

云南民族药志

The Annals of National Medicine in Yunnan

第三卷

云南省药物研究所
云南省民族药工程技术研究中心 编著

云南民族出版社



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云南省药物研究所

Edited by Yunnan Institute of Materia Medica

云南省民族药工程技术研究中心

Yunnan Provincial Research Center of Natural Medicines Engineering Technology

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序

云南素有“植物王国”之称，是我国中药资源和民族药资源的重要宝库。药物资源丰富离不开天、地、人三个因素。天，主要是与太阳的关系，首先是经纬度。云南位于北纬 $21^{\circ}8'$ ~ $29^{\circ}15'$ 和东经 $97^{\circ}31'$ ~ $106^{\circ}11'$ 之间，基本上是一个温带、亚热带气候，有大片的热带雨林，当然也有高原气候区，为生物多样性提供了有利条件。地，主要指土壤和海拔高度，云南是云贵高原的一部分，最高处是西北部梅里雪山，主峰卡格博峰海拔6740米，最低处东南部河口，海拔76.4米，许多地方形成垂直分布的植被，呈现出多姿多彩的自然景观。人，主要指民族众多，文化多元，积淀了大量民族医药知识。得天、地、人三者之灵气，其承德之厚重、载物之丰盛、积学之深广，可谓得天独厚，得地独厚，得人独厚。

云南除汉族以外，人口在5000人以上的世居少数民族有25个，是一个多民族的大家庭。每个民族都有自己的文化渊源和文化遗产，对医药学也都有各自的认识和应用。同一种疾病，彝族医学有独特的诊断和治疗，傣族医学有另一种诊断和治疗。同一株草药，彝族用来治胃病，白族用来治肺病，傣族用的是根茎，彝族用的是花果，谁都掌握了这种草药知识的部分真理，结果使人们对这种草药的认识更加全面更加深刻。我们尊重这种知识，于是就有了民族医药的概念。傣族叫傣药，彝人叫彝药，藏民叫藏药。认识相同增加了知识的厚度，认识相左增加了知识的广度，认识相反增加了知识的深度。《云南民族药志》汇集了云南各个民族的认药知识和用药经验，成为一部民族传统医药学的集成之作和比较医学，于是也就成为民族医学继承发展不可或缺的基础工程。

云南境内共有6559种药物资源，为科学家提供了演绎春华秋实的舞台，让药物研究工作者可以尽情展示科技创新的风采。云南省药物研究所自1956年建立以后，至今已有50余年。50余年间，培养了大批人才，积累了4万多份药用植物腊叶标本和丰富的研究经验，创制了大批科研成果，整理出版了《滇南本草》，主编出版了《云南中药志》、《云南药用植物名录》、《云南天然药物图鉴》、《云南重要天然药物》、《云南中草药》、《云南抗癌中草药》等著作，开发了30余种新的中成药和民族药成药，取得了较好的社会效益和经济效益，使《云南民族药志》的编著好比在丰收的田野里收割庄稼，在四季如春的文化园中采摘花朵，为民族医药扶植保护、开发利用的伟大工程提供基石，也为全国各民族地区发掘整理民族医药提供工作榜样和新鲜经验。对这样一本具有独特内容和民族风格的民族药志的出版，我深以为是，深以为幸，并乐而为之序。

中国民族医药学会会长 诸国本

Preface

Yunnan Province, having always been acclaimed as “The Kingdom of Plants”, is a major treasure-house of Chinese medicine resources and national medicine resources in China. The rich medicine resources are closely related to three elements, which are heaven, earth and man. Heaven is mainly the relationship with the sun and firstly concerns latitude and longitude. Located at 21° 8′~29°15′ degrees north latitude and 97°31′~106°11′ degrees east longitude, Yunnan Province has basically temperate and subtropical climates, abundant tropical rainforest as well as a plateau climate zone, all of which provide beneficial conditions for biodiversity. Earth principally means soil and height above sea level. Yunnan, as a part of Yun-gui Plateau, the topmost part of which is Meili Snow Mountain in the northwest with the main peak, Kawagebo Peak of 6, 740 meters above sea level; the lowest part of which is Hekou of 76.4 meters above sea level in the southeast and in many places of which vertical distribution of the vegetation is formed, there is a colorful scene of natural landscapes. Man primarily in regards to numerous nationalities and multi-culture has accumulated a great deal of national medicinal knowledge. Bearing the spirits of heaven, earth and man, Yunnan adopts the richness of virtue, bears the abundance of substance and accumulates the broadness of knowledge; one may well say that it is richly endowed by heaven, by earth and by man.

Except for the Han nationality, in Yunnan Province there are 25 minority nationalities of which the population is more than 5000, as a large multinational family. Each nationality possesses cultural origins and continuity of their own, and in medical science, they have their respective understanding and application. For the same disease, both medical sciences of the Yi nationality and the Dai nationality have unique diagnoses and treatment respectively. The same herb is used to cure gastropathy by the Yi nationality and to cure pulmonary tuberculosis by the Bai nationality, while the rhizome of the herb is used by the Dai nationality, the flowers and fruits are used by the Yi nationality. All these nationalities have mastered the knowledge and parts of truth of this herb, which gives rise to a more profound and thorough knowledge of the herb. We respect the knowledge hence the concept of national medicine. The medicine of the Dai nationality is called Dai medicine; of the Yi nationality it is called Yi medicine and of the Tibetan nationality it is called Tibet medicine. The same understanding thickens knowledge, conflicting understanding widens knowledge and contrary understanding deepens knowledge. *The Annals of National Medicine in Yunnan*, collecting the knowledge of recognizing medicine and the experiences of using medicine by every nationality in Yunnan, turns into a collection of national traditional materia medica and comparative medicine, and



hence turns into a foundation of engineering of inheriting and developing national medicine that is indispensable.

There are 6559 materia medica resources in Yunnan, providing the stage for the scientists to deduce literary talent and moral integrity and the stage for the materia medica researchers to display heartily the splendour of scientific creations. More than 50 years have passed since the establishment of Yunnan Institute of Materia Medica in 1956. During the period we have achieved great accomplishments: a large number of talents have been trained, more than 40,000 dehydrated specimens of medical plants have been collected, rich research experiences have been accumulated, quantities of achievements in scientific research have been made, *Diannan Materia Medica* has been collated and published, and a large amount of works have been directed and published, such as *The Annals of Chinese Medicine in Yunnan*, *The Glossary of Medicinal Plants in Yunnan*, *The Illustrated Handbook of Natural Materia Medica in Yunnan*, *Important Medicinal Materials in Yunnan*, *Chinese Herbal Medicine in Yunnan*, *Anti-cancer Chinese Herbal Medicine in Yunnan* and so on. Over 30 kinds of Chinese patent medicine and national medicine have been developed, good social and economic benefits have been gained. All the achievements mentioned above make the editing and writing of *The Annals of National Medicine in Yunnan* like harvesting crops in the fields, and like picking flowers in the warm culture garden, and supply the cornerstone for the great engineering of fostering, protection, development and utilization of national medicine as well as the working model and new experiences of exploitation and arrangement of national medicine in all the nationalities' areas in China. For the publishing of such national medicine annals, I fully endorse and appreciate the value of this, and am happy to write the preface.

CHINA MEDICAL ASSOCIATION OF MINORITIES

President Zhu Guoben



前言

人们常说：“民族的就是世界的”。这是因为世界是由众多民族组成的，民族的一切就是世界的一切，民族兴则世界兴，民族富则世界富，民族和谐则世界和谐。

世界究竟有多少个民族？在不同的历史时期有不同的数字，世界民族无不随着社会的发展而发展，随着时代而有分化或组合。据1978年统计，全世界有四十多亿人口，分别属于近二千个大小不同的民族，其中人口在一亿以上的有七个，一千万以上的有67个，一百万以上的有269个，十万以下的有一千多个。从近二千个民族来看，人口属于少数的约占三分之二，政治、经济、文化存在明显差别，民族之间的差别将长期存在。所以当今研究民族文学、民族音乐、民族舞蹈、民族诗歌、民族传说、民族服饰、民族历史、民族风俗、民族宗教、民族建筑、民族住宅、民族用具、民族工艺、民族道德、民族婚丧嫁娶等兴起，当然对民族医药的研究也不例外，更是风起云涌、方兴未艾。

我国有56个民族，除汉族外的55个兄弟民族人口约占全国人口的6%，但居住地域很广约占全国面积的55%~60%，形成大杂居小聚居的局面。兄弟民族数千年来在广阔的土地上，利用其植物、动物和矿物资源作为药用的，据最近调查有数千种之多，如此丰富的民族药构成了各民族世代赖以健康生存的物质基础。正如国家倡导的“要大力扶持中医药和民族医药发展，充分发挥祖国传统医药在防病治病中的重要作用”。

云南省除汉族外，有25个人口在5000人以上的世居少数民族，他们居住在崇山峻岭、河谷交错、低纬度高海拔、立体气候、复杂多变的地形地貌的自然环境中。由于交通不便，经济文化闭塞，他们祖祖辈辈长期与疾病作斗争的过程中，创造了各民族自己的医药学，原生态沿用至今，对他们的健康繁衍起着巨大的保障作用。云南自然资源丰富，素有“植物王国”、“动物王国”、“药材之乡”的美称，仅高等植物就达一万六千余种之多。通过1984~1989年近五年全省中药资源大普查，共查明有植物药6157种、动物药372种、矿物药30种，共计6559种（详见《云南中药资源名录》），其中民族药占一千余种左右。如此多的民族，如此多的民族医生，如此多的民族药，在全国各省区也是不多见的，值得加以科学整理、研究开发。云南省药物研究所积多年调查的资料和彩照，汇集众多专家学者，组成编委会倾力编著《云南民族药志》，分卷出版发行。

第三卷共收载云南民族药物208种，每种药物均收载了民族药名、民族药用经验，民族药用部分共收录各民族验方1000余首。每种药物还附有鲜活植物图片、植物形态的描述，分布生境和现代研究内容。本书的分类蕨类植物按秦仁昌系统，裸子植物按郑万钧系统，被子植物按哈钦松（Hutchinson）系统。民族排列顺序按云南地区民族依字母顺序排列（除汉族外）。西傣为西双版纳州傣族，德傣为德宏州傣族。现代研究内容是收集已发表的有关资料编纂而成。目录按中文笔画顺序排列，使检索方便，一目了然。

民族医药属于人类口头和非物质文化遗产，联合国及我国政府提出对人类口头和非物质文化遗产进行抢救、保护、继承、弘扬等一系列措施，要求世界各国和全人类应高度重视这项工作。《云南民族药志》正是在这样的时代氛围下编成的，其贡献将被现实和历史所证明。

《云南民族药志》的编辑出版，必定会受到各方面广大读者的欢迎，更会受到民族医药工作者的喜爱，正如国际非物质文化遗产节创作的主题歌：“千万遍的寻找，我们寻找源头，寻找根脉……”唱出了民族医药工作者的心声。

该书在编写过程中，得到云南省科技厅的大力支持，部分工作曾得到国家自然科学基金研究项目的资助。并承蒙中国民族医药学会诸国本会长为本书作序，得到了多位各民族专家的指导。在此表示衷心感谢！

由于我们水平有限，错漏和不足之处在所难免，敬请赐教！

编者





Foreword

The world is composed of numerous nationalities; prosperous nationalities prosper the world, rich nationalities enrich the world and harmonious nationalities bring harmony to the world. That is just the reason why people often say "The national one is the world".

How many nationalities on earth are there in the world? Different numbers were given in different periods of history. There is no such nationality in the world that does not develop with the social development and does not have division and combination, as the changing of times occurs. According to the statistics of 1978, there was a population of 4 billion in the world which were of nearly 2000 nationalities of different size, among which were 7 had a population over 100 million, 67 had a population over 10 million, 269 had a population over a million and over 1000 had a population less than 100,000 and the minority nationalities took up nearly two thirds of the population. Among the nationalities there were distinct differences of politics, economy and culture which would last for a long time; therefore, it springs up the research of national literature, national music, national dance, national poetry, national legend, national costume, national history, national custom, national religion, national architecture, national residence, national appliance, national arts and crafts, national morality and national marriage and funeral, and national medicine is no exception, surges even much forward and is in the ascendant.

There are 56 nationalities in China and all the nationalities except the Han nationality, account for 6% of population of China, however, live in a vast region taking up about 55%~60% of the total area of the country and form the situation that living together over vast areas while some living in individual concentrated communities in small areas. The 55 nationalities have lived in the vast areas for thousands of years. Thousands of plant, animal and mineral resources have been used for medicine in accordance with the latest investigation and such abundant national medicine constitute the material base of healthy living, on which all the nationalities have depended for generations. Just as what China initiates: "Giving energetic support to the development of Chinese medicine and national medicine, bring the importance of traditional Chinese medicine in preventing and curing disease into full play".

Except the Han nationality, there are 25 of which the population is more than 5000 in Yunnan Province, who live in the natural environment of lofty ridges and towering mountains, river valleys crisscrossing, low latitudes and high elevation, stereo climate and varied topography and landforms. Owing to the inconvenient transportation and inaccessibility of economy and culture, the materia medica of their own have been created during the long-term struggling with diseases of generations, and the original ecology is still used to this day, which have greatly guaranteed their health and increased population. Possessing rich natural resources, Yunnan has been always been



acclaimed as “The Kingdome of Plant”, “The Kingdom of Animal”, “The Home of Medicinal Materials”, and higher plant alone has about sixteen thousand kinds. The provincial general survey of Chinese medicine resources from 1984 to 1989 reveal that there are 6157 kinds of plant medicine, 372 kinds of animal medicine and 30 kinds of mineral medicine in Yunnan, totalling 6559 kinds, according to *The Glossary of material Medica Resources in Yunnan*, among which national medicine takes up about 1000. It is rare even in other provinces and areas of China, that there are such a great number of nationalities, national doctors and national medicine, and for this reason, scientific systematization research and development are worth being done. The composing committee consisted of a large amount of experts and scholars assembled by Yunnan Institute of Materia Medica who had accumulated lots of material and color photos through investigations over many years, and had made every effort to compose *The Annals of National Medicine in Yunnan* and published it into volumes.

208 national medicines in Yunnan, all of which had collected folk name and usage experiences as well as living plant pictures, plant morphology description, distribution environment, modern research and totalling over 1000 proven recipes, were recorded in the third volume. In the book pteridophyte was classified in accordance with the Qin Renchang system, gymnosperm was classified in accordance with the Zheng Wanjun system and angiosperm was classified in accordance with the Hutchinson system, The nationalities of Yunnan Prouvince are arranged in alphabetical code (besides Han people).Xidai is the Dai People in Xishuangbanna Prefecture,and Dedai is the Dai People in Dehong Prefecture.Modern research was compiled with the related materials issued. For convenience and clearance of reference, the catalogue was arranged in Chinese character stroke order.

National medicine is the oral and intangible cultural heritage of humanity, a series of measures were laid down by the United Nations and the Chinese Government to rescue, protect, succeed to and carry forward the oral and intangible cultural heritage of humanity, to which all the countries and all mankind were firstly asked to accord great importance. *The annals of National Medicine in Yunnan* was compiled under such a situation,the contribution of which will be proved by both reality and history.

The compiling and publication of *The Annals of National Medicine in Yunnan* will surely be welcomed by numerous readers and will be favored by national materia and medica staff, just as the theme for International Intangible Cultural Heritage Festival goes, “time and time again we looked for origin, for the root..., which reflects the heart of the national materia and medica staff ”.

During the time of compiling the book, great support was given by the Science and Technology Department of Yunnan Province, part of this project was supported by the National Natural Science Foundation of China, and guidance was given by many exports of different nationalities, we feel greatly honored to have a preface written by Zhu Guoben, the president of China Medical Association of Minorities, here we express our heartfelt gratitude.

Because of a limited level of knowledge and editing, inadequacy, errors and omissions are hard to avoid, so please kindly give us your advice.



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菊科一点红属 一点红 *Emilia sonchifolia* (L.) DC.

一点红

Yidianhong

【民族药名】

布依族: ꞗie³¹ pjak³⁵ za³⁵ 习岂驾

哈尼族: Hhoqtaoq taoqníl 沃桐桐尼

苗族: vob nab yongd 窝喃涌

瑶族: Bugonghume 不工呼么、Geihema 给喝妈

彝族: 𪛗𪛗𪛗 一点红

壮族: Kelilong 棵立龙、Kulanchou 枯榄仇、

Zichuangyao 紫疮药

【植物形态】

一年生草本，高25~40cm。茎直立，无毛或被毛。基生叶和茎下部叶卵形或宽卵形，大头羽状分裂，长5~10cm，宽2.5~7cm，顶裂片大，宽卵状三角形，先端钝圆，边缘有不整齐齿；侧裂片1对，长圆形，先端尖，边缘有波状齿；叶脉羽状；叶面深绿色，背面变紫色，

两面被短卷毛、叶柄具宽翅；中上部叶较小，卵状披针形至线形，基部抱茎，全缘或有细齿。头状花序长8mm，花后伸长达14mm，下垂，通常2~5，排列成疏伞房花序；花序梗长2.5~5cm，总苞筒形，长8~14mm，宽5~8mm；总苞片8~9，线状长圆形或线形，与小花等长，先端渐尖，边缘膜质，背面无毛。小花粉红色或紫色，管状，长9mm。瘦果圆柱形，长3~4mm。具5肋，肋间被毛；冠毛白色。

【分布生境】

分布于盐津、巧家、泸水、大姚、武定、大理、禄丰、昆明、楚雄、澄江、峨山、易门、玉溪、元江、广南、石屏、开远、蒙自、金平、景洪、孟连、保山、临沧。生于海拔330~2000m的山坡、田间、路旁。

【民族药用经验】

布依族：用全草。用于肺炎，带状疱疹。

【附方一】肺炎：一点红、百部各适量，水煎服。

【附方二】带状疱疹：鲜一点红全草适量，洗净捣烂，加适量凡士林，制成软膏状，敷于患部皮肤，每日换药1次。

哈尼族：用全草。微苦、辛，凉。清热凉血，解毒消肿。用于乳腺炎，疔疮，无名肿毒，毒蛇咬伤，小儿营养不良，痢疾，跌打肿痛，结膜炎，血热妄行之紫癜，衄血，咯血。

【附方一】乳腺炎，疔疮，无名肿毒，毒蛇咬伤：一点红鲜品适量，捣敷。

【附方二】小儿营养不良：一点红鲜根9g，煮肉吃。

【附方三】痢疾：一点红鲜品50g，红糖适量，水煎服。

【附方四】跌打肿痛：一点红鲜品30g，水煎服。外用鲜品适量或配酸角草、旱莲草各适量，共捣敷。

【附方五】结膜炎：一点红鲜品30g，水煎服或蒸鸡肝吃。

【附方六】血热妄行之紫癜，衄血，咯血：一点红12g，水煎服。

苗族：用全草。苦、辛，寒。入热经。清热解毒，消肿利尿。用于痢疾，腹泻，尿路感染，上呼吸道感染，便血，肠痛，目赤，喉蛾，疔疮肿毒，风热翳膜，小儿疳积，乳痈初起，肾炎水肿。水煎服9~18g，或鲜品15~30g。或捣汁含咽。外用适量煎水洗，或捣敷。

【附方一】风热翳膜：一点红120g，梅片0.3g，共捣烂，敷眼眶四周。

【附方二】小儿疳积：一点红10g，蒸瘦猪肉服。

【附方三】乳痈初起：一点红、蒲公英各等量，捣烂外敷。

【附方四】肾炎水肿：一点红、夏枯草、车前草各20g，水煎服。

【附方五】痢疾：一点红10g，水煎加红糖服用。

瑶族：用全草。用于感冒发烧，咽喉肿痛，肺炎，尿路感染，腹泻，脉管炎。外用于疥疮，跌打损伤，毒蛇咬伤。用量30~60g；外用适量。

【附方一】感冒发烧，咽喉肿痛，肺炎，尿路感染，腹泻，脉管炎：一点红适量，水煎服。

【附方二】跌打损伤：一点红适量，捣烂敷患处。

【附方三】毒蛇咬伤：一点红适量，捣烂敷伤口周围。

彝族：用全草。用于疔疮腿（腿部生疮成链状）。

【附方】疔疮腿：一点红20g，石洞内积水20ml，松香15g，泡温水饮服。

壮族：用全草。用于痢疾，膀胱炎，大便出血，痔疮出血。外用于疥疮，跌打损伤，毒蛇咬伤。



[附方一] 跌打损伤：一点红适量，捣烂敷患处。

[附方二] 毒蛇咬伤：一点红适量，捣烂敷伤口周围。

【现代研究】

化学成分：地上部分含克式千里光碱、多榔菊碱、金丝桃苷、三叶豆苷、槲皮苷、芸香苷、槲皮素、熊果酸、西米杜鹃醇、 β -谷甾醇、豆甾醇、正二十六醇、三十烷、蜂花酸及棕榈酸。

药理作用：对金黄色葡萄球菌、绿脓杆菌、伤寒菌有抑制作用。

