

ABC of Chinese Materia Medica

Lara Deasy

BSc (Hons) TCM, B.M. (Beijing) TCM, MRCHM.

中藥速記手冊



人民卫生出版社
PEOPLE'S MEDICAL PUBLISHING HOUSE

ABC of Chinese Materia Medica

常州大学图书馆
藏书章

Lara Deasy
BSc (Hons) TCM, B.M. (Beijing) TCM, MRCHM.



人民卫生出版社

PEOPLE'S MEDICAL PUBLISHING HOUSE

BEIJING • LONDON • NEW YORK



人民卫生出版社
PEOPLE'S MEDICAL PUBLISHING HOUSE

Website: <http://www.pmph.com/en>

Book Title: **ABC of Chinese Materia Medica**

中药速记手册

Copyright © 2010 by People's Medical Publishing House. All rights reserved. No part of this publication may be reproduced, stored in a database or retrieval system, or transmitted in any form or by any electronic, mechanical, photocopy, or other recording means, without the prior written permission of the publisher.

Contact address: No. 19, Pan Jia Yuan Nan Li, Chaoyang District, Beijing 100021, P.R. China, phone/fax: 8610 5978 7338, E-mail: pmph@pmph.com

For text and trade sales, as well as review copy enquiries, please contact PMPH at pmphsales@gmail.com

Disclaimer

This book is for educational and reference purposes only. In view of the possibility of human error or changes in medical science, the author, editor, publisher and any other party involved in the publication of this work do not guarantee that the information contained herein is in any respect accurate or complete. The medicinal therapies and treatment techniques presented in this book are provided for the purpose of reference only. If readers wish to attempt any of the techniques or utilize any of the medicinal therapies contained in this book, the publisher assumes no responsibility for any such actions. It is the responsibility of the readers to understand and adhere to local laws and regulations concerning the practice of these techniques and methods. The authors, editors and publisher disclaim all responsibility for any liability, loss, injury, or damage incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

First published: 2010

ISBN: 978-7-117-13114-8

Cataloguing in Publication Data:

A catalogue record for this book is available from the CIP-Database China.

Printed in The People's Republic of China

ISBN 978-7-117-13114-8



9 787117 131148 >

图书在版编目 (CIP) 数据

中药速记手册=ABC of Chinese Materia Medica:
英文/爱尔兰 Lara Deasy 主编. —北京: 人民卫生出版社, 2010. 12

(中医口袋书系列)

ISBN 978-7-117-13114-8

I. ①中… II. ①爱… III. ①中药学—手册—英文
IV. ①R28-62

中国版本图书馆CIP数据核字 (2010) 第112675号

门户网: www.pmph.com 出版物查询、网上书店
卫人网: www.ipmph.com 护士、医师、药师、中医师、卫生资格考试培训

中药速记手册 (英文)

主 编: Lara Deasy

出版发行: 人民卫生出版社 (中继线+8610-5978-7399)

地 址: 中国北京市朝阳区潘家园南里19号

世界医药图书大厦B座

邮 编: 100021

网 址: <http://www.pmph.com>

E-mail: pmph@pmph.com

发 行: pmphsales@gmail.com

购书热线: +8610-5978 7399/5978 7338 (电话及传真)

开 本: 787×1092 1/32

版 次: 2010年12月第1版 2010年12月第1版第1次印刷

标准书号: ISBN 978-7-117-13114-8/R·13115

版权所有, 侵权必究, 打击盗版举报电话: +8610-5978-7482

(凡属印装质量问题请与本社销售中心联系退换)

ABC of Chinese Materia Medica

Lara Deasy

BSc (Hons) TCM, B.M. (Beijing) TCM, MRCHM.

Project Editors: **Zhou Ling Lara Deasy & Liu Shui**

Book Designer: **Li Xi**

Cover Designer: **Li Xi**

Typesetter: **He Mei-ling**

About the Author

Lara Deasy, B.Sc. (Hons) TCM, BM (Beijing) TCM, N.Dip. Bus. St. (Rec & Leis).

After qualifying in Business Studies (Recreation and Leisure), Lara worked in adventure centre management, and then taught in various disciplines. As an R.Y.A. Yachtmaster Lara travelled extensively while working in the yachting industry. She then went on to study at Middlesex University, on one of the most prestigious Chinese medicine courses in Europe, for five years. The course was designed in line with the Beijing University of TCM's course and a joint degree was conferred. To support her studies she worked in the university library, which gave her great insights into what different TCM students needed from their learning resources.

She is currently a project manager and editor at the People's Medical Publishing House, where she has worked for the past three years. Through her work there she has endeavoured to find ways to present Chinese medicine to westerners in a way that they can easily read, understand and remember. She has been a contributing or final editor on *The Clinical Practice of Medicine Vitiligo, Applications of Chinese Herbal Compatibility, Applications of Chinese Formula Compatibility, Zhang Zhong-jing's Clinical Application of 50 Medicinals, The Clinical Applications of the Shang Han Lun and Acupuncture Case Studies*, among others.

Acknowledgements

Many schools were contacted before compiling the choice of information for this book. Special thanks should go to the schools who emailed their course content, including Alan Treharne of Westminster University, UK., Kaicun Zhao of Middlesex University, UK., and from the USA: Anne Jeffres, Joella Smith, and Mei Li for their help in providing the PCOM lists, and Sophie Wong for providing the CALE list.

Special thanks should also go to the international team at the People's Medical Publishing House, who provided feedback on layout and content from all corners of the world, in no particular order, Walter, Suzanne, Mark, Iris, Mei, Ivy, Harry, Jane, Amber and of course Sandy whose patience was tested time and again, thank you all for your contributions.

Lara Deasy
May 2010

ABC of Chinese Materia Medica

Introduction

The *ABC of Chinese Materia Medica* was compiled after consulting several of the larger TCM schools in various countries and cross-referencing the specific materia medica they use in order for this book to cover the most widely taught materia medica. This provided the choice of the 305 medicinals this book contains. This book is aimed at those who are just starting out on the long fascinating, but often difficult to get to grips with, path of materia medica study and comprehension.

The layout is designed for quick reference in the student clinic, to be used to jog the memory, more than a study tool per se. For this reason it was decided to list the material medica alphabetically so students can find the medicinal they require quickly and easily, with minimum thought as to what category etc it should be under, or having to check indexes and trawl through the book to find the page required.

The medicinals have information on names (hanzi, pin yin, pharmaceutical, English), properties, channels, dosage, source text, actions and indications, cautions and contraindications.

To insure the information was correct it was compiled from consulting and again cross-referencing many international textbooks, including Bensky's *Materia Medica* (3rd ed.), Chen & Chen's *Materia Medica*, *The Chinese Pharmacopoeia* (Edition 2010, by Chinese Pharmacopoeia Commission), *Chinese Medicine Study Guide - Materia Medica*, but ultimately the main reference text was the textbook that is used for teaching in China: *The Chinese Materia Medica* (by Yan Zheng-hua).

We hope this book will facilitate new students learning and will encourage them to continue to pursue the subject more indepth. If there are any recommendations you might make for a second edition please do not hesitate to contact us via the publishing house.

Lara Deasy
May 2010

Sample Page

Category	
Han Zi	☒ Actions & Indications
Pin Yin	
Latin	
English	
Dosage	
Channels Entered	
Properties	

Spaces for Notes

Cautions & Contraindications

The first classical text documenting the medicinal

Key to abbreviations used in the book:

Channels Entered

Ht.....Heart
 Lv.....Liver
 Sp.....Spleen
 Lu.....Lung
 Ki.....Kidney
 SJ.....Sanjiao
 SI.....Small intestine
 Gb.....Gallbladder
 St.....Stomach
 LI.....Large intestine
 UB.....Bladder
 Pc.....Pericardium

Properties

Hot.....Hot
 Wrm.....Warm
 Ntl.....Neutral
 Col.....Cool
 Clld.....Cold
 Sur.....Sour
 Btr.....Bitter
 Swt.....Sweet
 Pnt.....Pungent
 Slr.....Salty
 Bld.....Bland
 Ast.....Astringent
 Aro.....Aromatic

Contents

Introduction

Sample Page

A	1
ài yè (艾叶, <i>Artemisiae Argyi Folium</i>)	
B	2
bā dòu (巴豆, <i>Crotonis Fructus</i>)	
bā jǐ tiān (巴戟天, <i>Morindae Officinalis Radix</i>)	
bái biǎn dòu (白扁豆, <i>Lablab Album Semen</i>)	
bǎi bù (百部, <i>Stemonae Radix</i>)	
(bái) dòu kòu ((白) 豆蔻, <i>Amomi Rotundus Fructus</i>)	
bái fán (白矾, <i>Alumen</i>)	
bái guǒ (白果, <i>Ginkgo Semen</i>)	
bǎi hé (百合, <i>Lilii Bulbus</i>)	
bái huā shé / qí shé (白花蛇 / 蕲蛇, <i>Agkistrodon</i>)	
bái huā shé shé cǎo (白花蛇舌草, <i>Hedyotis Diffusae Herba</i>)	
bái jí (白及, <i>Bletillae Rhizoma</i>)	
bài jiàng cǎo (败酱草, <i>Patriniae Herba</i>)	
bái jiè zǐ (白芥子, <i>Sinapis Semen</i>)	
bái máo gēn (白茅根, <i>Imperatae Rhizoma</i>)	
bái qián (白前, <i>Cynanchi Stauntonii Radix et Rhizoma</i>)	
bái sháo (白芍, <i>Radix Paeoniae Alba</i>)	
bái tóu wēng (白头翁, <i>Pulsatillae Radix</i>)	
bái wēi (白薇, <i>Cynanchi Atrati Radix et Rhizoma</i>)	
bái xiān pí (白鲜皮, <i>Dictamni Cortex</i>)	
bái zhǐ (白芷, <i>Angelicae Dahuricae Radix</i>)	
bái zhú (白术, <i>Atractylodis Macrocephalae Rhizoma</i>)	
bǎi zǐ rén (柏子仁, <i>Platycladi Semen</i>)	

bǎn lán gēn (板蓝根, *Isatidis Radix*)
 bàn xià (半夏, *Pinelliae Rhizoma*)
 běi shā shēn (北沙参, *Glehniae Radix*)
 bì bá (萆薢, *Piperis Longi Fructus*)
 bì xiè (萆薢, *Dioscoreae Hypoglaucae Rhizoma*)
 biǎn xù (篇蓄, *Polygoni Avicularis Herba*)
 biē jiǎ (鳖甲, *Trionycis Carapax*)
 bīng láng (槟榔, *Arecae Semen*)
 bīng piàn (冰片, *Borneolum Syntheticum*)
 bò hé (薄荷, *Menthae Herba*)
 bǔ gǔ zhī (补骨脂, *Psoraleae Fructus*)

C 35

cán shā (蚕沙, *Bombycis Faeces*)
 cāng ěr zǐ (苍耳子, *Xanthii Fructus*)
 cāng zhú (苍术, *Atractylodis Rhizoma*)
 cǎo dòu kòu (草豆蔻, *Alpiniae Katsumadai Semen*)
 cǎo guǒ (草果, *Tsaoko Fructus*)
 cǎo wū (草乌, *Aconiti Kusnezoffii Radix*)
 cè bǎi yè (侧柏叶, *Platycladi Cacumen*)
 chái hú (柴胡, *Bupleuri Radix*)
 chán tuì (蝉蜕, *Cicadae Periostracum*)
 chē qián zǐ (车前子, *Plantaginis Semen*)
 chén pí (陈皮, *Citri Reticulatae Pericarpium*)
 chén xiāng (沉香, *Aquilariae Resinatum Lignum*)
 chì sháo (赤芍, *Paeoniae Rubra Radix*)
 chì shí zhī (赤石脂, *Halloysitum Rubrum*)
 chuān bèi mǔ (川贝母, *Fritillariae Cirrhosae Bulbus*)
 chuān liàn zǐ (川楝子, *Toosendan Fructus*)
 chuān niú xī (川牛膝, *Achyranthis Bidentate Radix*)
 chuān shān jiǎ (穿山甲, *Manitis Squama*)
 chuān xīn lián (穿心莲, *Andrographis Herba*)
 chuān xiōng (川芎, *Chuanxiong Rhizoma*)
 chūn pí (椿皮, *Ailanthi Cortex*)

cì jí lí (刺蒺藜, *Tribuli Fructus*)
 cí shí (磁石, *Magnetitum*)
 cōng bái (葱白, *Allii Fistulosi Bulbus*)

D..... 59

dà fù pí (大腹皮, *Arecae Pericarpium*)
 dà huáng (大黄, *Rhei Radix et Rhizoma*)
 dà jì (大蓟, *Cirsii Japonici Herba*)
 dà qīng yè (大青叶, *Isatidis Folium*)
 dà suàn (大蒜, *Allii Bulbus*)
 dà zǎo (大枣, *Jujubae Fructus*)
 dài zhě shí (代赭石, *Haematitum*)
 dàn dòu chǐ (淡豆豉, *Sojae Praeparatum Semen*)
 dān shēn (丹参, *Salviae Miltiorrhizae Radix et Rhizoma*)
 dàn zhú yè (淡竹叶, *Lophatheri Herba*)
 dāng guī (当归, *Angelicae Sinensis Radix*)
 dǎng shēn (党参, *Codonopsis Radix*)
 dēng xīn cǎo (灯心草, *Medulla Junci*)
 dì fū zǐ (地肤子, *Kochiae Fructus*)
 dì gǔ pí (地骨皮, *Lycii Cortex*)
 dì lóng (地龙, *Pheretima*)
 dì yú (地榆, *Sanguisorbae Radix*)
 dīng xiāng (丁香, *Caryophylli Flos*)
 dōng chóng xià cǎo (冬虫夏草, *Cordyceps*)
 dōng guā zǐ (冬瓜子, *Benincasae Semen*)
 dōng kuí zǐ (冬葵子, *Malvae Fructus*)
 dú huó (独活, *Angelicae Pubescentis Radix*)
 dù zhòng (杜仲, *Eucommiae Cortex*)

E..... 82

ē jiāo (阿胶, *Corii Asini Colla*)
 é zhú (莪术, *Curcumae Rhizoma*)

F..... 84

fān xiè yè (番泻叶, *Sennae Folium*)
 fáng fēng (防风, *Saposhnikoviae Radix*)

fáng jǐ (防己, *Stephaniae Tetrandrae Radix*)
 fú líng (茯苓, *Poria*)
 fú líng pí (茯苓皮, *Poriae Cutis*)
 fù pén zǐ (覆盆子, *Rubi Fructus*)
 fú píng (浮萍, *Spirodela Herba*)
 fú shén (茯神, *Poriae Pararadicis Sclerotium*)
 fú xiǎo mài (浮小麦, *Tritici Levis Fructus*)
 fù zǐ (附子, *Aconiti Lateralis Praeparata Radix*)

G..... 94

gān cǎo (甘草, *Glycyrrhizae Radix et Rhizoma*)
 gān jiāng (干姜, *Zingiberis Rhizoma*)
 gān suì (甘遂, *Kansui Radix*)
 gǎo běn (藁本, *Ligustici Rhizoma*)
 gāo liáng jiāng (高良姜, *Alpiniae Officinarum Rhizoma*)
 gé gēn (葛根, *Puerariae Lobatae Radix*)
 gé jiè (蛤蚧, *Gecko*)
 gǒu jǐ (狗脊, *Cibotii Rhizoma*)
 gǒu qǐ zǐ (枸杞子, *Lycii Fructus*)
 gōu téng (钩藤, *Uncariae Cum Uncis Ramulus*)
 gǔ suì bǔ (骨碎补, *Drynariae Rhizoma*)
 gǔ yá (谷芽, *Setariae Germinatus Fructus*)
 guā lóu (瓜蒌, *Trichosanthis Fructus*)
 guā lóu pí (瓜蒌皮, *Trichosanthis Pericarpium*)
 guā lóu rén (瓜蒌仁, *Trichosanthis Semen*)
 guī bǎn (龟板, *Testudinis Plastrum*)
 guì zhī (桂枝, *Cinnamomi Ramulus*)

H..... 111

hǎi fēng téng (海风藤, *Piperis Kadsurae Caulis*)
 hǎi jīn shā (海金沙, *Lygodii Spora*)
 hǎi piāo xiǎo (海螵蛸, *Sepiae Endoconcha*)
 hǎi tóng pí (海桐皮, *Erythrinae Cortex*)
 hǎi zǎo (海藻, *Sargassum*)
 hàn lián cǎo (旱莲草, *Ecliptae Herba*)

hé huān pí (合欢皮, *Albiziae Cortex*)
 hé shǒu wū (何首乌, *Polygoni Multiflori Radix*)
 hé táo rén (核桃仁, *Juglandis Semen*)
 hé yè (荷叶, *Nelumbinis Folium*)
 hē zǐ (诃子, *Chebulae Fructus*)
 hēi zhī ma (黑芝麻, *Sesami Nigrum Semen*)
 hóng huā (红花, *Carthami Flos*)
 hòu pò (厚朴, *Magnoliae Officinalis Cortex*)
 hú jiāo (胡椒, *Piperis Fructus*)
 hú lú bā (葫芦巴, *Trigonellae Semen*)
 hǔ pò (琥珀, *Succinum*)
 huā jiāo (花椒, *Zanthoxyli Pericarpium*)
 huá shí (滑石, *Talcum*)
 huái huā (槐花, *Sophorae Flos*)
 huáng bǎi (黄柏, *Phellodendri Chinensis Cortex*)
 huáng jīng (黄精, *Polygonati Rhizoma*)
 huáng lián (黄连, *Coptidis Rhizoma*)
 huáng qí (黄芪, *Astragali Radix*)
 huáng qín (黄芩, *Scutellariae Radix*)
 huǒ má rén (火麻仁, *Cannabis Fructus*)
 huò xiāng (藿香, *Agastaches seu Pogostemi Herba*)

J 138

jī nèi jīn (鸡内金, *Corneum Gigeriae Galli Endothelium*)
 jī xuè téng (鸡血藤, *Spatholobi Caulis*)
 jiāng cán (僵蚕, *Bombyx Batryticatus*)
 jiāng huáng (姜黄, *Curcumae Longae Rhizoma*)
 jié gěng (桔梗, *Platycodonis Radix*)
 jīn qián cǎo (金钱草, *Lysimachiae Herba*)
 jīn yín huā (金银花, *Lonicerae Japonicae Flos*)
 jīn yīng zǐ (金樱子, *Rosae Laevigatae Fructus*)
 jīng jiè (荆芥, *Schizonepetae Herba*)
 jú hóng (橘红, *Citri Reticulatae Rubrum Exocarpium*)
 jú huā (菊花, *Chrysanthemi Flos*)

jué míng zǐ (决明子, *Cassiae Semen*)

K 150

kǔ liàn gēn pí (苦楝根皮, *Meliae Cortex*)

kǔ shēn (苦参, *Sophorae Flavescentis Radix*)

kǔ xìng rén (苦杏仁, *Armeniacae Amarum Semen*)

kuǎn dōng huā (款冬花, *Farfarae Flos*)

kūn bù (昆布, *Laminariae seu Eckloniae Thallus*)

L 155

lái fú zǐ (莱菔子, *Raphani Semen*)

léi wán (雷丸, *Omphalia*)

lián qiào (连翘, *Forsythiae Fructus*)

lián zǐ (莲子, *Nelumbinis Semen*)

líng yáng jiǎo (羚羊角, *Saigae Tataricae Cornu*)

liú huáng (硫黄, *Sulphur*)

lóng dǎn (cǎo) (龙胆(草), *Gentianae Radix et Rhizoma*)

lóng gǔ (龙骨, *Os Draconis*)

lóng yǎn ròu (龙眼肉, *Arillus Longan*)

lǜ dòu (绿豆, *Phaseoli Radiati Semen*)

lú gēn (芦根, *Phragmitis Rhizoma*)

lú huì (芦荟, *Aloe*)

lù róng (鹿茸, *Cervi Pantotrichum Cornu*)

M 168

mǎ chǐ xiàn (马齿苋, *Portulacae Herba*)

mǎ dōu líng (马兜铃, *Aristolochiae Fructus*)

má huáng (麻黄, *Ephedrae Herba*)

má huáng gēn (麻黄根, *Ephedrae Radix et Rhizoma*)

mài dōng (麦冬, *Ophiopogonis Radix*)

mài yá (麦芽, *Hordei Germinatus Fructus*)

màn jīng zǐ (蔓荆子, *Vitidis Fructus*)

máng xiāo (芒硝, *Natrii Sulfas*)

mò yào (没药, *Myrrha*)

mǔ dān pí (牡丹皮, *Moutan Cortex*)

mù guā (木瓜, *Chaenomelis Fructus*)