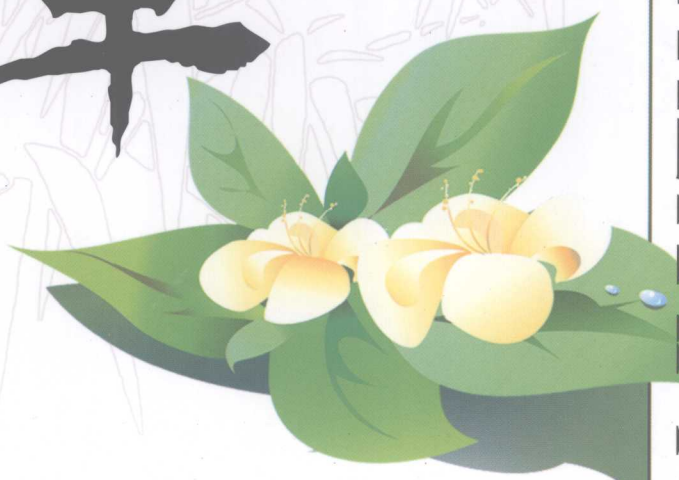


中国医药科技出版社

MATERIA MEDICA
FOR DIETOTHERAPY



药食本草



罗兴洪 赵霞 主编



Materia Medica for Dietotherapy

药食本草

Yaoshi Bencao

罗兴洪 赵霞 主编

Chief Editor: Luo Xinghong

Zhao Xia

江楠 赵霞 沈祥春 主译

Chief Translator: Jiang Nan Zhao Xia Shen Xiangchun

中国医药科技出版社



图书在版编目(CIP)数据

药食本草 / 罗兴洪, 赵霞主编. —北京: 中国医药科技出版社, 2007.10
ISBN 978-7-5067-3704-3

I. 药… II. ①罗… ②赵… III. 食物疗法 IV. R247.1

中国版本图书馆 CIP 数据核字 (2007) 第 085581 号

美术编辑 陈君杞

责任校对 张学军

版式设计 程明

出版 中国医药科技出版社

地址 北京市海淀区文慧园北路甲 22 号

邮编 100082

电话 责编:010-62250159 发行:010-62244206

网址 www.cspyp.cn www.mpsky.com.cn

规格 787×1092mm $1/16$

印张 $19\frac{1}{4}$

字数 434 千字

版次 2007 年 10 月第 1 版

印次 2007 年 10 月第 1 次印刷

印刷 北京昌平百善印刷厂

经销 全国各地新华书店

书号 ISBN 978-7-5067-3704-3

定价 98.00 元

本社图书如存在印装质量问题请与本社联系调换



内容提要

为了满足国内外不同层次读者的需求，本书采用中英文对照的形式，在阐述食疗的起源、特点、分类、注意事项和常用食疗要诀等基本常识的同时，分补益食疗、温里食疗、理气食疗、化痰止咳平喘食疗、解表食疗、润肠食疗、消食食疗、清热食疗、安神食疗、止血食疗、生津止渴食疗和其他食疗等章节，收录了常用的九十味药食同源中药。每味中药均从来源、性状鉴别、化学成份、性味归经、功能主治、代表性的药膳食谱等方面进行介绍，并配以饮片图和原药材图，以飨读者。

Lead in

In order to satisfy the readers who are interested in traditional Chinese medicine in and out of China, we have attached the English translation to the Chinese version. It is a Chinese-English bilingual book, which includes the general introduction of dietetic therapy and the monograph. The general introduction gives a full explanation of the basic knowledge of the history, classification, characteristics, contraindications and important tips of dietetic therapy. The monograph is divided into twelve chapters: nourishing drugs, warming interior drugs, qi-regulating drugs, cough-checking, asthma-soothing and phlegm-resolving drugs, superficies-relieving drugs, intestine-moistening drugs, food-stagnation resolving drugs, heat-clearing drugs, mind-calming drugs, bleeding-checking drugs, fluid promoting and thirst quenching drugs and others. We have collected ninety edible drugs in common use and have given detailed description of the drug's origin, identification, chemical ingredients, property and channel tropism, effects and indications and typical prescriptions. For readers' convenience, we have also collected the pictures of the prepared drugs in pieces and the original crude drugs.



编委会

- 主 编： 罗兴洪 赵 霞
- 副主编： 李 林 殷放宙 郭志力
- 编 委： 王巧晗 马新飞 毛春芹 尹 枫 江 帆
安崇惠 刘 武 李 林 李 希 李 德
吴德康 邵 怡 张 弦 陆兔林 茅向军
罗兴洪 罗先本 罗 娜 罗 励 周进东
姜 玲 赵 霞 陶 玲 郭志力 顾 艳
莫书容 殷 武 殷放宙 鲁燕滨 谢守德
蔡宝昌 樊冤桥 鞠建伟
- 主 译： 江 楠 赵 霞 沈祥春
- 副主译： 刘婷婷 杨作媛 张贵华
- 译 者： 江 楠 刘婷婷 杨作媛 沈祥春 张贵华
范 都 赵 霞 黄莉丽 瞿 柯 余 雯
- 摄 影： 罗兴洪 李 希
- 

Editorial Committee

Chief Editor: Luo Xinghong Zhao Xia

Associate Editor: Li Lin Yin Fangzhou Guo Zhili

Editorial Committee Members:

Wang Qiaohan	Ma Xinfei	Mao Chunqin	Yin Feng	Jiang Fan	An Chonghui
LiuWu	Li Lin	Li Xi	Li De	Wu Dekang	Shao Yi
Zhang Xian	Lu Tulin	Mao Xiangjun	Luo Xinghong	Luo Xianben	Luo Na
Luo Li	Zhou Jindong	Jiang Ling	Zhao Xia	Tao Ling	Guo Zhili
Gu Yan	Mo Shurong	Yin Wu	Yin Fangzhou	Lu Yanbin	Xie Shoude
Cai Baochang	Fan Yuanqiao	Ju Jianwei			

Chief Translator: Jiang Nan Zhao Xia Shen Xiangchun

Associate Translator: Liu Tingting Yang Zuoyuan Zhang Guihua

Translators: Jiang Nan Liu Tingting Yang Zuoyuan Shen Xiangchun Zhang Guihua

Fan Du Zhao Xia Huang Lili Qu Ke Yu Wen

Photo: Luo Xinghong Li Xi





翻译说明

我们的译文以忠实于中医药术语的本义为原则，对于已经有规范化译文的，我们尽量采用；对于中医药英译界目前尚未统一的，在编写过程中，我们参考了多部词典的译法；至于目前对中医术语的认识或表述还不统一的部分，则是根据我们在中医药外事交流中积累的经验而确定下来的。

对于每一种中药的来源，性状鉴别，化学成分，性味归经，功能主治，产地的英文描述都本着科学，准确，简洁的原则。

一些与现代医学较为接近的中医学概念采用了相应的术语予以翻译。比如：

中医病名 现代医学病名

脱肛 直肠脱垂 (prolapse of rectum, proctoptoma, proctoptosis)

瘰 甲状腺肿大 (goiter)

癆瘵 肺结核 (pulmonary tuberculosis)

瘰癧 颈部淋巴结核 (tuberculosis of cervical lymph node)

脏躁 癔症 (neurosis)

中医药用语的特点是简明扼要。四字短语很常见。译者在翻译中也保持了这一特点。比如，“辨证论治”以前流行的译法是 differential diagnosis in accordance with the eight principal syndromes; analyzing and differentiating pathological conditions in accordance with the eight principal syndromes 等。与原文相比，译文过于冗长。本书采用了“treatment based on syndrome differentiation”这个译文。又如，补脾益气 invigorating spleen and replenishing qi; 化痰散结 dissipating phlegm and resolving masses; 解表清里 relieving superficies and clearing interior; 活血化瘀 activating blood to resolve stasis 等。这些四字短语的翻译都采取英文与中文一一对应的方式。英译的术语在结构上和字面意义上与原文比较接近。这样便于国内外的中医药工作人员学习与交流。

反映中医药理论核心的词汇，比如：阴(yin)，阳(yang)，气(qi)，在英文里面很难找到对应词。对于这部分词汇采取了音译的方式。此外，为了增强可读性和准确性，中药名称的翻译也采取了汉语拼音加英文再加拉丁语的模式，比如：



黄芪 huang qi, astragalus root (Radix Astragali), 人参 ren shen, ginseng (Radix Ginseng), 当归 dang gui, Chinese angelica root (Radix Angelicae Sinensis)。

对于药膳食谱的翻译借鉴了中国菜菜谱的翻译原则。食谱的名字采用汉语拼音加英文的模式,如:枸杞桃仁鸡丁 Gou Qi Tao Ren Ji Ding Stir-fried Chicken Cubes with Wolfberry and Walnut。中国菜的烹饪方式也是尽量采用规范化的译文。药膳功效的英文描述应用了通俗易懂的词汇,以便中医食疗的推广与传播。

由于时间有限,译文的疏漏及不准确之处在所难免,敬请广大读者在使用中提出意见,以便再版时修正。





前言

随着经济的发展和社会的进步，人们的生活水平得到了较大的提高，人们的保健意识也逐步增强，由以前有病不吃药逐步演变为现在的无病也要吃“药”防病。药膳、食疗因此而风靡祖国的大江南北、名扬海内外。许多市民虽有药补不如食补的想法，却不能正确使用这些药食同源的药物，也不能鉴别认识这些药物；外国友人想学中医药、也想享受食疗这一人类文化遗产，但由于语言不通，而望而却步……鉴于此，我们按功能主治分类，系统收集整理了常用的药食同源的药物，详细介绍了每一味药的来源、性状鉴别、化学成分、性味归经、功能主治等，并介绍了每一味药具有代表性的药膳食谱，同时将其翻译成英文，这必将有利于国内外人们对这些功能性食品的鉴别和食用，为人类的健康事业作出微薄的贡献。

“医食同源”是我国中医药学中的重要观念之一。它反映了我国传统医学重视食物与健康、用膳与医疗的关系，将医学与食品学、药物学与营养学相结合的辨证观点。在《千金要方·卷二十六卷·食治》中云：“知其所犯，以食治之，食疗不愈，然后命药”。这是“食疗”一词的最初起源，但食疗的起源和使用，则早在神农尝百草之时就逐步形成。“医食同源”的思想源远流长，不仅对传统医学产生过重大影响，而且对现代医学和食品营养学仍有重大的现实意义。

现代的功能性食品，是药膳的继承和发展。近几十年来，食疗、药膳不仅在国内日益受到重视，并且风靡日本、韩国、新加坡及其他世界各国，正如日本医疗法人医食会理事长新居裕久博士在1994年首届亚洲药膳学会上所说：“日本冲绳岛人由于深受中国医食同源思想的影响，善用药膳，故心脑血管疾病患者甚少，长寿者居多。”食疗为人类的健康事业作出了巨大贡献，因此编撰、普及食疗具有重要的意义。

本书所收载的品种，是从卫生部公布的药食同源药物目录中筛选并结合作者多年的实践经验而选定，本书在力求科学性的同时，也追求如下特色：

图文并茂：对每一味药材除言简意赅的介绍了各味药的性状鉴别、功能主治等主要内容外，还配有该药的原植物图和饮片图，这样有利于人们在外出旅



游时对本品进行识别和采摘，同时也便于人们在市场上或药店里的识别和购买。

英汉对照：在介绍药物或食谱时，我们都将其翻译成英文，这样既利于中国人英汉对照学习英文，也有利于外国友人学习和使用。

适用性强：书中所收载的每一味药均列出了其来源、性状鉴别、化学成分、性味归经、功能主治、产地，并介绍了每一味药具有代表性的药膳食谱，这样适用人群增加，既利于中医药院校学生学习药物，又利于家庭主妇、外国友人等的购买和使用，可以让每一个翻阅此书的人对每一味药物有比较全面的认识 and 了解。

药方共存：本书不同于一般的药膳书，一般的食疗、药膳书，只是在介绍药膳的处方组成和制作方法，而不介绍每一味药的性状和鉴别。本书也不同于一般的本草书，一般的本草书只介绍药物鉴别、功能主治等，但不会附有药方。本书在介绍每一味药时，均附2~3个具有代表性的药膳方剂，以便于人们对药物的识别和使用。

《药食同源》编审工作，由南京中医药大学、成都中医药大学、四川外语学院、南京先声药物研究有限公司、贵阳医学院、四川省中医药研究院中医研究所、南京市中医院、南京大学贵州省药检所、贵州益佰制药有限公司、中国药科大学、山东先声麦得津生物制药有限公司、烟台开发区医院等单位，具有丰富理论知识和实际教学、科研、临床经验的专家、学者共同编写、翻译而成，书中几乎所有饮片和大部分药材原植物图，是由作者所拍摄而成。

本书在编撰过程中，参阅了《中药植物原色图鉴》、《中药鉴定学》、《中国药典》、《中华本草》等书籍，再此深表谢意。同时由于受知识面和写作水平的限制，时间也较为仓促，错误和遗漏之处在所难免，恳请广大读者斧正。

二〇〇六年春于金陵朝天宫



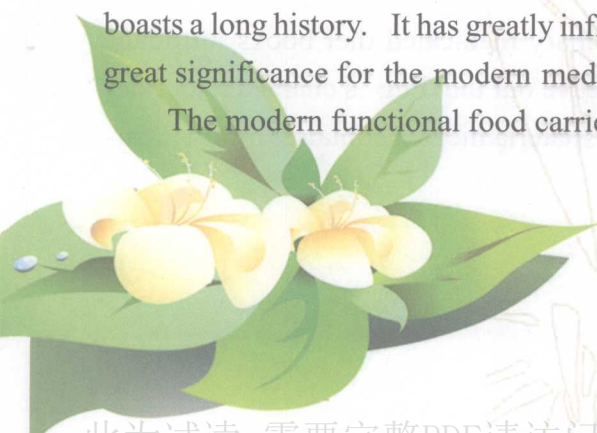


Preface

With the economic development and social progress, people's standard of living has been markedly elevated and the awareness of health care has been enhanced step by step. In the past, people would not go to the doctor when they got ill. However, nowadays, healthy people will take some medicine to prevent the body from illness. Therefore, medicated diet and dietetic therapy become popular all around the country and well known in the world. Many people know that diet cures better than medication, but they do not know how to correctly use and differentiate these edible drugs. Besides, language remains the principal obstacle for international friends who want to learn traditional Chinese medicine, this cultural heritage of mankind. Herein, we classify the drugs according to the effects and indications, systematically collect and arrange the edible drugs in common use, and give detailed description of drug's origin, characteristics, identification, chemical ingredients, channel tropism, effects and indications, etc. We have also introduced typical therapies of medicated diet and in the mean time have them translated into English, which offers a great convenience for the foreigners who are interested in the application of Chinese traditional medicine.

"Food and medication have the same origin" is one of the most important concepts of traditional Chinese medicine (TCM). TCM emphasizes the relationship between food and health, diet and medication. The fact that the medical science, pharmacy and nutriology are combined in the TCM practice reflects this dialectical view. "Dietetic therapy" first appeared in the 26th volume of *Qianjin Yi Fang*, which recorded, that "Illness should be treated by the dietetic therapy first. If the dietetic treatment can not cure the illness, medical treatment will be applied." However, the origin and application of dietetic treatment have come into being ever since the days when Shennong tasted a hundred herbs. "Food and medication have the same origin" boasts a long history. It has greatly influenced the traditional Chinese medicine. It is of great significance for the modern medical science, dietetics and nutriology.

The modern functional food carries on and develops the medicated diet. Recently,



medicated diet and dietetic therapy have not only attracted people's attentions in China, but also become a fashion in Japan, Korea, Singapore and other countries in the world. During the first session of the Asian Medicated Diet seminar in 1994, board chairman of the Japan medical and dietetic treatment organization said "people on the Okinawa Island are deeply influenced by Chinese concept that food and medication have the same origin. They are good at using medicated diet. People with cardiovascular disease are few and most people enjoy longevity." Dietetic therapy makes contribution to the health of mankind, therefore, it is significant to select and edit a book on dietetic treatment for its popularization.

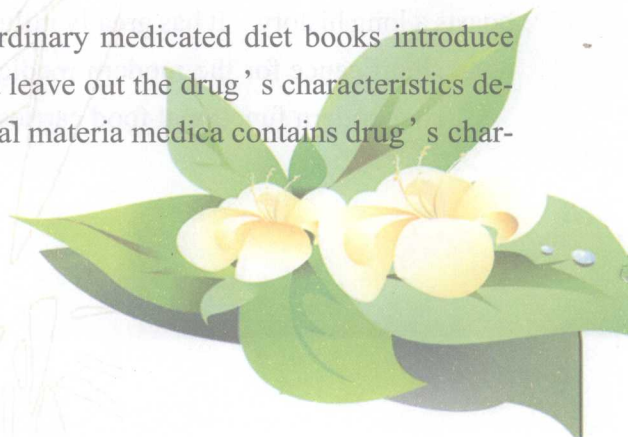
Traditional Chinese medicine collected in this book are selected from the list of edible drugs promulgated by the Ministry of Health, People's Republic of China. This book has the following characteristics:

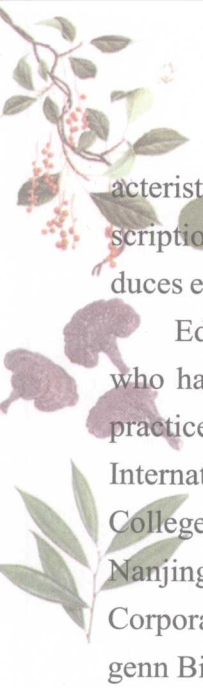
Pictures go with Descriptions: For each drug, apart from the detailed information on characteristics, identification, channel tropism, effect and indication, there are pictures of the original crud drug and the prepared drug. These pictures will help people to find and collect them when they are out on vacation. Meanwhile, these pictures will help people to differentiate the quality of traditional Chinese medicine when purchase in the drugstore.

English Translation Attached to the Chinese Version: When we introduce the drug and recipe of medicated diet, we have them translated into English, which helps not only people in China to learn the related English, but also foreigners to read and use.

High Applicability: The book lists the drug's origin, characteristics, chemical ingredients, channel tropism, action and indication, place of production and introduces the typical prescription and recipes of medicated diet. It is not only an important reference for the student of traditional Chinese medicine, but also a good reference for the housewives and foreigners. Reader can get a thorough understanding of each drugs when read through this book.

Drugs together with Prescriptions: The ordinary medicated diet books introduce the prescription and method of preparation and leave out the drug's characteristics description and identification. While the traditional materia medica contains drug's char-





acteristics description and identification, effects and indications but leaves out the prescription. This book attaches two to three typical recipes of medicated diet when introduces each drug.

Editing and proofreading work of this book is completed by experts and scholars who have solid theoretical foundation and rich experience in the TCM research and practice from the Nanjing University of TCM, Chengdu University of TCM, Sichuan International Studies University, Sincere Pharmaceutical Group, Guiyang Medical College, Sichuan TCM research center, Nanjing Traditional Chinese Medical hospital, Nanjing University, Guizhou Institute of Drug Control, Guizhou EBay Pharmaceutical Corporate Company Ltd, China Pharmaceutical University, Shandong Simcer-Medgenn Bio-pharmaceutical Co., Ltd. Hospital of Yantai Development Zone, etc. Most of the pictures of the prepared drugs and the original crude drugs are taken by the author.

We have consulted the *The Imitatively-Colored pictorial Handbook of Chinese Herb*, *Authentication of Traditonal Chinese Medicines*, *Chinese Pharmacopoeia* when editing. Heartfelt thanks goes to them. Mistakes and inaccuracies are inevitable because of time limit. We would appreciate any suggestions and advice from the readers and make improvement for the next edition.



目 录

总 论

General Introduction

一、食疗的发展历史	3
二、食疗的分类	3
三、食疗特点	5
四、食疗应用原则	5
五、食疗禁忌	6
六、常用食疗要诀	7
I .History of Chinese Dietetic Therapy	9
II .Classification of Chinese Dietetic Therapy	10
III.Characteristics of Dietetic Therapy	11
IV.Principles of Application	12
V.Contraindications of Dietetic Therapy	14
VI.Important Tips of Dietetic Therapy	15

各 论

MONOGRAPH

第一章 补益食疗药	19
CHAPTER ONE NOURISHING DRUGS	19
第一节 补气食疗药	19
1.1 QI-NOURISHING DRUGS	19
一、黄芪	19

Radix Astagali (huangqi)	20
二、人参	22
Radix Ginseng (Renshen)	24
三、西洋参	26
Radix Panacis Quinquefolii(Xiyangshen)	27
四、甘草	29
Radix Glycyrrhizae (Gancao)	30
五、白扁豆	32
Semen Lablab Album(Babiandou)	33
六、木瓜	34
Fructus Chaenomelis (Mugua)	35
七、芡实	37
Semen Euryales (Qianshi)	38
八、大枣	39
Fructus Jujubae (Dazao)	40
九、党参	42
Radix Codonopsis Pilosulae (Dangshen)	43
十、蜂蜜	45
Mei (Fengmi)	46
十一、太子参	48
Radix Pseudostellariae (Taizishen)	49
第二节 补血食疗药	51
1.2 BLOOD-NOURISHING DRUGS	51
一、阿胶	51
Colla Corii Asini (Ejiao)	53
二、龙眼肉	54
Arillus Longan(Longyanrou/Guiyuan)	55
三、当归	57
Radix Angelicae Sinensis (Danggui)	58
四、制何首乌	60
Radix Polygoni Multiflori Preparata (Heshouwu)	62
第三节 补阴食疗药	63
1.3 YIN-NOURISHING DRUGS	63
一、百合	63

Bulbus Lili (Baihe)	65
二、北沙参	67
Radix Glehniae (Beishashen)	68
三、枸杞子	70
Fructus Lycii (Gouqizi)	71
四、黑芝麻	73
Semen Sesami Nigrum (Heizhima)	74
五、黄精	75
Rhizoma Polygonati (Huangjing)	77
六、桑椹	79
Fructus Mori (Sangshen)	80
第四节 健脾益气食疗药	82
1.4 SPLEEN-INVIGORATING AND QI-REGULATING DRUGS	82
一、山药	82
Rhizoma Dioscoreae (Shanyao)	83
二、肉豆蔻	85
Semen Myristicae (Roudoukou)	86
三、薏苡仁	88
Semen Coicis (Yiyiren)	89
第五节 补阳食疗药	90
1.5 YANG-NOURISHING DRUGS	90
一、冬虫夏草	90
Cordyceps(dongchongxiacao)	92
二、蛤蚧	93
Concha Meretricis seu Cyclinae(Gejie)	94
 第二章 温里食疗药	97
 CHAPTER TWO WARMING INTERIOR DRUGS	97
一、八角茴香	97
Fructus Anisi Stellati (Bajiaohuixiang)	98
二、花椒	99
Pericarpium Zanthoxyli (Huajiao)	100
三、肉桂	102

Cortex Cinnamomi Cassiae (Rougui)	103
四、刀豆	105
Semen Canavaliae (Daodou)	106
五、丁香	107
Flos Caryophylli (Dingxiang)	108
六、小茴香	110
Fructus Foeniculi (Xiaohuixiang)	111
七、干姜	113
Rhizoma Zingiberis (Ganjiang)	114
八、高良姜	116
Rhizoma Apinae Officinarum (Gaoliangjiang)	117
九、胡椒	118
Fructus Piperis (Hujiao)	120
十、砂仁	121
Fructus Amomi (Sharen)	123

第三章 理气食疗药 125

CHAPTER THREE QI-REGULATING DRUGS 125

一、佛手	125
Fructus Citri Sarcodactylis (Foshou)	126
二、香橼	128
Fructus Citri (Xiangyuan)	129
三、玫瑰花	131
Flos Rosae Rugosae (Meiguihua)	132

第四章 化痰止咳平喘食疗药 133

CHAPTER FOUR COUGH-CHECKING,ASTHMA-SMOOTHING AND PHLEGM-RESOLVING DRUGS 133

一、白果	133
Semen Ginkgo (Baiguo)	134
二、昆布	136
Thallus Laminariae (Kunbu)	137