

藥

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薈

萃

孙晓生 著

YAO YUAN HUI CUI



Chinese Medicinal Herb Garden

香港新聞出版社
廣州中醫藥大學校報

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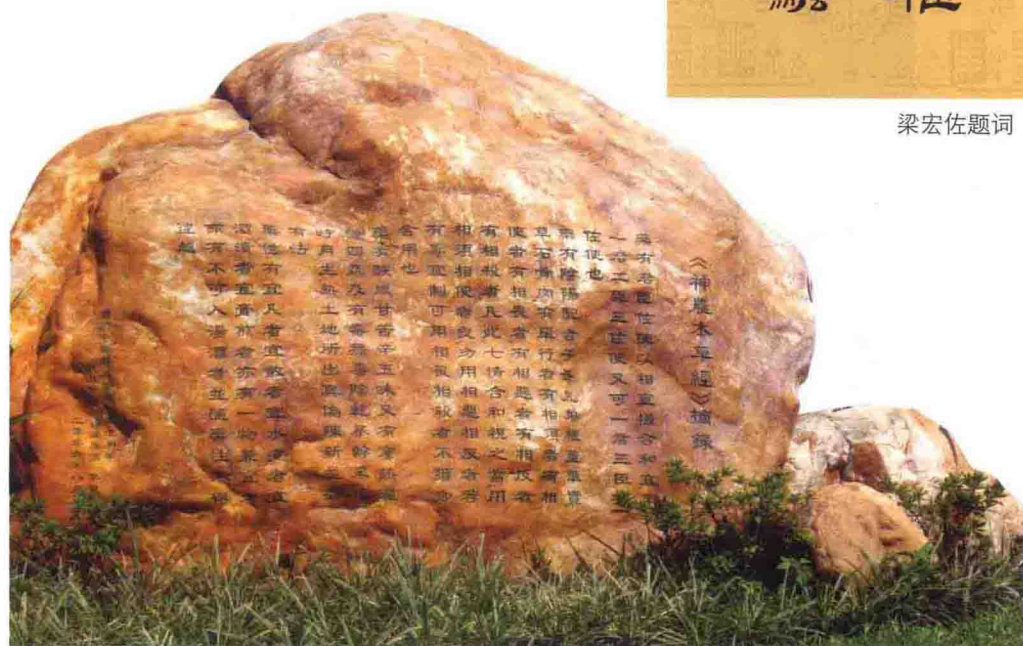
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序

中医崇尚天然，中药来自自然。古人认为天道自然，自然之美，高于各种人为。古人还提出医学的存在，乃是为了弥补自然造化之缺憾，使之达到健康的自然状态。这样的医学理想，本身就具有美学的意义。

植物是人类的亲密伙伴，稻粱惠济生命，瓜果予人养分，乔木可作栋梁，茅草堪为遮盖。而鲜花之悦目，松竹之养性，则是文明发展起来之后人类赋予植物的文化内涵。

在中医的眼中，植物的意义尚不止此。中药又名本草，因其多数为植物药。在传统文化的观念中，植物、动物和人一样，都是天地之气所化生，彼此同气相求。所以，在人之形气受损时，利用植物和动物就可以调和补益。所以，自然之物一直是医生拯危救生、驱邪治病的武器。“神农尝百草”的故事，反映出早期人类是如何从大自然中获得抵御疾病的能力的，这其实就是人类在生产生活中与植物长期接触从而深入了解的过程。

正是有这样的价值，加上独到的视角，使《药苑荟萃》这本书与通常的花草诗文、中药图谱都不同。本书以药用植物为内容，但文字以小品写来。既广泛征引诗词文学或俗语典故，赏析其文化趣味，更注重总结经验，点明其医药价值，融植物的性味、功用等于诗文之中。在书中，无论是名品珍卉，还是野花闲草，都因其独特功效而有益于人类。

孙晓生教授长期从事中医药工作，在繁忙的工作之余，一直留心于医药文化的整理。他撰写的中医药文化文章曾发表在各种报刊上。现在汇编成集，更加上冼建春老师实地拍摄的中药图片，可谓相得益彰。本书综合了药用植物的观赏与应用之美，从而体现了中医药文化之美。我们欣赏其美丽影姿的同时，更珍视其药香余韵。这是中华民族通过长期实践总结的宝贵财富，值得向世界推广。从文化的角度，我相信本书将会起到很好的传播作用。是为序。



2007年7月1日

Preface

Just as traditional Chinese medicine is nature-oriented, so Chinese herbs are sourced from naturally grown plants. In the strong belief of ancient people who accord great importance to naturalness, the pursuit of natural beauty should be prized over all other mundane practices. Our ancestors also maintain that the value of medical sciences lies in the process of perfecting blemishes in the natural world and in their aim to achieve a healthy balance for body and mind. This medical philosophy is intrinsically tinged with aesthetical conception.

In intimate companionship with mankind, all plants demonstrate their significance in one way or the other: crops feed the hungry, fruits nourish the unhealthy, trees make building materials, and thatches serve as shelter. The pleasing nature of flowers to the sight and the cultivating function of pine and bamboo in the mind are bestowed cultural identities by human beings along with social civilization.

But from the perspective of Chinese medicine, the value of plants goes far beyond. Chinese medicines are also named herbal plants (Bencao in Chinese phonetic alphabet). In traditional Chinese culture, plants, animals, and humans are considered to be of the same nature in the sense that they all evolve from the internal energy of nature (Qi) from heaven and earth. Thus, any damage or injury to the human body can be compensated or recovered with the use of plants and animals for the effect of harmonizing and benefiting body systems. Such efficacy may well account for the dominant practice of applying natural things to the undertaking of saving the injured, curing the diseased, and driving out evil spirits. The famous Chinese legend about Shen Nong who risked his own life to taste various herbal plants in order to identify their medicinal effects is a reflection of how early human beings acquired their abilities to resist diseases from nature, a process in which mankind better familiarized themselves with nature through close contact with plants in productive and daily activities.

The essential value of plants and the unique perspective of the author distinguishes this book *Beautiful and Wonderful Herbs* from traditional literal works or collections of Chinese medicines, with herbal plants as its subject matter but written in the form of short essays. The writings are characterized by blending an appreciation of classical Chinese poetry to seek the cultural flavor between the lines with an introduction of medicinal properties to equip the readers with basic knowledge concerned. In this book, either valuable and rare or cheap and common, all plants chosen have been handled with the authors admiration for their benefits to man.

The author, Prof. Sun Xiaosheng, long specialized in the study of Chinese medicines, never fails to spare his free time for the filing and compilation of data related to his discipline. The book, a complete collection of his publications as a columnist in magazines and newspapers over the years, appear more reader-friendly in compliment to photographs shot by Mr. Xian Jianchun. Combining the appreciative beauty and practical value of Chinese herbal plants, this book gives expression to the strength of traditional Chinese medical culture. Readers may find themselves on an enjoyable and rewarding trip through the beautiful and wonderful herbal plants. As long-accumulated treasure through generations' industrious and creative work, this book, together with the messages conveyed from the author, is highly recommended for worldwide publication and promotion. Culturally speaking, I believe this book to be able to initiate and enhance the communication of traditional Chinese medicine and culture to the people of other cultures and languages.

Deng Tietao

July 1st, 2007

邓铁涛 Deng Tietao, aged 91, a renowned lifetime professor of Guangzhou University of Chinese Medicine.

前言

药林群英谱

红棉黄栀白玉兰，绿萼紫薇黑牡丹。唱罢赤芍药芬芳，又书杜鹃花烂漫。美丽的花朵把大自然点缀得五彩缤纷，它不仅美化了环境，而且也为人类健康提供了取之不竭的药物之源。中国以花入药防病保健的记载可追溯到公元前6世纪《诗经》，药花既可单味独方，亦可与其它药物配伍共用（复方）。据统计目前所知植物花中，有77%能直接药用，8%经加工后也能药用。可谓万紫千红，各具神妙。

一、随时随地用药花：一年四季皆可以花入药。春风里桃花能活血祛瘀，炎夏间荷花能祛湿消暑，秋霜下芙蓉能清热凉血，严冬中蜡梅能清热解毒；晨光中的牵牛花利尿祛湿，月下美人昙花清热润肺。天南地北皆可以花入药，珠江两岸的木棉花清热利湿，黄土高坡的款冬花下气止咳，华北大地的槐花凉血止血，海南岛的长春花凉血安神，天山雪莲长于祛风胜湿，西藏红花功专凉血解毒，四川红花擅长活血通经，水浮莲能利尿消肿，马尾松的花粉可治习惯性便秘，案头盆栽的石斛花能滋阴养胃，栽植庭院的扶桑能凉血解毒，山野路旁的蒲公英是治疮要药，旋复花降逆止呕，鸡蛋花清利湿热，凤仙花祛瘀散结，龙船花祛瘀调经，密蒙花明目退翳，佛手花行气化痰，厚朴花行气宽胸，合欢花解郁安神。

二、临床各科用药花：上呼吸道感染用金银花，慢性支气管炎用杜鹃花，胃肠型感冒用马兰，肺结核咳血用马缨丹，泌尿系感染用白茅根花，肝硬化腹水、黄疸用玉米花，高血压用野菊花，神经衰弱、遗精阳萎用金樱子花，神经性失眠用一朵云，腹胀、消化不良用水翁花，阑尾炎用白花蛇舌草，麻醉止痛用洋金花，外伤出血用美人蕉干花，烧烫伤用法国梧桐树

花，排脓消肿用黄蜀葵花，皮肤炎症用凌霄花，月经不调用映山红，赤白带下用鸡冠花，口腔炎症、外伤及术后感染用草珊瑚，角膜炎、结膜炎用犁头草干花，鼻炎鼻窦炎用辛夷花，恶性肿瘤用半枝莲，何杰氏病用长春花。

三、日常生活用药花：熏茶用茉莉花，酿酒用桂花，口腔清洁用丁香花，酒精过量用野葛花，健脾消滞用佛手花，美颜护肤用玫瑰花，做汤用南瓜花，煲汤用霸王花，食品染料用栀子花，祛暑凉茶用玉叶金花，杀虫用除虫菊，驱蚊用夜来香，治蛔用使君子，防虫叮咬用飞机草花，环境保护用夹竹桃。

现代科研证明，鲜花具有吸收有害气体、尘埃、净化空气及调节温、湿度的本领，不少花能释放抗菌灭菌的物质。花的药用价值已引起全世界的日益高度关注。药花的研究、开发、应用已展示出灿烂前景，天然药厂将给人类带来巨大的社会效益和经济效益。

(原载《羊城晚报》)



A Collection of Official Flowers

Colored flowers not only decorate our nature but also serve as medicine. Early use of flowers as medicine was recorded in The Book of Odes, dating back to the 6th century BC. Official flowers can be used singly or together with other medicine. Statistics show that, among all the plants we have known so far, 77% can be utilized directly as medicine and 8% must be processed before medical use.

First, officinal flowers are available any time and anywhere. They are available all the year round, for example, *Urena lobata* Linn. in spring, *Nelumbo nucifera* Gaertn in summer, *Hibiscus* in autumn and *Chimonanthus* in winter. Even in a day officinal flowers are available such as *Pharbitis purpurea* (L.) Voigt. in dusk and *Epiphyllum* at night. Flowers are also available all over the country, for instance, Common Bomhax Flower in the areas along the Pearl River, Common Coltsfoot Flower in Northwest China, Pagodatree Flower Bud in Northern China, *Catharanthus roseus* (Linn.) G. Don in Hainan Island and so on. Besides, even potted plants on desk like *Flickingeria*, *Hibiscus rosa-sinensis* L. planted in yard and *Taraxacum* on the roadsides also serve as medicine.

Second, officinal flowers are widely used in different departments. For example, Honeysuckle, *Rhododendra*, *Kalimeris indica* (Linn.) and *Lantana camara* are commonly used for respiratory diseases. Honeysuckle is applicable to infection of upper respiratory tract and *Rhododendra* to chronic bronchitis. In urological department, *Lalang Grass Rhizome* is applicable to infection of urinary system and *Rosa laevigata* Michx to nocturnal emission and impotence. In internal medicine, maize flower is used for ascites due to cirrhosis and jaundice, *Cleistocalyx operculatus* (Roxb.) Merr. Et Perry for distension of the abdomen and poor digestion, *Hedyotis diffusa* Willd. for appendicitis and wild chrysanthemum for hypertension. *Datura metel* Linn.,

Canna indic L., *Firmiana simplex* (L.) W.F. Wight, *Abelmoschus manihot* (L.) Medic., Trumpet creeper Flower, *Sarcandra glabra* (Thunb.) Nakai are used widely in surgery, for instance, *Datura metel* Linn. is applicable to anaesthesia and relieving pain, *Firmiana simplex* (L.) W.F. Wight is applicable to burn; trumpet creeper flower is used for skin infections and scald and *Abelmoschus manihot* (L.) Medic. is used to disperse swelling. In department of ophthalmology, *Viola inconspicua* Bl. is applicable to keratitis and conjunctivitis. In E.N.T. department, *Magnolia liliiflora* Desr. is applicable to rhinitis and nasosinusitis, *Portulaca Grandiflora* Hook. to malignancy and *Catharanthus roseus* (Linn.) G. Don to Hodgkins disease.

Third, officinal flowers are also widely used in our daily life. *Jasminum sambac* (Linn.) Aiton is often made into tea and *Osmanthus fragrans* (Thunb.) Lour. into wine. *Luculia intermedia* Hutch cleans oral cavity, *Pueraria lobata* (Willd.) Ohwi clears away intoxication, and *Citrus medica* L. Var *sar codactylis* (Noot.) Swingle invigorates the spleen. Rose is used for skin care, *Cucurbita moschata* Duch. and *Hylocereus undatus* (Haw.) Britt. et Rose are commonly used to make soup. *Gardenia jasminoides* Ellis can be made into the natural pigment. *Mussaenda kwangtungensis* Li is commonly made into the herbal tea to eliminate summer-heat. *Pyrethrum cinerariifolium* Trev. Kills worms, *Telosma cordata* (Burm. F.) Merr. and *Eupatorium odoratum* Linn. dispel mosquitoes, *Quisqualis indica* Linn. kills roundworm and *Nerium indicum* Mill. is a great material for clearing the air and preserving the environment.

Modern researches have proved that flowers absorb noxious gases and dust, purify air and regulate temperature and moisture. Many can give off anti-bacterial substance and even kill bacteria. The medical value of flowers has become a major concern in the world. And the promising researches, development and application of flowers will bring considerable social and economic benefits to human beings.

花卉药用答问

雅红同学：

很高兴收到你的来信，从信中知道你喜爱花卉并渴望了解它的药用知识，这很好。众所周知，花卉是人类生活中不可缺少的“伴侣”，它不仅可以美化环境、净化空气、陶冶情操，而且绝大多数花卉都具有防病保健作用。我国劳动人民在长期的生活实践中，积累了许多有关这方面的宝贵经验，有的已收载于历代医学著作中，有的已成为家喻户晓的常用中草药。例如感冒发烧用金银花、暑湿腹泻用木棉花、目红肿痛用菊花、胸胁胀痛用素馨花、心烦失眠用合欢花、咳嗽气喘用旋复花、鼻流浊涕用辛夷花、妇女痛经用凤仙花、经期不准用月季花、经血过多用鸡冠花、白带色黄用木桂花等，真可谓不胜枚举。此外，花卉的根、叶、茎、果实都各有用途。

花卉的药用，除了少数民间流传的验方单方外，都必须根据其性能来使用，才能确保有效、安全。所谓性能，就是性质和功能。药物的性质包括形、色、气、味、质地等，实质就是物理、化学性质。药物的功能则包括药物作用部位、趋向、性质、类型及对机体有无损害。同时，还要掌握药物的配伍和用法用量，专业性很强。其中有些知识比较深奥，很难一下子讲得很清楚。

雅红同学，在收到你的来信时，我手头还有几封有关花卉药用的咨询信，咨询者不单有离退休老干部，而且有医药工作者，足见花卉药用已经引起人们越来越浓的兴趣。为了帮助读者了解常见花卉的药用价值，广东报刊开辟有“本草浅识”、“百草苑”、“药苑荟萃”等专栏，我们将继续满足读者需要，介绍这方面的有关知识，请多留意。

祝身体健康、学习进步！

广州中医药大学教授

孙晓生

(原载《广东卫生报》)

The Medical Applications of Flowers

Dear Ya Hong,

It is a great pleasure to hear from you. From your letter, I am informed that you have a strong liking for flowers and longed for comprehending their medical applications. Your thirst for knowledge is worth encouraging. It is known to all that flowers are indispensable "partners" in our everyday life. They can not only be used to beautify the environment, to purify the air, and to mould a person's temperament, and what is more, most of the flowers can be used for diseases prevention and health care. Concerning the medical functions of flowers, the working people in our country have gained valuable experience in practice. Some of the experiences have been recorded in books on medicine through the ages and some of them are known to every household. For example, if one has cold and fever, he can take *Flos Lonicerae*; if one has summer heat diarrhoea, he can use *Commersonia Flower*; if he has red eyes with swollen pain, he can go to *Flos Chrysanthemum* for help; if he gets distending pain in chest and rib-sides, *Jasminum polyanthum* Franch is his first choice; For the purpose of curing insomnia caused by uneasiness, *Silk tree Albizzia Flower* can promise a help; In order to cure cough and asthma, *Inula japonica* Thunb might help to settle the problem; When one has a running nose, one can turn to *Biond Magnolia Flower* for help; For women who have dysmenorrhea, *Garden Balsam* might resolve the problem; When women have irregular menstruation, they can settle the problem with *Chinese Rose*; As for hypermenorrhea, *Cockscomb Flower* can be taken into consideration; Concerning the treatment of abnormal leucorrhea, *Sour Jujube* can promise a help, etc., Things like these defy enumeration. Moreover, the roots, leaves, stems and fruits of flowers all have their applications respectively.

The medical application of flowers, apart from few prescriptions which have circulated among the people, should be defined by their nature and functions. The nature of medicine includes its shape, color, smell, taste, and quality, etc. In other words, it refers to its physical and chemical nature. The functions of medicine consist of the positions that have medical functions, the nature and type of the medicine and whether it would do harm to the receivers or not. At the same time, one should also study the compatibility of medicines and its usage and dose. Concerning the medical application of flowers, some of the knowledge might be difficult to illustrate and comprehend.

Ya Hong, in addition to your letter, I have also received some letters inquiring the medical applications of flowers. The writers vary from retired cadres to medical workers, which is proof positive enough to show people's increasing interest on the medical functions of flowers. In order to help readers understand the medical applications of flowers better, some Guangdong newspapers and periodicals have started special columns called "Basic Knowledge of Materia Medica", "Herbs and Flowers" and "An Anthology of Herbal Medicines", etc. We will continue our efforts to satisfy readers demand and introduce more knowledge on this respect. Hope you can follow our columns and learn more in the future.

Best Wishes!

Guangdong University of Chinese Medicine
Sun Xiaosheng

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