽种，是厅堂、庭园、公园颇受欢迎的观赏植物，可谓集万千宠爱于一身。

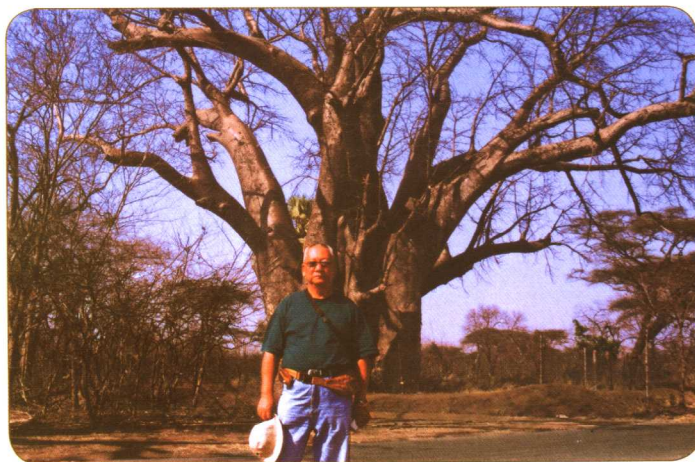
人类采摘芦荟以供药用的做法由来已久，公元前1552年的古埃及医书《艾帕努斯·巴皮努斯》中就有关于芦荟效用的最早记载，在当时被称为“神奇的植物”。传说埃及女王克娄巴特拉之所以娇艳过人，便是得益于芦荟制成的化妆水。《圣经·新约》也记载了人们在安葬耶稣基督时，将香根芹与芦荟混合后涂抹在其身体之上。

如今，芦荟在药用、膳食、美容和观赏方面的多种效用和神奇功效，再次使它成为医学研究的宠儿。世界粮农组织的一项调查表明，芦荟在所有野生果蔬类植物中所含的营养价值含量最高，堪称“21世纪的最佳健康食品之一”。但在多达548种的芦荟中，可以入药的只有十几种，能够安全食用的也仅有几种。对于想要亲近芦荟的人来说，增强认识、辨明种类和合理采用是十分重要的。

朱亮锋教授自1987年以来，为国际芦荟资源在中国的引进和研究开发做了大量开拓性工作。他钟情于芦荟，退休后仍老骥伏枥，潜心自然科学研究之余，逡巡于浩繁植物之中，笔耕不辍。他整理了20年来自己在芦荟研究方面的心得和成果，以手中的画笔描摹心仪的植物，用近3年的时间先后创作了百余幅芦荟系列水彩画，生动、形象地把各种芦荟一一呈现于读者面前，为喜爱芦荟的读者提供了观赏和辨别的方便之门。

本书的出版，得到了吴小兰女士的全力支持，徐丹小姐和fotoe.com为此也付出了辛勤的劳动，特此鸣谢。

朱亮锋，教授
研究员，汉族，1937
年1月出生于广州市。
1960年毕业于中山大
学化学系。1964年开
始任职中国科学院华
南植物研究所，主要
从事植物化学和植物
资源学研究和开发应
用工作。1998年退休。



退休前曾任华南植物研究所植物资源研究室主任、联合国教科文组织（UNESCO）属下亚太地区药用与芳香植物情报网络（APINMAP）联络员、中国国家中心负责人、中国植物学会植物化学、植物资源学专门委员会委员和芦荟产业专业委员会咨询委员会专家。1992年获突出贡献科学家政府特殊津贴。1999年获国际精油和香料联合会（IFEAT）成就奖章。

作者简介 THE AUTHOR

Zhu Liangfeng, researcher (professor), the Han nationality, was born at Guangzhou in January, 1937, and graduated from Chemistry Department of Zhongshan (Sunyatsen) University in 1960. He worked in South China Institute of Botany, the Chinese Academy of Sciences from 1964, engaged mostly in phytochemistry and plant resources, as well as their exploitation and application research.

Before the retirement in 1998, he was the director of Plant Resources Department of the South China Institute of Botany, the coordinator of the Asia Pacific Information Network on Medicinal and Aromatic Plants (APINMAP) operating within the framework of the UNESCO-supported Regional Network, the Principal of the Chinese National Node for APINMAP, the member of the Phytochemistry and Plant Resources Speciality Committee of the Botanical Society of China, the expert of the Consultation Committee of the Aloe Industry Committee of CAPNES.

The author got the special government allowance of the State Council from 1992, got the achievement medal from the International Federation of Essential Oils and Aroma Trades (IFEAT) in 1999.

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高大，乔木，高可达20米，多分叉。花序多分枝，呈短圆柱形，隐于叶丛中，花为橙红色。分布于南非东至东南沿海及莫桑比克，斯威士兰，喜生于稠密的矮林中。

A tall tree up to 20m. high, with many branches in florescence multi branched, cylindrical, hidden among the leaves, flowers orange. Distributed in a broad coastal zone of eastern and south-eastern South Africa, as well as Mozambique and Swaziland. Found in dense brushwoods.



树芦荟



树芦荟（巴伯芦荟）

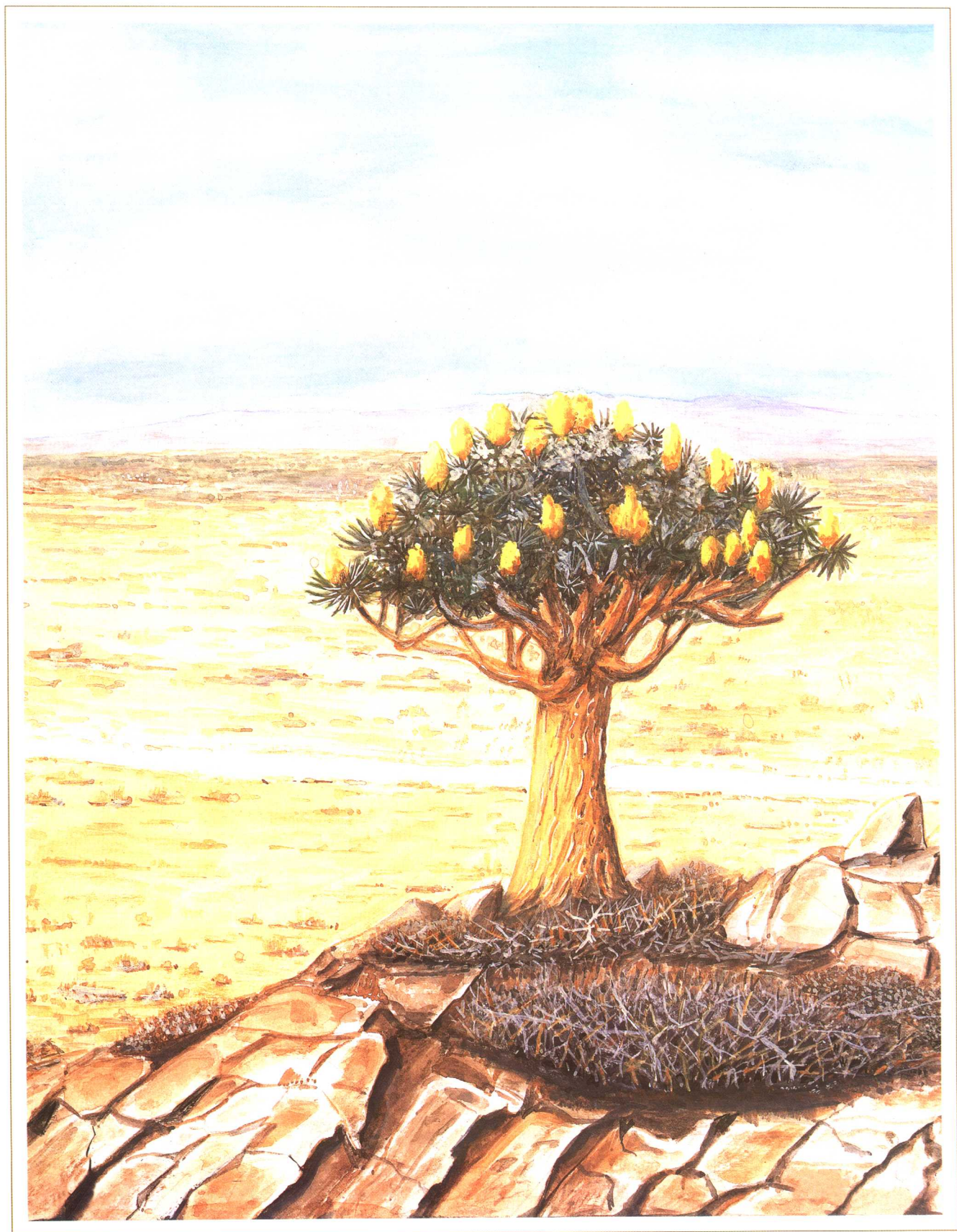
Aloe barberae

主茎粗状，树皮有皱纹，枝条多为二分叉，花序直立，多分枝，花黄色。喜生于砂石地，分布在南非的中西部地区，当地人用它的空心枝条作箭筒用，故得名。

Stout trunk with creased bark, two-forked branches, inflorescence erect, much-branched, flowers yellow. Distributed in the sandy soil areas of central and western parts of South Africa.

The hollow branches are used for quiver making by local people and so named "Quiver tree".

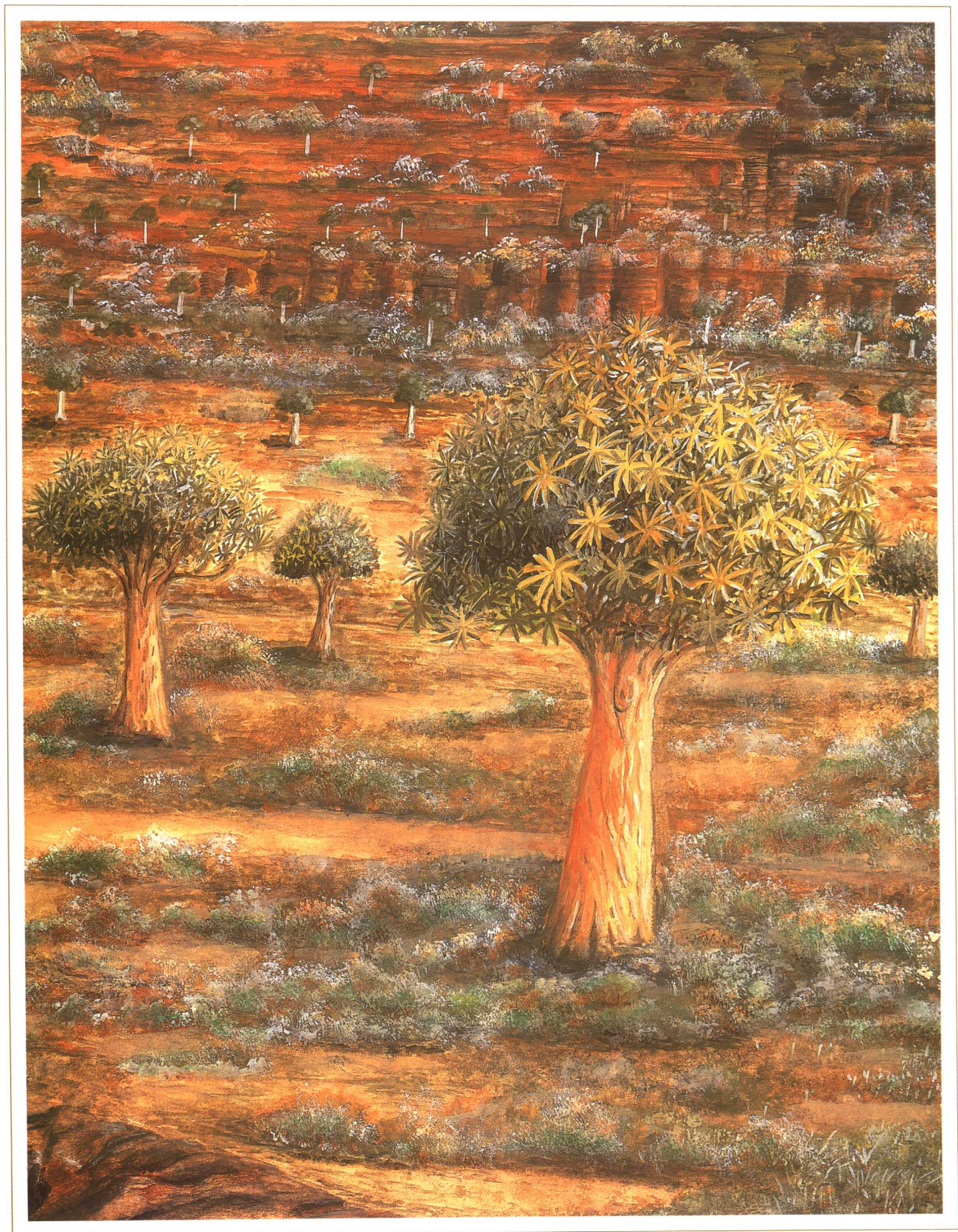




二分叉芦荟（箭筒芦荟）

Aloe dichotoma





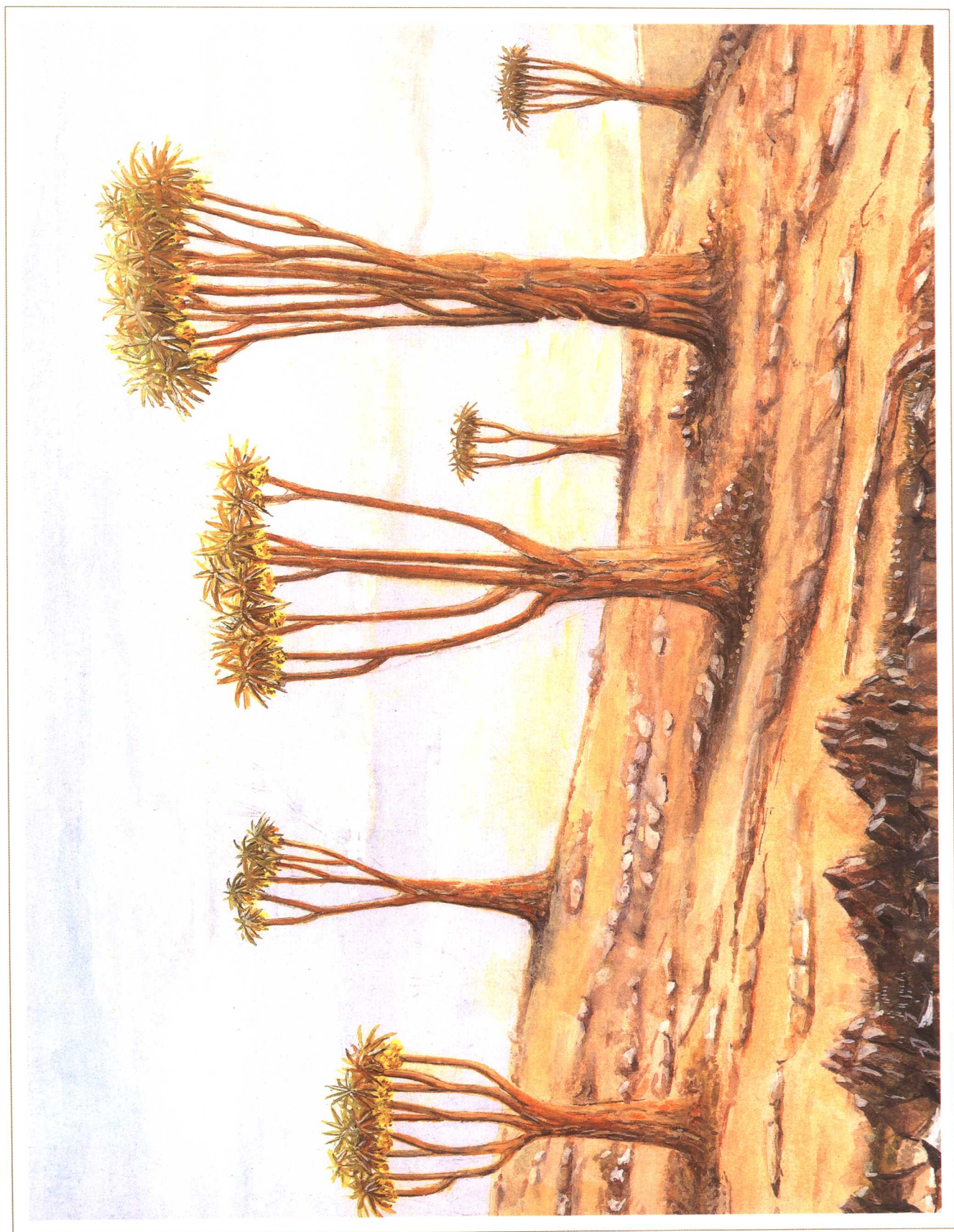
二分叉芦荟（箭筒芦荟）

Aloe dichotoma

高大乔木，花序多分枝，
花黄色。分布于南非西部及纳
米比亚。为南非著名的特色
植物。

A tall tree, inflorescence
multibranched, flowers yellow.
Distributed in western South
Africa and Namibia. A famous
featured plant of South Africa.





巨箭筒芦荟（比兰斯芦荟）

Aloe pissansii

主茎很短或无，于基部处开始分叉，花黄色，橙色的花蕊伸出花冠外。分布于南非西部一小范围以及纳米比亚南部的砂石地。

The trunk very short or absence, branched from the base, flowers yellow, the orange stamens spread out of the corolla. Distributed in a small area of western South Africa and southern Namibia, found in rocky and sandy soil areas.

