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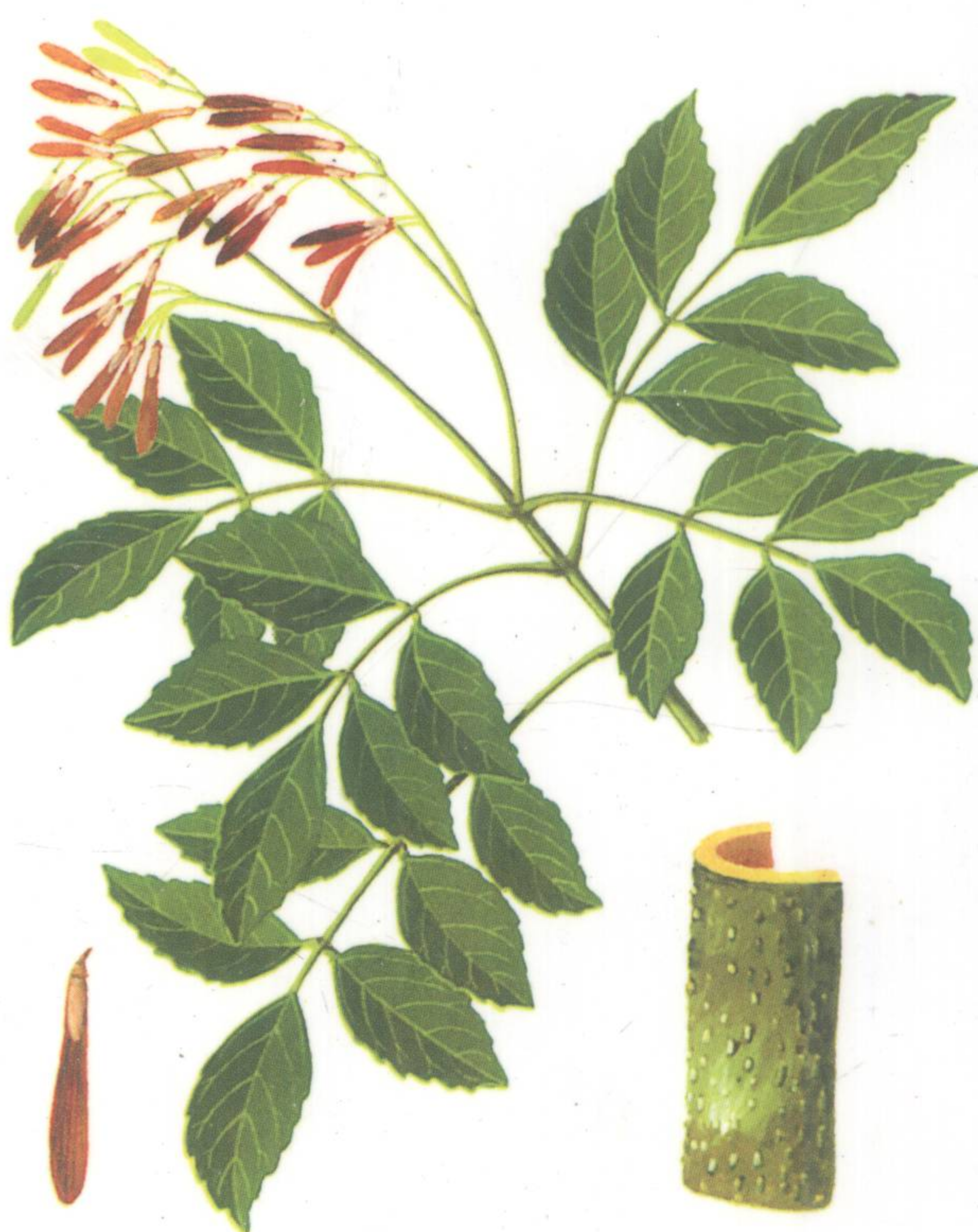
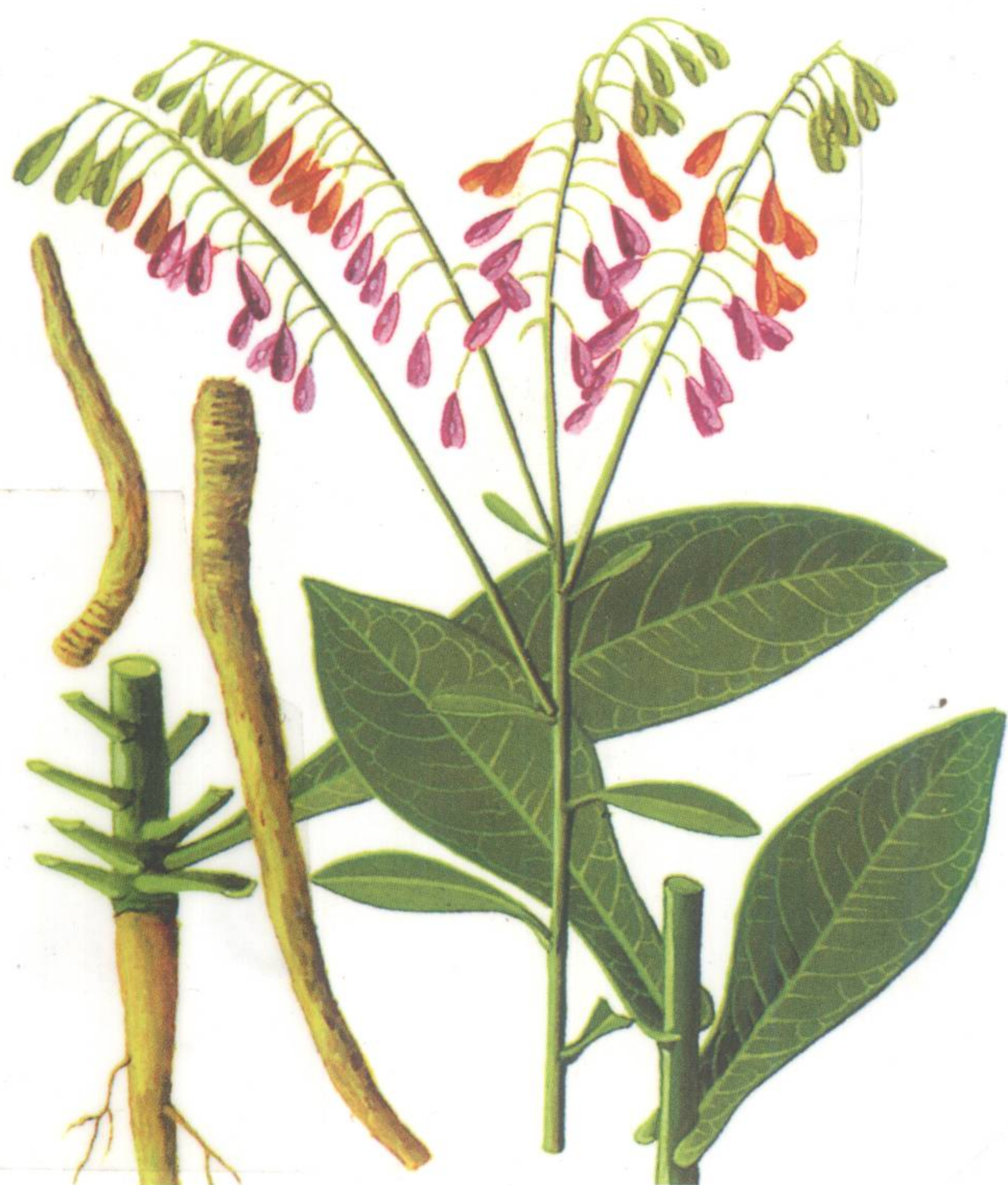
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本草綱目

COMPENDIUM
OF
MATERIA MEDICA
(Bencao Gangmu)
II



始也 次以集解辯疑正誤 詳其土產形狀也
次以氣味主治附方 著其體用也 上自墳典
下及傳奇 凡有相關 靡不備采 如入金谷
之園 種色奪目 如登龍君之宮 寶藏悉陳
如對冰壺玉鑑 毛髮可指數也 博而不繁 詳
而有要 綜核究竟 直窺淵海 茲豈僅以醫
書觀哉 實性理之精微 格物之通典 帝王之
秘籙 臣民之重寶也 李君用心嘉惠何勤哉
噫 砮玉莫剖 朱紫相傾 弊也久矣 故辯專
車之骨 必俟魯儒 博支機之石 必訪賣卜
予方著弇州言 惠博古如丹鉛 言後乏人也 何
幸觀茲集哉 茲集也 藏之深山石室 無當盍鏤
之以共天下 後世味太玄如子云者 時萬曆
歲庚寅春上元日 弇州山人鳳洲王世貞拜撰



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COMPENDIUM OF MATERIA MEDICA

(Bencao Gangmu)

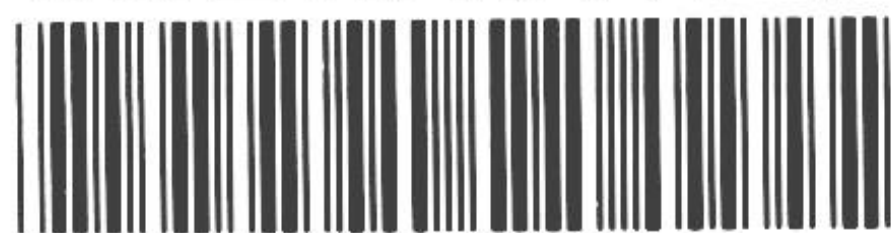
BOOK II

Compiled by Li Shizhen

Translated and Annotated by Luo Xiwen



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**Committee for the editing and publication of the English edition of
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Consultant: Xiao Xiaoming

Chairperson: Li Zhenguo

Executive Editors: Hu Kaimin Chen Yousheng

English Polishers: Paul White Geoffrey Murray Edward Jelks

May Fong Yee Kris Sri Bhaggiyadatta Lisa Buckley

English Editors: Liang Liangxing Xu Rong Kuang Peihua

Wang Zengfen Yu Ling He Jun Zhang Shaoning

Sun Lijie Yang Tingxuan Wang Qin Ouyang Weiping

English Proofreaders: Ren Lingjuan Fang Zhiyun Zhang Minjie Li Yao

Li Yong Li Fang

Cover Designer: Cai Rong

Production Supervisor: Han Shaoyi

Home Page:

<http://www.flp.com.cn>

E-mail Addresses:

info@flp.com.cn

sales@flp.com.cn

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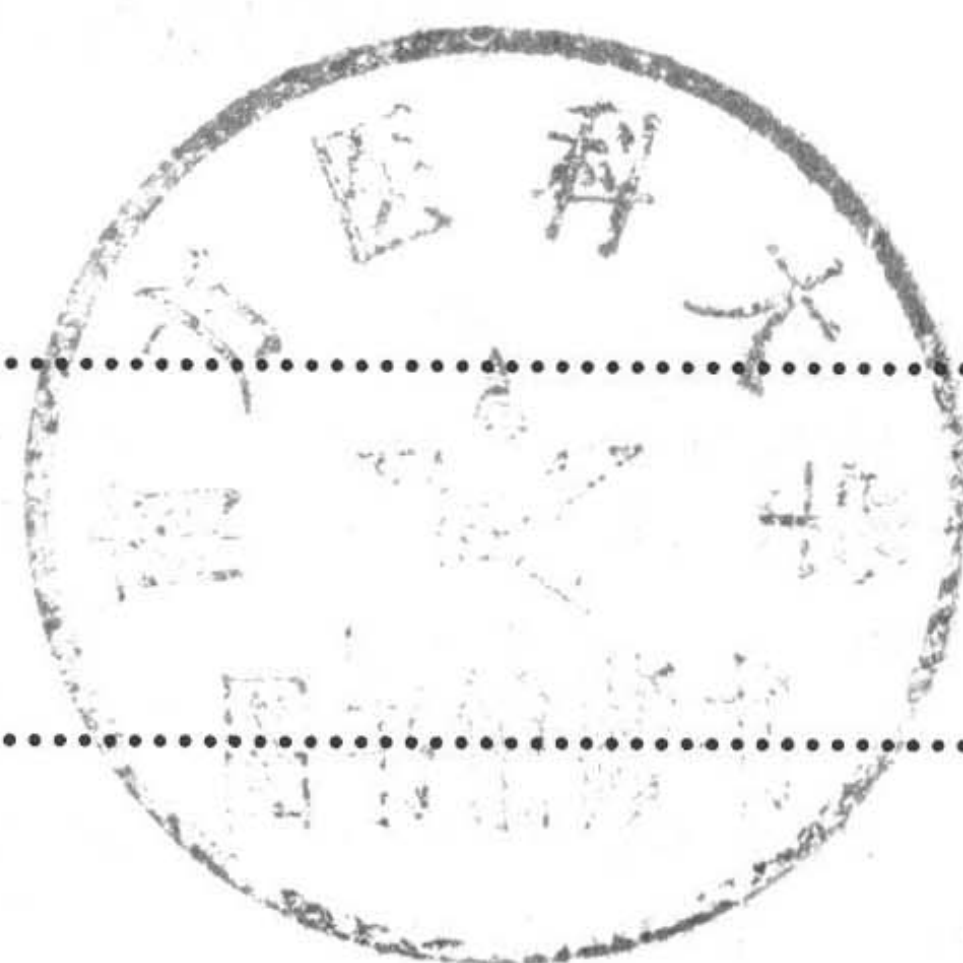
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The CATEGORY OF WATERS

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Li Shizhen: Water pertains to the symbol Kan in the Eight Trigrams. When it is drawn vertically, it is like this: ☵ ; and when it is drawn horizontally, it is like this: ☶. The property of Water is pure Yin, and its application is pure Yang. When Water goes upward, it becomes rain, dew, frost and snow; and when it descends, it becomes seas, rivers, fountains and wells. When Water flows, comes to a standstill, and becomes cold or warm, the quality pertaining to it changes accordingly. When Water becomes sweet, tasteless, salty or bitter, the tastes added to it are different. Therefore, ancient people made differentiations regarding the Waters and Earth of the Jiuzhou (nine prefectures, or the nine geographical areas of ancient China) so as to designate the people living in these areas as pretty or ugly, short-lived or long-lived. This is because Water is the source of all evolutions, and Earth the mother of all things under Heaven. People drink Water and eat the things produced by Earth. Food and drink are of vital importance to human life. Nutrient essence and body resistance rely on them. Therefore, it was well put: When Water is not in good supply, nutrient essence will be exhausted; when cereals are absent, body resistance will evanesce. The quality and taste of Water is something a doctor should study and watch closely, as it is such an important factor in human life. Collected in this volume are 43 kinds of Waters, divided into two parts: Waters from Heaven and Waters from Earth.

In previous Bencao works, there were altogether 32 kinds of Waters, divided into the categories of Jade and Stones.

The Waters in this volume are collected from the following works:

Two are from the *Mingyi Bielu* (*Records of Famous Doctors*) by Tao Hongjing;

26 are from the *Bencao Shiyi* (*Supplement to Materia Medica*) by Chen Cangqi;

4 are from the *Jiayou Bencao* (*Materia Medica of Jiayou*) by Zhang Yuxi; and

11 are from the *Bencao Gangmu* (*Compendium of Materia Medica*) by Li Shizhen.

The following works are taken as references:

— *Li Dangzhi Yaolu* (*Li Dangzhi's Herbal Compendium*) of the Wei Dynasty.

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

— *Lei Gong Paozhilun* (*Lei Gong's Treatises on the Preparation of Drugs*) by Lei Xiao of the Song Dynasty.

— *Lei Gong Yaodui* (*Lei Gong's Pharmaceutical Studies*) by Xu Zhicai of the Qi Dynasty.

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*) by Su Gong of the Tang Dynasty.

— *Qianjin Yaofang* (*Prescriptions Worth a Thousand Gold*) and *Qianjin Yifang* (*Supplement to the Prescriptions Worth a Thousand Gold*) by Sun Simiao of the Tang Dynasty.

— *Haiyao Bencao* (*Materia Medica of Marine Drugs*) by Li Xun of the Tang Dynasty.

— *Yaoping Bencao* (*Medical Properties of Materia Medica*) by Zhen Quan of the Tang Dynasty.

— *Shanfan Bencao* (*Simplified Materia Medica*) by Yang Sunzhi of the Tang Dynasty.

— *Shiliao Bencao* (*Meng Xian's Dietetic Materia Medica*) by Meng Xian of the Tang Dynasty.

— *Shixing Bencao* (*Chen Shiliang's Dietetic Materia Medica*) by Chen Shiliang of the Southern Tang Dynasty.

— *Shu Bencao* (*Materia Medica of the Shu State*) by Han Baosheng of the State of Shu.

— *Kaibao Bencao* (*Materia Medica of Kaibao*) by Ma Zhi of the Song Dynasty.

— *Tujing Bencao (Illustrated Materia Medica)* by Su Song of the Song Dynasty.

— *Zhenglei Bencao (Materia Medica of Zhenglei)* by Tang Shenwei of the Song Dynasty.

— *Bencao Yanyi (Materia Medica Annotated by Kou Zongshi)* of the Song Dynasty.

— *Da Ming Rihua Bencao (Materia Medica by Da Ming)*.

— *Jiegu Zhenzhunang (Materia Medica of Zhang Jiegu)* by Zhang Yuansu (Jiegu) of the Jin Dynasty.

— *Yongyao Faxiang (Principles of Drug Use)* by Li Gao of the Yuan Dynasty.

— *Tangye Bencao (Materia Medica of Decoctions)* by Wang Haogu of the Yuan Dynasty.

— *Bencao Yanyi Buyi (Zhu Zhenheng's Supplement to the "Materia Medica Annotated by Kou Zongshi")* of the Yuan Dynasty.

— *Shiwu Bencao (Food Materia Medica by Wang Ying)* of the Ming Dynasty.

— *Bencao Huibian (Collection of Bencao Works)* by Wang Ji of the Ming Dynasty.

— *Bencao Jiyao (Outline of Materia Medica)* by Wang Lun of the Ming Dynasty.

THE CATEGORY OF WATERS

(I) Waters from Heaven: 13 Drugs

DRUG 05-01:

YUSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-02:

LIAOSHUI

— *Bencao Gangmu (Compendium of Materia Medica)*.

DRUG 05-03:

LUSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-04: GANLU

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-05:

GANLUMI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-06:

MINGSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-07:

DONGSHUANG

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-08:

LAXUE

— *Jiayou Bencao (Materia Medica of Jiayou)*.

DRUG 05-09:

BAO

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-10:

XIABING

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-11:

SHENSHUI

— *Bencao Gangmu (Compendium of Materia Medica)*.

DRUG 05-12:

BANTIANHE

— *Mingyi Bielu (Records of Famous Doctors)*.

DRUG 05-13:

WULUSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

THE CATEGORY OF WATERS

(II) Waters from Earth: 30 Drugs

DRUG 05-14:

LIUSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

DRUG 05-15:

JINGQUANSHUI

— *Jiayou Bencao (Materia Medica of Jiayou)*.

DRUG 05-16:

JIEQISHUI

— *Bencao Gangmu (Compendium of Materia Medica)*.

DRUG 05-17:

LIQUAN

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

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— *Bencao Shiyi (Supplement to Materia*

Medica by Chen Cangqi).

DRUG 05-19:

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— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

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WENTANG

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-21:

BIHAISHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-22:

YANDANSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-23:

AJINGSHUI

— *Bencao Gangmu (Compendium of Materia Medica).*

DRUG 05-24:

SHANYANQUANSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-25:

GUZHONGZHONGSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-26:

LIANGYINGZHONGSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-27:

CHILONGYUSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-28:

CHEZHEZHONGSHUI

— *Bencao Gangmu (Compendium of Materia Medica).*

DRUG 05-29:

DIJIANG

— *Mingyi Bielu (Records of Famous Doctors).*

DRUG 05-30:

RETANG

— *Jiayou Bencao (Materia Medica of Jiayou).*

DRUG 05-31:

SHENGSHOUTANG

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-32:

JISHUI

— *Bencao Gangmu (Compendium of Materia Medica).*

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JIANGSHUI

— *Jiayou Bencao (Materia Medica of Jiayou).*

DRUG 05-34:

ZENGQISHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-35:

TONGHUDILOUSHUI

— *Bencao Gangmu (Compendium of Materia Medica).*

DRUG 05-36:

SANJIAXIWANSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-37:

MODAOSHUI

— *Bencao Gangmu (Compendium of Materia Medica).*

DRUG 05-38:

JINLANSHUI

— *Bencao Gangmu (Compendium of Materia Medica).*

DRUG 05-39:

ZHUCAOZHONGSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-40:

SHIMENNIKENGSHUI

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

DRUG 05-41:

XISHOUZUSHUI

— *Bencao Gangmu (Compendium of Materia Medica).*

DRUG 05-42:

XIERTANG

— *Bencao Gangmu (Compendium of Materia Medica).*

DRUG 05-43:

ZHUSHUIYOUUDU

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

PRESCRIPTIONS appended to this volume:

Eighteen prescriptions are collected from previous works.

Forty-seven prescriptions are newly collected.

DRUGS QUOTED AS REFERENCE:

TIEJIANG (08-27).

CUITIESHUI (water in which hot iron has been quenched)

YUQUAN (08-29-2).

SHINAOYOU (09-27).

JUTANSHUI

SHIZHONGHUANGSHUI (10-07).

OUMATANG, OUMAZHI (water in which hemp has been soaked).

MIGANSHUI (water in which rice has been washed).

JIU (wine).

Cu (vinegar).

XINGTANG (saccharum granorum/malt extract).

SHATANG (sacchari albicans/sugar).

CHA (gemma et folium camelliae/tea bud and leaf).

Mi (mel/honey).

QIUYINSHUI (water in which Qiuyin/lumbicus/earthworm has been soaked).

WONIUSHUI (water in which Woniu/eulota/snail has been soaked).

SAOSITANG (water in which a silk cocoon has been boiled).

LUOSHISHUI (water in which Luoshi/herba trachelospermi/stem of chinese starjasmine has been soaked).

XIANZISHUI (water in which Xian/corbicula fluminea/freshwater clam has been soaked).

XUNJITANG (soup in which a chicken has been boiled).

XUNZHUTANG (soup in which pork has been boiled).

XIKUNSHUI (water in which underpants have been washed).

XIEHUAQISHUI (water from lacquer dissolved by crab ovaries).

BAOYISHUI (amniotic fluid).

THE CATEGORY OF WATERS

(I)

Waters from Heaven: 13 Drugs

DRUG 05-01

YUSHUI

Rain water

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

[Explanation of Names]

Li Shizhen: When Vital Energy from Earth ascends to the sky, it becomes cloud. When Vital Energy from Heaven descends, it becomes rain. As a classical work puts it, human perspiration is equivalent to rain in nature.*

* This is a quotation from the *Canon of Medicine of the Yellow Emperor*, which compares the mechanism of human perspiration to that of rain in nature. When there is no water in the body, there will be hardly any perspiration, just as when the weather is very dry, rain is not possible as there is no source (cloud).

[Quality and Taste]

Salty, plain and nontoxic.

DRUG 05-01-1

LICHUNYUSHUI

Rain water at the Beginning of Spring.

[Indications]

Chen Cangqi: If both husband and wife drink a cup of such water before intercourse, the wife will be able to conceive. It is miraculously effective.

Li Shizhen: This water is good for simmering drugs aimed at dispersing exogenous pathogenic factors and drugs to tonify the Interior and reinforce the Vital Energy.

[Explication]

Li Shizhen: Yu Tuan says in his *Yixue Zhengzhuan (Orthodox Medicine)* that the rain water on the day known as the Beginning of Spring has the quality of germination and growth, as spring is such a season. Therefore, it is suitable for simmering drugs aimed at tonifying the Interior Vital En-

ergy and enabling the lucid Vital Energy to ascend. In ancient times, when a married woman had no child for a long time, the husband and wife would drink a cup of such water each before intercourse. This helped conception. This is because such water has the property of bringing on the germination and growth of all things under Heaven.

DRUG 05-01-2

MEIYUSHUI

Plum rain

[Indications]

Chen Cangqi: This water is good for treating skin sores and scabies and eliminating cicatrices by washing the affected part with it. In making Jiang/miscellus amylum preparatum/paste, adding this water will accelerate the process.

[Explication]

Chen Cangqi: In the areas south of the Huaihe and Yangtze rivers, the weather is humid and the land is low-lying. In the early period of the fifth lunar month to the later period the month, it is especially humid, as it rains. This is the month of heat and humidity. This is the normal weather in the fifth lunar month in that area. After that period, people have to move out their books and paintings and dry them in the sun. The plum rain is so virulent that when clothes are wet by it they turn rotten and black. When you wash the clothes, the water is heavily stained, as if there is ash in it. This is really a different kind of water from that of other places. To remove such stains, wash the clothes with a decoction of Meiye/folium mume/leaf of japanese apricot. All the dirt will be easily washed away. There is no other way to do it.

Li Shizhen: The plum rain, or otherwise called "moldy rain" is a liquid that makes clothes and other things go moldy. On the first Ren day* after the solar term Mangzhong (June 6), the plum rain season begins, and finishes on the first Ren day after the solar term Slight Heat (July 7). Also, people call the third lunar month the season to meet the plum rain, and the fifth lunar month, the season to send away the plum rain. The plum rain is caused by the accumulation of pathogenic heat and humidity, and becomes incessant drizzle. Exposed to such rain, human beings will contract diseases, and things will get moldy. This

water is no good for making wine or vinegar with. Chen Cangqi said, "This is the normal weather in the fifth lunar month in that area," which is not very accurate. He should have said that it is the normal weather in the sixth lunar month in that area, as the area is extremely humid and hot in the sixth month.

* Ren day: This is one of the days of the 10 heavenly stems. According to the ancient Chinese calendar, the 10 heavenly stems, represented by Jia, Yi, Bing, Ding, Wu, Ji, Geng, Xin, Ren and Gui and the 12 earthly branches, form five groups of 12-day cycles, making an overall cycle of 60 days. So the Ren day is a day in that cycle, namely, the 11th day of the first cycle.

DRUG 05-01-3 YEYUSHUI

Winter rain

[Indications]

Li Shizhen: This water is good for killing all kinds of worms and parasites. It is good for simmering drugs aimed at killing worms and parasites and drugs to clear accumulation and stagnation.

[Explication]

Li Shizhen: Ten days after the solar term Beginning of Winter (November 7) the period Ye arrives, which fades away on the day of Slight Snow (November 22). When there is rain, it is called Yeyu, or Yaoyu (rain with medicinal property). All worms, after being exposed to this rain, will go into hibernation, and will wake up the following spring, when thunder roars.

DRUG 05-02 LIAOSHUI

Accumulated rain water

— *Bencao Gangmu* (Compendium of Materia Medica).

[Explanation of Names]

Li Shizhen: Accumulation of rain water is called Liaoshui. Incessant rainfall makes Liaoshui. Han Tuizhi says in one of his poems: Sudden accumulation of rain water has no definite source. When it is flooding everywhere in the morning, it may retreat totally in the evening. That is Liaoshui.

[Quality and Taste]

Sweet, plain and nontoxic

[Indications]

Li Shizhen: This is good for simmering drugs aimed at regulating the function of the Spleen and Stomach, and drugs for dispersing pathogenic Humidity and Heat.

[Explication]

Cheng Wuji: Master Zhang Zhongjing used Decoction of Mahuang Lianzhao Chixiaodou Tang* to treat febrile diseases caused by Cold with accumulated Heat and yellowish complexion. This decoction should be stewed with Liaoshui water. This is because Liaoshui is plain in taste, and must not be given a chance to reinforce the pathogenic Humidity.

* Decoction of Mahuang Lianzhao Chixiaodou Tang, a prescription in *Treatise on Febrile Diseases Caused by Cold*, is composed of:

Mahuang/herba ephedrae/ephedra,
Lianzhao/radix forsythiae/root of weeping forsythia,
Chixiaodou/semen phaseoli/rice bean,
Gancao/radix glycyrrhizae/licuorice root,
Zibaipi/cortex catalpae ovatae radicis/root-bark of ovate catalpa,
Xingren/semen armenicae amarum/bitter apricot seed,
Shengjiang/rhizoma zingiberis recens/fresh ginger, and
Dazao/fructus jujubae/chinese date.

DRUG 05-03 LUSHUI

Dew

— *Bencao Shiyi* (Supplement to Materia Medica by Chen Cangqi).

[Explanation of Names]

Li Shizhen: Dew is the liquid of Yin Vital Energy. When Vital Energy at night touches substances around the roads, it becomes moistened, hence the dew.

[Quality and Taste]

Sweet, plain and nontoxic.

[Indications]

Chen Cangqi: In late winter, when dew is heavy, place a plate to gather it. Stew the dew

until it becomes dense and tastes as sweet as Yitang/saccharum granorum/malt extract. This will prolong the life of a person, and he will not feel hungry.

Yu Tuan: Winter is a season of astringent and killing characteristics. Dew collected at this time also has such properties. Therefore, it is good for stewing drugs aimed at moisturizing the Lung and killing the noxious agents. Also it is good to blend powder drugs for treating tinea, scabies, sores and parasites.

DRUG 05-03-1

BAICAOTOUSHANGQIULU

Autumn dew on a hundred types of grass and herbs

Chen Cangqi: Collect the dew in good time. It is good for treating a hundred diseases and quenching thirst in persons suffering from diabetes. Taking it frequently will make a person feel light and comfortable in moving his body, and not hungry. He will have lustrous and moist skin and muscles. This dew can be processed with Yunmu/muscovitum/muscovite.

Li Shizhen: Collect the dew on the first day of the eighth month. Grind Mo (Chinese ink, 07-51) together with the dew. Apply to the temples to stop headache. Apply to the acupoint Gaohuang (UB 43) to treat consumptive and infectious diseases. This is the therapy of Tianjiu (crude herb moxibustion).

DRUG 05-03-2

BAIHUASHANGLU

Dew on a hundred flowers

Chen Cangqi: It is good for maintaining a healthy complexion.

DRUG 05-03-3

BAIYESHANGLU

Dew on Baiye/cacumen biotae/leafy twigs of chinese arborvitae

CHANGPUSHANGLU

Dew on Shichangpuye/folium acori graminei/leaf of grassleaf sweet flag

Li Shizhen: Both the above items are good for improving the eyesight. Make a decoction and wash the eyes with it daily.

DRUG 05-03-4

JIUYESHANGLU

Dew on Jiuye/folium allii tuberosi/leaf of tuber onion

Li Shizhen: This is good for eliminating vitiligo. Apply to the affected part daily.

DRUG 05-03-5

LINGXIAOHUASHANGLU

Dew on Lingxiaohua/flos campsisn gradiflorae/flower of chinese trumpetcreeper

Li Shizhen: This flower can harm the eyes.

[Explication]

Chen Cangqi: Xue Yongruo, in his *Xu Qixieji*, records that Mr. Deng Shao (with the official title Sinong) went to climb Mount Huashan early one morning in the eighth month, and saw a boy collecting dew drops from Baiye/cacumen biotae/leafy twigs of chinese arborvitae, and putting them in a colored bag. Mr. Deng asked the boy why he was collecting the dew drops. The boy replied, "Master Chisong ordered me to do so. He uses the dew to improve his eyesight." This is the origin of the present-day custom of making colored bags for dew collection early in the morning in the eighth month. Again, it is recorded in Guo Xian's *Dongming Ji* that in the reign of Emperor Wu of the Han Dynasty, there was a state called Jiyun where grew a kind of wondrous herb called Yiyuncao. It was said to be a drug of immortality. When the sun shone on the herb, it turned into five colors. Mr. Dongfang Shuo (a famous scholar) managed to get three kinds of dew — black, blue and yellow. He collected five *ge* each of these types of dew in separate containers, and presented them to the emperor. The emperor shared the dew with his ministers. All reported that they recovered from different kinds of diseases after taking the dew. Mr. Dongfang Shuo explained, "At the time when the sun is rising, all the dew takes in sweetness." Nowadays, people stew dew until it becomes as sweet as Yitang/saccharum granorum/malt extract. Taking such dew is beneficial to the health. People will not feel hungry if they take it for a long time. The *Lüshi Chunqiu* records that among all waters, there is something that is really good. That is the dew of Sanwei, which is heavier than ordinary water.

Li Shizhen: The best-quality wine is made with autumn dew. It is said Sage Gushe lived by breathing the wind and drinking the dew. Once Emperor Wu of the Han Dynasty ordered a golden plate made to gather dew. Blended with

Yuxie/nepherifum/nepherite grains, the dew was presented to the throne. Yang Guifei (concubine of Emperor Xuanzong of the Tang Dynasty) sipped dew drops from flowers every morning to quench her thirst and dispel drunkenness. I have heard that in Fanguo (countries in ancient western China or Western countries) there is a beverage called Qiangweilu (liquid of Qiangwei/rosa multiflora/japanese rose), which is said to be made of the dew on that flower. Whether it is true or not can not be ascertained at the moment.

Chen Cangqi: Autumn dew or spring rain that gathers on grass is good for treating those who suffer from skin sores and injuries. Touching the dew or rain will relieve the pain and itching immediately. But if the patient is suffering from a febrile disease caused by Wind or attack of toxic fluid, he will act vigorously and will have opisthotonos once his body touches the dew and rain on grass. The treatment of such trouble is as follows: Blend Yanchi (salted Douchi/semen sojae preparatum/fermented soybean) with wheat flour to make a paste. Cover the affected part with the paste and practise moxibustion over the paste. Use 100 moxa sticks. Shortly afterwards, several liters of noxious fluid will be secreted. Then the patient will begin to sense pain and itching. He will be all right after this.

DRUG 05-04 GANLU

Sweet dew

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

[Explanation of Names]

Other names of the drug are as follows:

GAOLU — *Compendium of Materia Medica.*

RUILU — *Compendium of Materia Medica.*

TIANJIU — *Compendium of Materia Medica.*

SHENJIANG.

Li Shizhen: According to *Ruiying Tu*, Ganlu is a kind of wonderful dew. It is the essence of the divine spirit, a presentation of general benevolence and good fortune. It is as greasy as butter, and tastes as sweet as Yitang/saccharum granorum/malt extract. Therefore, it is called Gaolu (paste dew), Ruilu (dew of good fortune) Tianjiu (heavenly wine) and Shenjiang (juice of

divination). *Zhongxing Shu* of the Jin Dynasty says that when an emperor or a king respects the aged people in the country, Ganlu descends on pine and cypress trees. When talented people are respected and general benevolence is practised, Ganlu descends on bamboos and reeds. *Liexing Tu* says that when the Tianru star becomes bright, Ganlu will descend. All the above sayings testify that when general benevolence prevails, Ganlu will descend. In the *Lüshi Chunqiu*, it says that among the waters there is something that is really good. That is the dew of Sanwei. And the most harmonious is the dew of Jieyu. It is purple dew. The *Shiyi Ji* records that in the Kunlun Mountains there is Ganlu which looks red. When it is attached to grass or wood, it becomes crystal, and looks like snow. The *Shanhai Jing (Book of Mountains and Seas)* records that in the fertile land the people of a tribe called Yaoshan all drank Ganlu. People who were 800 years old were not uncommon among them. The *Yitong Zhi* says that in Mongshan in Yazhou Prefecture there is always Ganlu. The above records show that Ganlu is something that often appears in different locations of the country. Mr. Du Gao said that Ganlu is not something presaging good fortune; it is something that appears when grass and herbs are withering and have their essence secreted suddenly to the outside of the plant. This is called Quexing. I think Mr. Du is quite right.

[Quality and Taste]

Sweet, cold and nontoxic

[Indications]

Chen Cangqi: This dew can nourish the five Viscera (Liver, Heart, Spleen, Lung and Kidney), and prolong life. The patient will not feel hungry, and will become an immortal.

DRUG 05-05 GANLUMI

Honey of sweet dew

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

[Previous Explanations]

Chen Cangqi: This is produced in the place Jueyu in the Baxi area. It looks like Yitang/saccharum granorum/malt extract.

Li Shizhen: According to *Fangguo Zhi*, it is collected in autumn in Dashi (Tazi, a name for Arabia in ancient China). Dried in the sun, it becomes crystallized sugar. In the *Yitong Zhi* it is recorded: In the west there is a place called Samarhan where there is a kind of wild grass with leaves similar to *Lanye/foolium eupatorii/leaf of fortune eupatorium*. In autumn when dew gathers on the leaves, it can be collected. It tastes like honey. It is stewed until it crystallizes. In the local language, it is called "dajigubin." This is Ganlumi, which is similar to Cimi (33-09). Also, refer to the "Category of Fruits."

DRUG 05-06 MINGSHUI

Mingshui water

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

[Explanation of Names]

Another name:

FANGZHU SHUI/Fangzhu water

Chen Cangqi: Fangzhu is a kind of big shell. Rub the shell until it becomes hot. Place it in the moonlight and collect two or three *ge* of water. It is similar to morning dew. Ancient people collected fire by making Yangsui (a metal device to focus the sunlight to start a fire) face the sun, and collected water by placing Fangzhu to face the moon. The *Zhou Li (Rites of the Zhou Dynasty)* records that Fangzhu could be used to collect water from the moon, and long-stored food could evolve into wine.

Li Shizhen: Mingshui water, meaning clear and pure water, is a kind of water with an aura of the greatest respect, which can be used in religious ceremonies. The *Zhou Li (Rites of the Zhou Dynasty)* records that the Sihui Shi (an official title) got fire by Yangsui from the sun and water by Fangzhu from the moon to worship the ancestors with the greatest respect. Wei Boyang, in his *Zhouyi Cantong Qi*, said that, to get fire by means of Yangsui, you must have sunlight; and to get water by means of Fangzhu, you must have the moon and stars. The *Huainanzi* records that, facing Fangzhu to the moon, dew will be collected. Some annotators think that Fangzhu is a kind of stone, others think that it might be a big shell or something made of five kinds of stones. None of these

guesses is correct. The *Kaogong Ji* records that Yangsui and Fangzhu are made of equal ingredients of Tong/cuprum/copper and Xi/stannum/tin. Gao Tanglong says that Yangsui (or Yangfu) is something that gathers fire from the sun, and Fangzhu (or Yinsui, Yinfu) is something gathering water from the moon. Both of them are made of Tong/cuprum/copper. They are also called the Mirror of Water and the Mirror of Fire, respectively. This could be the correct explanation. The *Ganbao Soushen Ji* records that the qualities and characteristics of Jin/aurum/gold and Xi/stannum/tin are similar. Yangsui is made during the Shichen (two-hour period) of Wu on the Bingwu day of the fifth month. Yinsui is made during the Shichen of Zi on the Renzi day of the 11th month.

[Quality and Taste]

Sweet, cold and nontoxic

[Indications]

Chen Cangqi: It improves the eyesight and tranquilizes the Heart. Also, it eliminates infantile restlessness with fever and quenches thirst.

DRUG 05-07 DONGSHUANG

Winter frost

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

[Explanation of Names]

Li Shizhen: When Yin prevails, dew freezes into frost. Frost is something that can kill creatures, while dew is, on the contrary, something that can nourish creatures. Their quality of killing and nourishing changes with time. *Qianxiang Zhan* says, "When Vital Energy in Heaven descends, it becomes dew. When the wind blows on it, it evolves into frost. Frost kills creatures and disperses noxious agents. When frost should descend and kill creatures but it fails to do so, it shows that nature is losing its normal function of killing, as its administration of natural matters is loose and not properly organized. But at other times when frost does not descend to kill creatures, but arrives earlier than normal, it shows that nature is too urgent and fierce in exercising its function of killing. Both conditions are considered abnormal. Xu Shen, in his *Shuo*

Wen, said that early frost is named "nian," and white frost is named "ai." There is also "xuanshuang."

Chen Cheng: When frost is to be collected, use a chicken feather to scoop it into a bottle. Seal the bottle, and keep it in a shady place. It will be well preserved even after a long time.

[Quality and Taste]

Sweet, cold and nontoxic

[Indications]

Chen Cangqi: It is good for relieving pathogenic Heat arising from alcoholism, with a flushed face. It also treats stuffy nose in cases of febrile diseases caused by Cold.

Chen Cheng: Blend the drug with Bangfen/caro anodonate/meat powder of freshwater clam. Apply to treat skin sores and millaria and reddish swelling under the armpits. It works immediately.

[Prescription]

One prescription collected recently.

Prescription 05-07-1: To treat malaria with chills and fevers, take 1.5 *qian* of frost collected in late autumn with hot wine.

— *Jixuan Fang*.

DRUG 05-08 LAXUE

Winter snow, snow collected in the La period (the coldest period of winter)

— *Jiayou Bencao (Materia Medica of Jiayou)*.

[Explanation of Names]

Li Shizhen: According to Liu Xi's *Shi Ming*, snow is something that washes, if analysed philologically. It washes away (disperses) miasma, epidemics, worms and locusts. Common flowers have five petals, but snowflakes have six petals. And six is a Yin number. The La (12th lunar month) season begins on the third Wu (five) day after the Winter Solstice (December 21). The three snowfalls before the La season are especially good for vegetables and wheat, helping kill worms and locusts. When Laxue (snow collected in the La period) is collected and sealed, it can be kept intact even for decades. Melting the snow and soaking seeds of the five cereals in it will enable the seeds to get rid of worms and resist drought. Placing the snow on a dinner table will

even drive away flies. It can also be used to preserve fruits. After such preservation, the fruits will be free from moths. From this we can see that winter snow killing the ova of locusts is a reasonable inference.

Chen Cangqi: Snow collected in spring is no good, as it is mingled with worms and easily decays.

[Quality and Taste]

Sweet, cold and nontoxic

[Indications]

Chen Cangqi: It is good for neutralizing all sorts of toxins, and treating epidemic febrile diseases caused by Heat and infantile epilepsy due to attack of pathogenic Heat, with severe crying. It is also good for treating attack after taking alchemical drugs; and is effective for treating sudden onset of fever due to alcoholism, and jaundice. Heat the snow until it becomes warm, and take warm.

Zhang Congzheng: It can be used to wash pink eye.

Wu Rui: Use laxue to make tea or stew porridge, so that it can better quench the thirst and disperse heat.

Li Shizhen: It is good for stewing drugs for treating febrile diseases caused by Cold and heatstroke, and for treating millaria by rubbing the affected part with the drug.

[Explication]

Kou Zongshi: Laxueshui, water from melting winter snow, is something with the coldest quality. So it is good for treating the diseases mentioned above (as all of them are of a very hot nature).

DRUG 05-09 BAO

Hailstone

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*.

[Explanation of Names]

Li Shizhen: Cheng Zi said that hailstones are a result of the struggling of the Yin and Yang vital energies, or a conflict phenomenon. Some people thought that hailstones resemble the bullets of a gun. Zeng Zi said that when the Yang vital energy accumulates, it evolves into hailstones, while the Yin Vital Essence collects,

it takes the form of sleet. Lu Nongshi said that when Yin envelopes Yang, it becomes hailstones, and when Yang envelopes Yin, it becomes sleet. Snowflakes have six petals, while hailstones first have three petals and then form themselves into balls. This is the result of Yin and Yang evolution. *Wulei Jing* says that hailstones are formed when the Yin and Yang vital energies are not in good harmony. People say that the scales of a lazy dragon are included in the process of hailstone formation. When extreme cold prevails, water evolves into ice, and, motivated by thunder, it falls down as hailstones as big as *dou* or *sheng* measures or as small as bullets. Someone said that when a lizard holds water, it can make hailstones. Who knows whether it is true or not?

[Quality and Taste]

Salty, cold and toxic

Li Shizhen: According to the *Wulei Jing*, if people eat hailstones, they will be apt to contract such diseases as epidemics, depressive psychosis and epilepsy.

Chen Cangqi: In making Jiang/miscellus amy-lum preparatum/paste, if it is found that the paste does not have its normal flavor, one or two *sheng* of hailstones can be put into the jar, which will restore the original flavor.

DRUG 05-10

XIABING

Summer ice, ice preserved until summer

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

[Explanation of Names]

LING (ice)

Li Shizhen: Ice is the essence of Initial Yin. When water goes its extreme, it becomes solid in the shape of earth. Therefore, it evolves from the softest condition (liquid) to the hardest condition, showing that things evolve when they reach their extremes. The Chinese character Bing (ice) is formed of two parts: One part is Shui (water). According to *Zhou Li (Rites of the Zhou Dynasty)*, the Lingren (an official title) was the one who controlled the supply of ice for worshipping the ancestors or entertaining guests. The *Zuo Zhuan* records that in ancient times, when the sun was shining in the northern territory (in

the winter time) people began to gather ice and store it. When the sun was shining over the western land (in the summer), people began to use the ice. Places for storing the ice were in deep mountains and valleys where cold weather prevailed all year round. Ice was provided for officials of different ranks, guests, and at ceremonies and funerals. Lang Yi said that ice should be stored in good time, and covered with salt. The *Huainanzi* records a method of making ice by Ningshuishi/caleitum/calcite. It is not applicable.

[Quality and Taste]

Sweet, cold and nontoxic

[Indications]

Chen Cangqi: It is good for eliminating heat and restlessness. It can also be used to apply to a swollen mass which is the outcome of taking al-chemical drugs, accompanied by fever.

Wu Rui: It is good for quenching thirst with vexation, and for treating heatstroke.

Li Shizhen: Good for treating febrile diseases caused by Cold with invasion of toxins of Yang nature accompanied by a high fever and loss of consciousness. If one piece of ice is placed on the Shanzhong acupoint (Ren 17), it will be good for detoxicating the condition of alcoholism.

[Explication]

Chen Cangqi: In a very hot summer, taking ice is not a proper action going along with the weather. Therefore, it is not good for the health. This is because when ice is eaten, it will conflict with the internal heat, thus causing troubles and giving rise to various diseases. *Shi Pu* says that whenever ice is used in summer should be used to cool food. Ice should not be eaten directly. Eating ice may give one a temporary pleasure, but will also lead to diseases after a long period of such practice.

Li Shizhen: Emperor Huizong of the Song Dynasty suffered from Spleen disease after he had eaten too much ice. Doctors of the Imperial Hospital all failed to treat the disease. Doctor Yang Jie was summoned. After diagnosis was given, Doctor Yang Jie prescribed Da Lizhong Wan*. But other doctors said that this prescription had been filled and served several times but it did not seem to work. But Doctor Yang argued, "Since the disease was contracted due to excessive eating of ice, I would rather recommend that the drugs be stewed with ice. This is a treatment

directed at the origin of the disease." A prescription was thus filled and prepared, and it really worked. From this we can see that Doctor Yang Jie was really perceptive.

* Da Lizhong Wan could be either Da Wenzhong Wan or Lizhong Wan.

[Prescriptions]

One prescription collected recently.

Prescription 05-10-1: To eliminate cicatrices, apply ice to the affected part repeatedly.

— *Prescriptions Worth a Thousand Gold*.

DRUG 05-11

SHENSHUI

Divine water

— *Bencao Gangmu (Compendium of Materia Medica)*.

[Previous Explanations]

Li Shizhen: *Jinmen Ji* records that at the Shichen of Wu (11 a.m.-1 p.m.) on the fifth day of the fifth month if there is rain, chop a bamboo down immediately. Inside the bamboo, there is a kind of water, which is known as divine water. Process the water into a kind of medicine.

[Quality and Taste]

Sweet, cold and nontoxic

[Indications]

Li Shizhen: Good for treating epigastric and abdominal accumulation and assemblage, as well as parasites. Make pills with *Tagan/jecur lutrae*/common otter liver. Take the pills. Also, drink the water to eliminate heat and dissolve phlegm, calm fright and tranquilize the mind.

DRUG 05-12

BANTIANHE

Suspending water

— Drug of interior quality in *Mingyi Bielu (Records of Famous Doctors)*.

[Explanation of Names]

SHANGCHISHUI

Water from the upper pond

Tao Hongjing: This is rain water accumulated

in the upper opening of a piece of bamboo stalk in a fence or rain water accumulated in the hole of an old tree.

Li Shizhen: It is recorded in *Zhanguo Ce* that Doctor Changsang Jun fed his student, Doctor Bian Que, with Shangchishui (water from the upper pond). After that, Doctor Bian Que could see clearly the Five Viscera (Liver, Heart, Spleen, Lungs and Kidneys) and the Six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao) of his patients. In the notes of the book, it is recorded: Shangchishui is the same of Bantianhe (suspending water). There is a way to process it.

[Quality and Taste]

Sweet, slightly cold, and nontoxic

[Indications]

Good for treating consumptive diseases, mania, and attack of noxious and toxic agents.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Good for washing skin sores.

Good for treating diseases due to noxious agents produced by various parasites.

— *Da Ming Ruihua Bencao (Materia Medica by Da Ming)*.

Zhen Quan: It is good for killing noxious agents that make the patient fall into a trance, with delirium. Let the patient drink the water, but do not let him know what it is.

Chen Cangqi: Water collected from a hole in a pagodatree is especially good for treating apoplexy, malignant sores, scabies and itching.

[Explication]

Kou Zongshi: Bantianheshui, water coming from Heaven is bestowed on us to treat mental disorders with attack of noxious and toxic agents, and with mania and epidemic diseases.

[Prescriptions]

One prescription collected previously; and one prescription collected recently.

Prescription 05-12-1: To prevent attack of epidemic diseases, drink Bantianheshui (suspending water).

— *Yilin Ji Yao*.

Prescription 05-12-2: To treat vitiligo, wash the affected part with water taken from the hole of a tree. Then pound Gui/cinnamonmum cassia presl/cassiabarktree to powder, and blend with human saliva. Apply to the affected part. Do this twice a day.