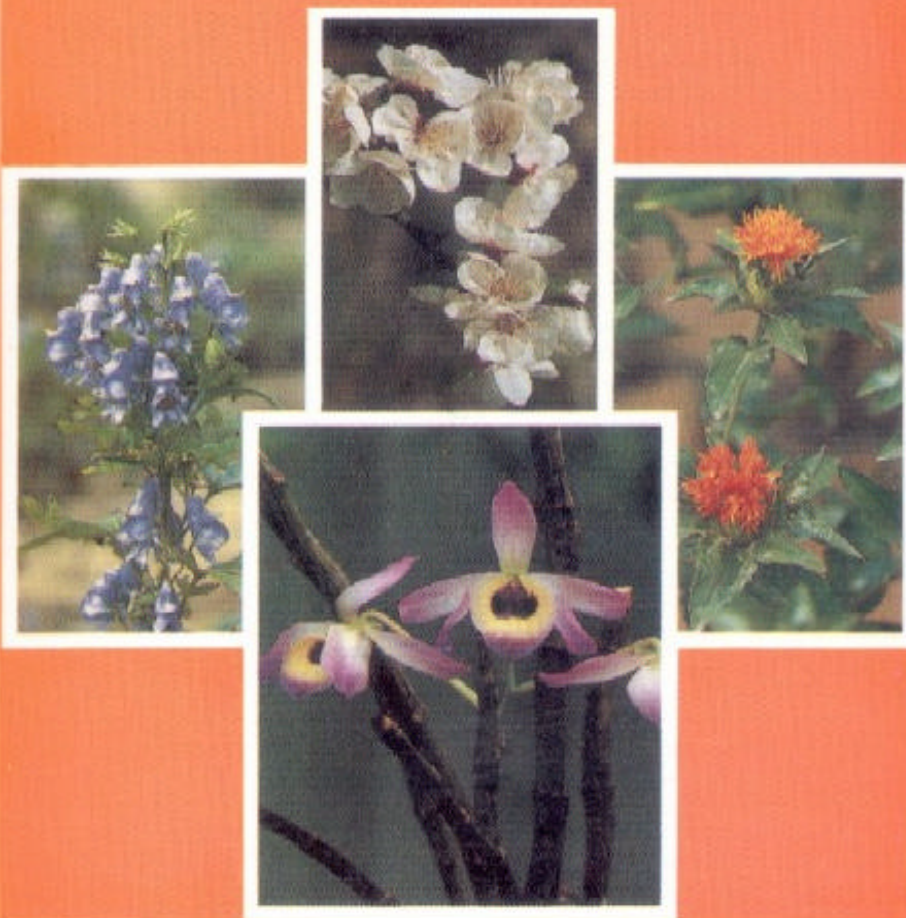


MEDICINAL PLANTS in CHINA



WORLD HEALTH ORGANIZATION
Regional Office for Western Pacific
MANILA

**WHO Regional Publications
Western Pacific Series No. 2**

Medicinal Plants in China

**A selection of
150 commonly used species**

Compiled by
The Institute of Chinese Materia Medica
China Academy of Traditional Chinese Medicine



World Health Organization
Regional Office for the Western Pacific
MANILA

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Preface

Herbal medicine is one of the important resources which can be mobilized for the attainment of WHO's goal of health for all by the year 2000. It has contributed significantly to man's struggle against disease and has been an important component of health care systems for thousands of years.

China has a long history of herbal medicine and has developed a unique system for using it. It is noteworthy that the use of many plants has withstood the test of time, and the safety and efficacy of some of them have been established by means of modern tests in a scientific framework.

There are a number of domestic publications on medicinal plants in China, but few are available in English. Some of these plants can also be found in other parts of the world, thus the knowledge about them accumulated in China could usefully be transferred. To this end, the WHO Regional Office for the Western Pacific, together with the Institute of Chinese Materia Medica, China Academy of Traditional Chinese Medicine, started the project of this publication in 1985.

There are about 7000 species of medicinal plants in China and 150 of those most commonly used were selected, photographed and documented.

It is hoped that the booklet will contribute to the exchange of information throughout the world and especially to the health of people living outside China in places where the same plants can be found.

S. T. Han, MD, Ph.D.
Regional Director

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The photographs were taken by Mr Cui Haiming and Ms Zhang Muqun of the Institute of Chinese Materia Medica, China Academy of Traditional Chinese Medicine, Beijing.

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Introduction

Throughout the world today, especially in the developing countries, people recognize the value of medicinal plants in treating and preventing common diseases. There are four main reasons for this widespread acceptance:

1. Medicinal plants have been in use for untold centuries and have proved reliable and effective in treating and preventing disease.

2. Most species of medicinal plants are not toxic and therefore give rise to few, if any, side-effects; even when some adverse effects do occur, they are much less serious than those caused by chemically synthesized medicines.

3. People living in rural and mountainous areas have easy access to local medicinal plants, so that their use in preventing and controlling disease costs much less than if Western medicine were used and is thus economically beneficial to developing countries.

4. Medicinal plants are an important source of practical and inexpensive new drugs for people throughout the world.

According to preliminary investigations, there are over 7000 species of medicinal plants in China. Furthermore, China is famous for its unique system of traditional medicine, and medicinal plants are an important means of treating and preventing disease throughout the country. The theories that govern the prescription of medicinal plants are taken from traditional Chinese pharmacology, itself based on long centuries of clinical observation and practice.

This publication presents the 150 species of medicinal plants most commonly used in China.

Its purpose is to help the reader to recognize these essential species and use them on the basis of the explanatory text and illustrations.

The photographs were taken between 1984 and 1986 in the mountain areas of Beijing, Guangxi, Guangdong, Rainan, Sichuan, Rubei, Jiangsu, Liaoning, Jilin, Xinjiang Autonomous Region, Qinghai, Shanxi, Gansu, etc. The pictures were taken under natural conditions during the flowering or fruiting season, so that the useful parts of the plants can be distinguished and collected at the appropriate time and plants can be identified for pharmacognostic studies. The species were identified by the authors of this work and the specimens are now kept in the Specimens Room, Institute of Chinese Materia Medica, China Academy of Traditional Chinese Medicine, Beijing.

The medicinal plants appearing in this work are indexed in the alphabetical order of their botanical species names.

Explanations are given for each species in the following order: botanical name (with common synonyms); Chinese name; English name; parts used; description; habitat; distribution; indications; dosage.

The botanical name of the species concerned and of the plant family to which it belongs are given in the form of the Latin binomial, with a further indication of the variety where appropriate and of common synonyms.

The Chinese name is given in the Chinese phonetic alphabet (Pinyin) and indicates the name of the crude drug. It is followed by the name in Chinese (Ran) characters. Simplified characters are given in parenthesis.

The English name refers to the common English name(s).

Part(s) used: The part(s) used of the plant, such as rhizome (root stock), root, stem, wood, leaf, flower, fruit, seed or the whole plant.

Description: This describes the plant's appearance and the crude material used. If the whole plant is used, the description of the crude material is omitted.

Habitat: This describes the kinds of places in which the plant grows, to assist in its collection.

Distribution: The countries or continents in which the plant is endemic or has been naturalized are listed here.

Indications: Each indication reflects the long-standing practice of Chinese traditional doctors. Some of the syndromes and clinical signs are described in traditional Chinese medical terms.

Dosage: This refers to the dried material used. For fresh materials special indications are given. Unless otherwise stated, the dose is administered as a decoction.

Notes are given wherever needed. Plants of the same family which are effective alternatives are specially noted. The notes also mention any contraindications or incompatibilities.

For quality standards, reference should be made to the Pharmacopoeia of the People's Republic of China.

Storage: Medicinal plants should be dried immediately after collecting, cleaning and processing, except under special circumstances, to prevent them from rotting or becoming mildewed. After drying, plants should be kept under conditions of appropriate humidity, light and ventilation. Care to prevent contamination by microorganisms is also of very great importance. The processed medicinal plants should be stored in a cool, dry place, protected from light.

Additional indexes are provided for Botanical names, English names, names in Chinese phonetic alphabet (Pinyin) and Chinese (Ran) characters.

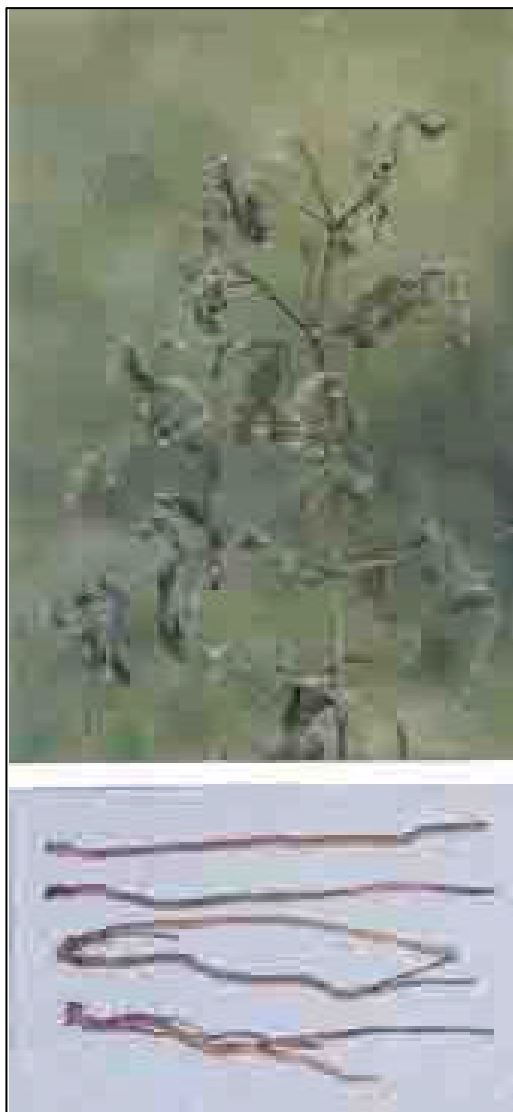
Notice

The information compiled in this booklet has been taken from traditional medical texts and recent scientific studies on medicinal plants in China and is presented here for reference and educational purposes. Self-treatment would be dangerous. The advice of qualified health workers is always advisable.



Medicinal Plants in China

**A selection of
150 commonly used species**



1 *Achyranthes bidentata* Blume Amaranthaceae

Chinese name : Niúxī 牛膝

English name : Two-toothed chaff-flower

Parts used. Roots.

Description. A perennial herb 0.7-1.2 m high. Stem erect, tetragonal, pubescent, nodes dilated, branches slender, rambling. Leaves opposite, petiolate, blade from elliptic to elliptic-lanceolate, acuminate, pubescent, membranous, 5-12 cm long by 2-6 cm wide. Inflorescence a terminal or axillary spike, 2-5 cm long, very slender, pedunculate; August-October. Bractlet often reduced to a spine minutely 2-auricled at the base. Perianth in 5 acute segments. Stamens 5, staminodes 5, ligule truncate, undulate in margin, very much shorter than the filaments. Ovary superior, obovoid. Fruit an achene.

The crude drug occurs as straight cylindrical roots, 15-90 cm long by 0.4-1 cm in diameter, flexible, streaked lengthwise, brownish-yellow, often with traces of fibrous rootlets. The taste is slightly bitter.

Habitat. At forest edges, along streams and among bushes; also cultivated.

Distribution. China.

Indications. 1. Sore throat 2. Hypertension 3. Amenorrhoea 4. Retention of placenta 5. Carbuncles 6. Traumatic injury 7. Asthenia of liver and kidney 8. Tiredness in the lower part of the body and the legs 9. Rheumatic pain.

Dosage. 4.5-10 g.



2 *Aconitum kusnezoffii* Reichb. Ranunculaceae

Chinese name : Cǎowū 草烏(烏)

English name : Kusnetzoff's monkshood

Parts used. The parent root tubers.

Description. A perennial herb, 70-150 cm high. Stem erect, smooth. Leaves alternate, petiolate; blade subcoriaceous, ovoid in outline, 6-14 cm long by 8-9 cm wide, tripalmatipartite, segments rhombic, pinnately parted again, the ultimate segments linear-lanceolate or lanceolate; tip acute; both faces glabrous, sometimes puberulous. Inflorescence a terminal raceme or a dense panicle. Sepals 5, purplish-blue; upper sepal helmet-shaped, 1.5-2.5 cm high; lateral sepals 1.4-1.7 cm long. Petals 2, glabrous, with long unguiculi, spur 1-4 mm long. Stamens numerous. Carpels 4-5, glabrous. Follicles 1-2 mm long. Seeds winged.

The root tuber, used for the drug, is conical in shape, slightly tortuous, 3-7 cm long and 1-3 cm in diameter; the surface is dark-brown or greyish-brown, marked with many wrinkles and a few short lateral roots. It is crowned by the remains of the stem. The fracture is short, with a greyish-white starchy exposed surface; odour slight, taste slightly bitter, followed by a very persistent strong tingling sensation. Very poisonous.

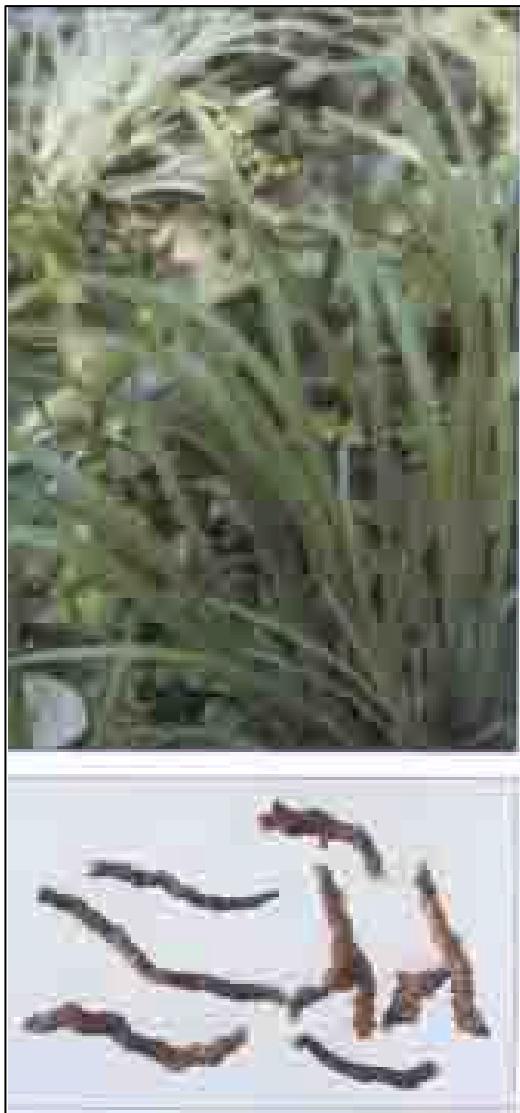
Habitat. In thickets, on slopes, in grassland and at forest edges.

Distribution. China, Korea, Mongolia.

Indications. 1. Rheumatic arthralgia 2. Sciatica 3. Hemiplegia; muscular spasm 4. Contusions 5. Local anaesthetic.

Dosage. 1.5-4.5 g.

Notes. 1. The crude drug must be prepared before application
2. Numerous species of this genus are similarly employed.



3 ***Acorus gramineus* Soland.**

Araceae

Chinese name : Shíchāngpǔ 石菖蒲

English name : Grass-leaved sweet flag

Parts used. Rhizomes.

Description. A perennial marsh herb. Rhizome creeping, 0.5-0.75 cm thick. Leaves sheathed, extending 10-15 cm outside the sheath, attaining 30-50 cm in length by 2-4 mm in width, without distinct median vein. Scape supporting the axillary inflorescence, a cylindrical spadix, 3.5-8 cm long and 5-10 mm in diameter. Spathe 5-15 cm long by 3-5 mm broad. May-July. Flowers small, yellowish-green, hermaphrodite; perianth in 6 divisions, the outer three larger. Stamens 6. Fruit an elongated berry, 2 mm thick.

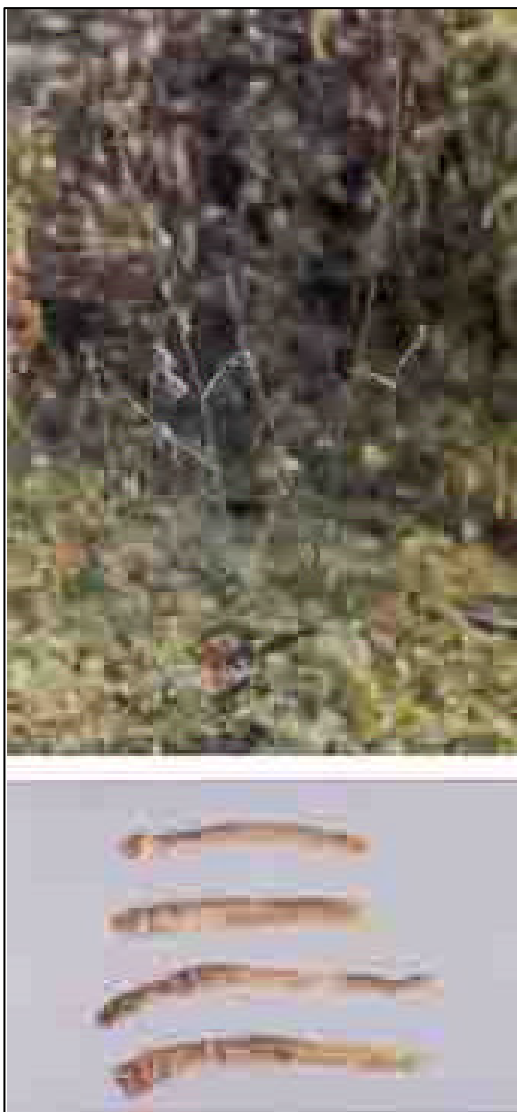
The surface of the dry rhizome is yellowish-brown and marked with longitudinal wrinkles where leaves were attached; the interior shows the scars where the radicles originated. The plant is aromatic. The rhizome has a very bitter taste.

Habitat. In stone crevices along the banks of streams.

Distribution. China, India, Japan, Philippines, Thailand, Viet Nam.

Indications. 1. Chronic gastritis; feeling of constriction in the chest 2. Delirium, deafness, tinnitus 3. Rheumatic arthritis; lumbago.

Dosage. 3-9 g.



- 4 *Adenophora stricta* Miq. **Campanulaceae**
 Chinese name : Nánshāshēn 南沙参(参)
 English name : Upright ladybell

Parts used. Roots.

Description. A perennial herb 60-100 cm high. The whole plant is covered with white fine hairs. Root robust, long and conical. Stem simple, erect, branched in upper part. Basal leaves oval; cauline leaves alternate, briefly petiolate or sessile; limb ovate or narrowly ovate, 3-7 cm long, dentate in margin. Flowers in summer-autumn, Raceme terminal, narrowed. Sepals 5, petals 5, deeply campanulate, up to 2 cm long, blue. Capsule subspherical.

The crude drug occurs in pieces 8-9 cm long and 1.5 cm in diameter at the top, of a yellowish-white colour with a spongy interior. Taste: bitter.

Habitat. On slopes, in crevices or in tussocks.

Distribution. China, Japan, Korea, Mongolia.

Indications. 1. Chronic bronchitis; cough 2. Thick sputum.

Dosage. 6-12 g.



5 *Agastache rugosa* (Fisch. et Mey.) O. Kuntze Labiatae

Chinese name : Huòxiāng 藿香

English name : Wrinkle giant hyssop

Parts used. Leaves and stems.

Description. An annual or perennial fragrant herb, 30-120 cm high. Stem tetragonal. Leaves opposite, petiole 1-4 cm long. Blade ovate or elliptic-ovate, 2.8 cm long by 1-5 cm wide; tip acute or acuminate; base rounded or nearly cordate; margin obtusely dentate, usually with many oil-glands on upper surface, pubescent underneath. Inflorescence a dense, terminal spike, cylindrical, 7-10 cm long. Flowers purple, calyx campanulate, teeth 5, irregular. Corolla tube as long as the calyx; limb bilabiate, the superior lip erect, bilobate, the inferior lip expanded, 3-lobed, the median lip broader and crenulate. Stamens 4, didymous, the superior pair declined; style bifid. Nutlets smooth. The taste of the leaves is sweet, the odour highly aromatic.

Habitat. On slopes or roadsides but mostly cultivated in gardens.

Distribution. China, Japan, Korea, Laos, North America, Soviet Union, Viet Nam.

Indications. 1. Fever due to heat strokes; headache 2. Distension of chest 3. Poor appetite 4. Nausea 5. As an emetic 6. Diarrhoea 7. Tinea on hands and feet (for external use).

Dosage. 6-12 g.



6 *Agrimonia pilosa* Ledeb.

Rosaceae

Chinese name : Xiānhècǎo 仙鹤(鹤)草

English name : Hairy agrimony

Parts used. Whole plant; winter buds (rhizomatic buds).

Description. A perennial herb, rootstock horizontal, woody, short-cylindrical, brownish, with many fibrous roots; winter buds conical, white. Stem 50-100 cm high, green or reddish. Leaves alternate, interruptedly pinnate; leaflets 7-21, sessile, hairy on both surfaces and punctate beneath; larger ones 1.5-3 cm, elliptic-ovate or obovate, rarely orbicular, deeply dentate 9-11, irregular. Smaller ones often orbicular and minute, petiole slender, stipules large, leafy, incised-dentate, partially adnate to the petiole. Inflorescence an elongated terminal raceme; September-October. Flowers small, yellow. Petals 5. Stamens 10 or more, inserted at the mouth of the calyx, calyx persistent, calyx-tube almost glabrous, deeply grooved, spines all erect. Fruit an achene enclosed in the hardened spinose calyx.

Habitat. On hillsides, in grassland and by roadsides.

Distribution. China, Japan, Korea, Soviet Union.

Indications. Whole plant: Gastrorrhagia; haematemesis; epistaxis; haematuria; melaena, metrorrhagia; enteritis; dysentery; pyodermas; vaginal trichomoniasis (external use). Winter buds: Tape-worm infestation.

Dosage. Whole plant: 6-12 g (in decoction). Winter buds: adults, 30 g (in powder form).



- 7 *Ailanthus altissima* (Mill.) Swingle Simarubaceae
Ailanthus glandulosa Desfontaines
 Chinese name : Chūnpí 椿皮
 English name : Tree of heaven; false varnish tree

Parts used. Root bark or bark.

Description. A lofty deciduous tree producing abundant root-suckers. Leaves up to 0.9 m long, pubescent or nearly glabrous; leaflets very numerous, divided very unequally by the midrib, paler beneath, very coarsely toothed at the base, usually with 1-3 pairs of glandular teeth near the base. Flowers small, in much-branched panicles. Petals woolly-tomentose inside. Filaments filiform, exserted, exceeding the anther several times in length, hispid at base. Samara twisted at the top, 2.5-5 cm diameter. Seed near the centre of the samara, about 6 by 2.5 mm.

The bark occurs as irregular plates 0.5-2 cm in thickness; the outer surface is greyish-black, very coarse and with deep cracks. The taste is bitter.

Habitat. By roadsides or on the outskirts of villages; sometimes cultivated.

Distribution. China, Japan, Korea; cultivated in the hills of India.

Indications. 1. Chronic dysentery; enteritis 2. Melaena 3. Seminal emissions 4. Leucorrhoea 5. Uterine bleeding.

Dosage. 6-9 g.



8 *Albizia julibrissin* Durazz.

Leguminosae

Chinese name : Hēhuān 合歡(欢)

English name : Silk tree; pink siris

Parts used. Bark, flowers or floral buds.

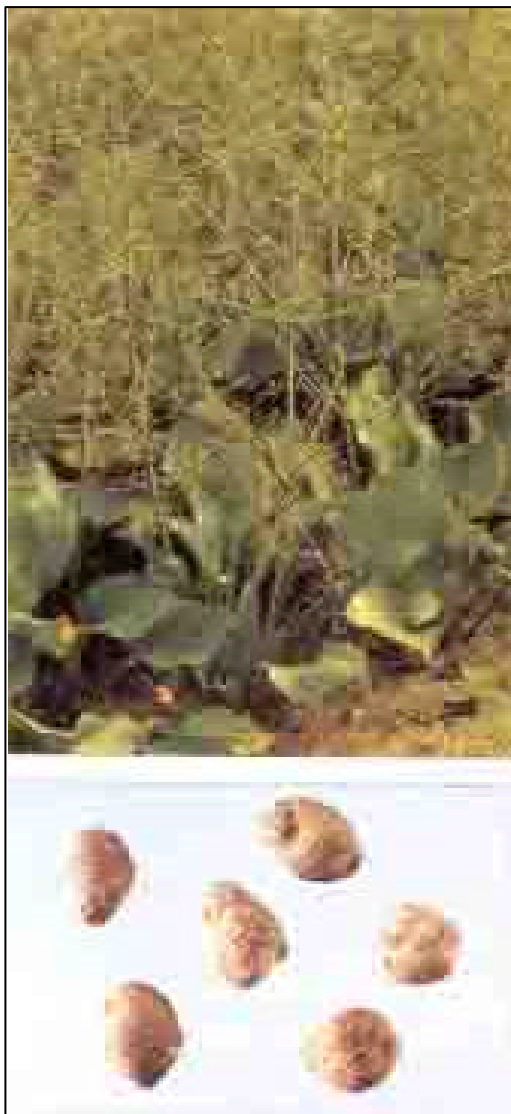
Description. A large deciduous tree, 6-16 m high, bark dark grey, nearly smooth, young shoots and inflorescence clothed with yellowish-brown pubescence. Leaves bipinnate, stipules 7.5 mm long, linear, caducous. Pinnae 4-16 pairs, 7.5-15 cm long; leaflets 10-30 pairs, 1.3-1.8 cm long by 0.4-0.6 cm wide, falcate-oblong, acute, oblique, dark-green on top, pale-green underneath, more or less adpressed, hairy on both sides, midrib close to the upper edge, subsessile. Flowers reddish in peduncled heads, solitary or in fascicles of 2-3 arranged in a short terminal raceme, the lowest often axillary; peduncles 3.8-7.5 cm long; bracts 4-7.5 mm long, linear, caducous; pedicels 1.25 mm long. Calyx 4 mm long, tubular, pubescent; teeth short, triangular. Corolla 7.5 mm long, pubescent outside; lobes 2.5 mm long, lanceolate, acute. Stamens 2.5-3.3 cm long, staminal-tube about as long as the corolla-tube. Pod 9.15 cm by 1.5-2.5 cm, thin, pubescent till mature, pale-brown or yellowish, with thickened sutures. Seeds 8-12.

Habitat. On waste ground and roadsides but mostly cultivated.

Distribution. China, Japan; naturalized in south-eastern United States of America.

Indications. Bark: 1. Anxiety and insomnia 2. Pulmonary abscess; expectoration 3. Trauma. Flowers or floral buds: 1. Neurasthenia; insomnia; amnesia 2. Feeling of constriction in the chest.

Dosage. Bark: 10-15 g; flowers or floral buds: 3-9 g.



9 *Alisma orientalis* (Sam.) Juzep.

Alismataceae

Chinese name : Zéxiè 澤(泽)瀉(泻)

English name : Oriental water-plantain

Parts used. Corms.

Description. A perennial marsh herb 50-100 cm high. Corms up to 6 cm in diameter. Brownish, with many fibrous roots. Leaves all basal, ovoid-elliptic, 5-18 cm long by 2-10 cm wide, acuminate at apex, cuneate or slightly cordate at base, entire at margin, glabrous on both surfaces; longitudinal veins 5-7, petiole up to 54 cm long, sheath-like at base. June-August inflorescence in verticillate divisions, large, paniculate, bracteal. Flowers white, small. Sepals 3. Petals 3, obovate, shorter than the sepals. Stamens 6. Carpels numerous, laterally compressed. Achenes obovate, compressed laterally.

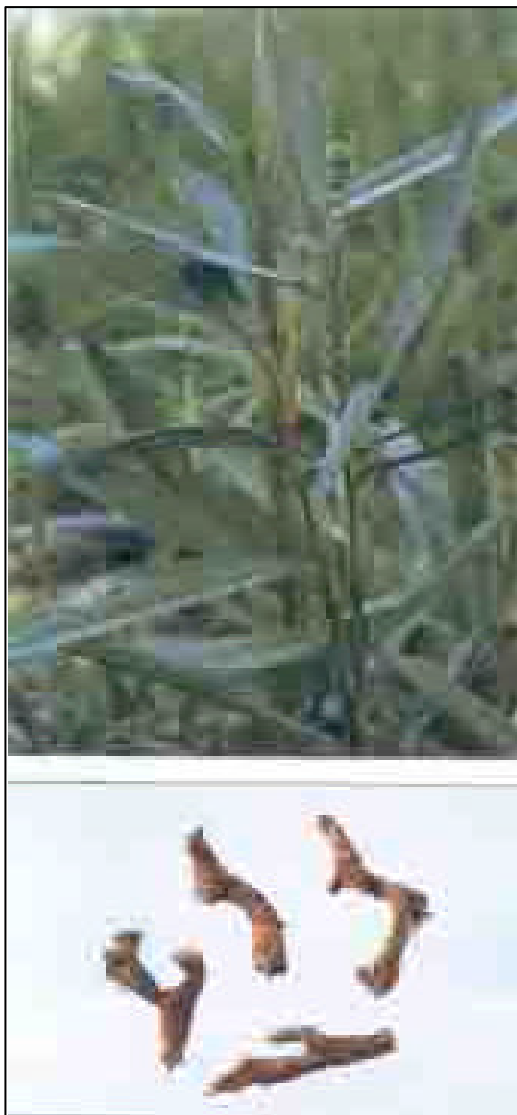
The dried corms are ovoid, whitish with circular depressions. The taste is slightly bitter.

Habitat. In fields, swamps and damp soil.

Distribution. China, India, Japan, Mongolia, Soviet Union.

Indications. 1. Nephritic oedema; pyelitis; 2. Dysuria; enteritis; diarrhoea.

Dosage. 6-9 g.



10 *Alpinia officinarum* Hance Zingiberaceae

Chinese name : Gāoliángjiāng 高良薑(姜)

English name : Lesser galangal; small galangal

Parts used. Rhizomes.

Description. A perennial, leafy-stemmed herb 0.7-1.2 m high. Rhizome creeping, 12-18 mm in diameter, reddish-brown, glabrous, covered with fibrous scales which leave irregular rings. Leaves cartilaginous, glabrous, lanceolate, 29-40 cm long by 24 mm wide; sheath scariosa. Inflorescence paniculate, enclosed in the superior sheaths before flowering. Bracts very small, caducous. Calyx tubular, with 3 short teeth. Corolla longer than the calyx, lobes 15-20 mm long by 4-5 mm wide. Stamens awl-shaped, short, labium white streaked with red, entire, 20 mm long, 15-18 mm wide. Ovary 3-celled. Fruit a 3-valved capsule.

The drug consists of a branched rhizome, about 12 mm thick, in pieces about 5 or 10 cm long. These are frequently cylindrical, but sometimes tapering and often branched. They are dull reddish-brown, longitudinally striated or wrinkled, and bear, at intervals about 5 mm, pale encircling, sinuous or frilled remains of cataphyllary leaves. Here and there the broken upper end of a root remains attached to the rhizome. It is hard, tough and difficult to break.

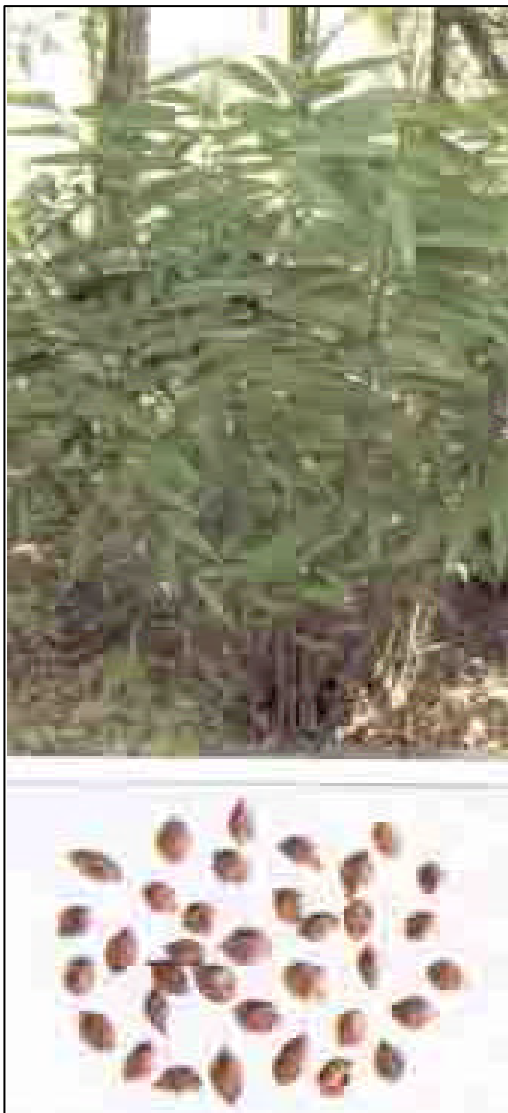
The inside is reddish-brown in colour. The smooth transverse surface exhibits a stele, occupying about one-third of the diameter, and a wide cortex. In both of these regions paler fibrovascular bundles and numerous deep-red resin-cells may be distinguished. The drug has an agreeable spicy odour and a strongly pungent spicy taste.

Habitat. On slopes in grassland, woods or thickets. Also cultivated.

Distribution. China, Viet Nam.

Indications. 1. Epigastric pain; vomiting; indigestion 2. Gastric and duodenal ulcer; chronic gastritis 3. Acute gastroenteritis.

Dosage. 3.10 g.



11 *Alpinia oxyphylla* Miq.

Zingiberaceae

Chinese name : Yizhi 益(益)智

English name : Sharp-leaved galangal

Parts used. Fruit.

Description. A perennial herb, 1-3 m high. Rootstock horizontal. Leafy stem elongated. Leaves lanceolate, 17-33 cm long by 3-6 cm wide. Raceme terminal. Calyx tubular, hairy, 3-toothed. Corolla-tube about 1 cm long, 3-toothed, lip obovate, white with reddish streaks. Anthesis March to May. The fruit, used as the drug, is a capsule, oval; some capsules are ovate-oblong and a few nearly spherical, pointed at the extremities. The pericarp is of a deep dusky-brown colour, coriaceous, devoid of hairs, beset longitudinally with interrupted ridges usually about 18 in number; it has an agreeable aromatic smell and taste. The seeds are obtusely angular and adhere firmly together; they are distinguished by an aromatic, bitter, myrrh-like taste.

Habitat. In damp places in the tropics.

Distribution. China.

Indications. 1. Stomachic 2. Tonic in gastralgia 3. Enuresis 4. Spermatorrhoea.

Dosage. 3-6 g.



12 *Amomum krervanh* Pierre ex Gagnep. Zingiberaceae

Chinese name : Báidòukòu 白豆蔻

English name : Round cardamom; cluster cardamon

Parts used. Fruit.

Description. Herbs with elongate leafy stems, 2-3 cm high and perennial spreading rootstocks. Leaves distichous, subsessile, lanceolate, 20-23 cm long by 7.5-10 cm wide, apex caudate, base narrowed, margin sub-undulate, glabrous. Flowers in dense spikes direct from the rootstock; early summer; bracts imbricate. Calyx cylindrical, 3-toothed, white with reddish. Corolla-tube, lobes 3, white; lip ovate, yellow. Stamen 1 perfect; filament short, arcuate; anther 2-celled, the cells divaricate, sometimes hairy, often with a petaloid crest; lateral staminodes minute. Ovary 3-celled; ovules many, superposed; placentas axile; style filiform; stigma small, subglobose or larger and dorsally gibbous. The capsules are round, globular, smooth, ribbed, obscurely triangular, and of a brownish-white colour. The seeds are packed together in a globular mass, easily broken into three portions, and have an aromatic flavor.

Habitat. In damp places in the tropics.

Distribution. Burma, Cambodia, China, Laos, Thailand, Viet Nam.

Indications. 1. Abdominal distension 2. Vomiting due to stomach cold 3. Indigestion.

Dosage. 3-6 g.



13 *Ampelopsis japonica* (Thunb.) Makino Vitaceae

Chinese name : Bǎiliǎn 白藜(藜)

English name : Japanese ampelopsis

Parts used. Tuberous roots.

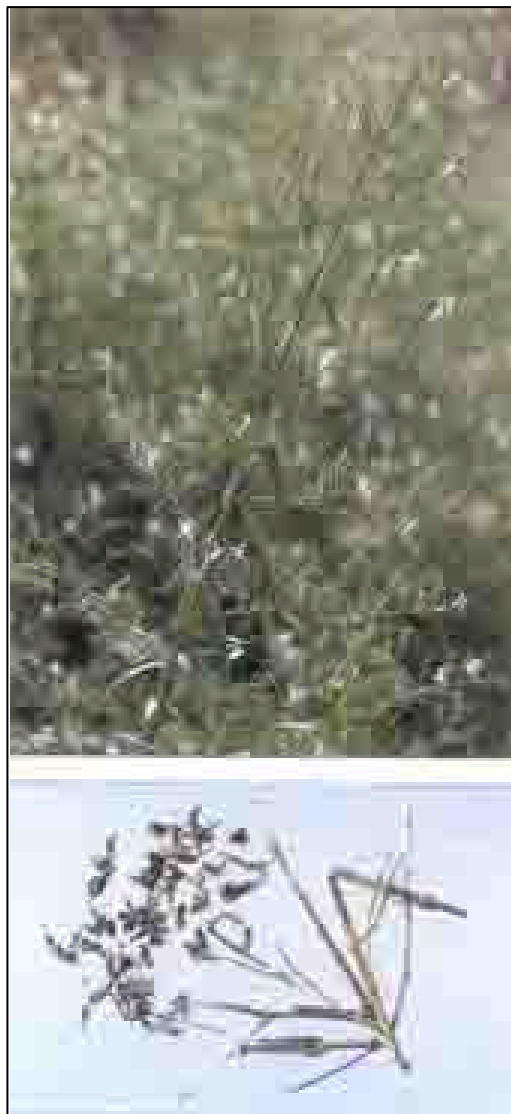
Description. A perennial climbing vine about 1 m long. Tuberous roots, clustered, robust, fleshy, long-fusiform or ovate, externally dark brown in colour, fracture white, starchy; stem ligneous at the base, much-branched; young branches glabrous, finely striate, slightly purplish. Tendrils opposite to the leaf. Leaves alternate, compound-palmate, 6-10 cm long by 7-12 cm wide; petiole shorter than the leaf blade, glabrous; leaflets 3-5, pinnatilobate; segments ovate or lanceolate, the middle segment being the longest one; rachis broadly winged, both surfaces glabrous. Cymes small, opposite to leaf. Summer. Flowers small, yellowish-green, calyx segments 5, petals 5, stamens 5, disc slightly lobed at margin. Berry globose, blue or bluish-purple at maturity. The taste of the tuberous root is sweet.

Habitat. On slopes or among grasses by roadsides.

Distribution. China, Japan.

Indications. 1. Skin inflammation; pyogenic infection; ulcerous disease of skin 2. Burns (external use).

Dosage. 4.5-9 g.



14 *Andrographis paniculata* (Burm. f.) Nees Acanthaceae

Chinese name : Chuānxīnlǎn 穿心蓮(蓮)

English name : Kariyat; common andrographis; sinta; halviva

Parts used. Whole plant.

Description. An erect, annual or perennial herb about 40-80 cm high. Stem quadrangular and branched, base not pubescent. Leaves opposite, oblong, ovate-to-lanceolate, 2-8 cm long by 1-3 cm wide, narrowed at both ends, never spatulate, acuminate at apex, cuneate at base, entire at margin, glabrous. Summer to autumn. Racemes lax, paniculate, divaricate, terminal or axillary; pedicels manifestly distant, usually pubescent; bract linear, bracteoles smaller or absent. Sepals 5, linear-lanceolate, pubescent. Corolla 2-lipped for at least half its length, hairy, white, spotted rose-purple. Filaments hairy, erect. Ovary and base of style subglabrous or very sparsely hairy. Capsule linear-oblong or elliptic, 1.5 cm by 0.5 cm, compressed contrary to the septum; when young slightly glandular-hairy, when mature glabrous. Seeds about 12, subquadrate, osseous, rugose without hairs or scales at any period, brownish-yellow or deep-brown. The taste of whole plant is very bitter.

Habitat. In thickets; mostly cultivated in China.

Distribution. South Asia; cultivated in China and India.

Indications. 1. Gastroenteritis 2. Common cold; tonsillitis 3. Boils, wound infection 4. Snake bites.

Dosage. 3-15 g.



15 *Anemarrhena asphodeloides* Bunge

Liliaceae

Chinese name : Zhīmǔ 知母

English name : Common anemarrhena

Parts used. Rhizomes.

Description. A perennial herb. Rhizomes thick, horizontal. Leaves basal, linear, 20-70 cm long by 3-6 mm wide, glabrous. Scape simple, erect, 50-100 cm high, terminating in a long spiciform cluster of small flowers in summer, fragrant, opening in the evening. Perianth white or light purple, in 6 divisions in 2 rows, lightly united at the base. Stamens 3, with a very short filament. Ovary 3-celled. Style filiform. Fruit a hexagonal capsule, seeds 1-2, triangular, black.

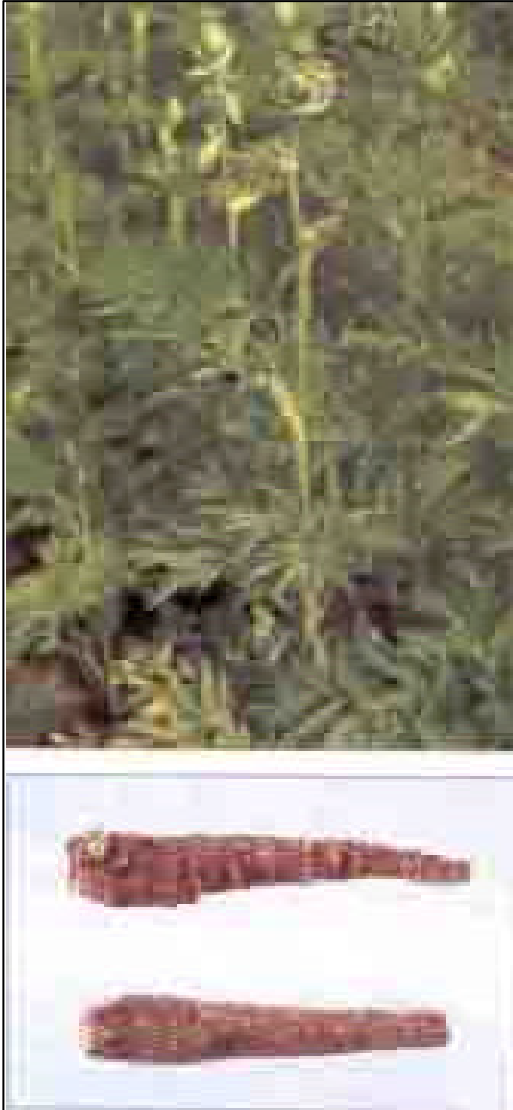
The rhizomes are flat, 10 cm long by 18 mm thick, densely covered with reddish or yellowish erect fibrous substances which are the remains of the leaf base. The interior is yellow, fleshy. The odour is pleasant, the taste bitter.

Habitat. On exposed slopes and hills.

Distribution. China.

Indications. 1. Antipyretic in highly febrile diseases 2. Feeling of thirst and irritation 3. Cough due to heat in lungs 4. Constipation.

Dosage. 3-12 g.



- 16 *Angelica dahurica* (Fisch. ex Hoffm.) Benth. et Hook. f. Umbelliferae
 Chinese name : Báizhī 白芷
 English name : Dahurian angelica

Parts used. Roots.

Description. A large perennial herb, 2-2.5 m high. Stem hollow, pubescent, often purplish. Leaves basal, broad, tripinnate; leaflets oblong or oval-elliptical, tip acute, margin dentate; cauline leaf alternate, long-petiolate, petiole broadly dilated at the base. Inflorescence a large compound umbel, terminal, rays 22-38. White flowers in summer, bracts 1-2, dilated as a sheath; bracteoles small, often as long as or longer than the pedicels, each ray consisting of 10 pedicels or more. Petals 5, entire, incurvate at the tips. Fruit ovoid, compressed, edged with 4 membranous wings; mericarp 5-ribbed, glabrate or sparsely pubescent.

The root is conical, 10-25 cm long by 1.5-2.5 cm in diameter, greyish-brown or yellowish-brown, and covered with transversal lenticels and longitudinal wrinkles. The odour is aromatic, the taste pungent and slightly bitter.

Habitat. In thickets, mostly cultivated.

Distribution. China, Japan, Korea, Soviet Union.

Indications. 1. Common cold caused by the wind; headache
 2. Sinusitis; toothache 3. Haemorrhoids complicated by anal fistula; melaena; leucorrhoea 4. Skin inflammation and boils
 5. Burns.

Dosage. 3-9 g.



- 17 *Aquilaria sinensis* (Lour.) Gilg
 Chinese name : Chénxiāng 沉香
 English name : Chinese eaglewood

Thymelaeaceae

Parts used. Wood.

Description. An evergreen large tree, up to 20 m high. Young shoots pilose. Leaves alternate, petiolate, elliptic or obovate-oblong, 5-9 cm long by 2.5-4.5 cm wide, apex briefly acuminate, base cuneate, entire, thin-chartaceous, slightly appressed-pilose on the nerves beneath or glabrous, with a silky gloss, faintly parallel-nerved. Umbels, terminal or axillary, with 4-12 cm peduncle. Rather small greenish flowers in early summer, on very slender pilose pedicels 4-6 mm long or even longer. Perianth 5 mm long, slightly hairy outside, densely villous inside, especially the lobes; perianth scales oblong, villous, alternating with the stamens and as long. Filaments red at apex. Ovary tawny-tomentose. Capsules obovate-cuneate, slightly compressed, about 2.5 cm long, densely tawny or yellowish-tomentose, in a dried state shrivelled and wrinkled. The drug, coarse reddish-brown wood, has an odour similar to that of sandal-wood, and tastes pungent and bitter.

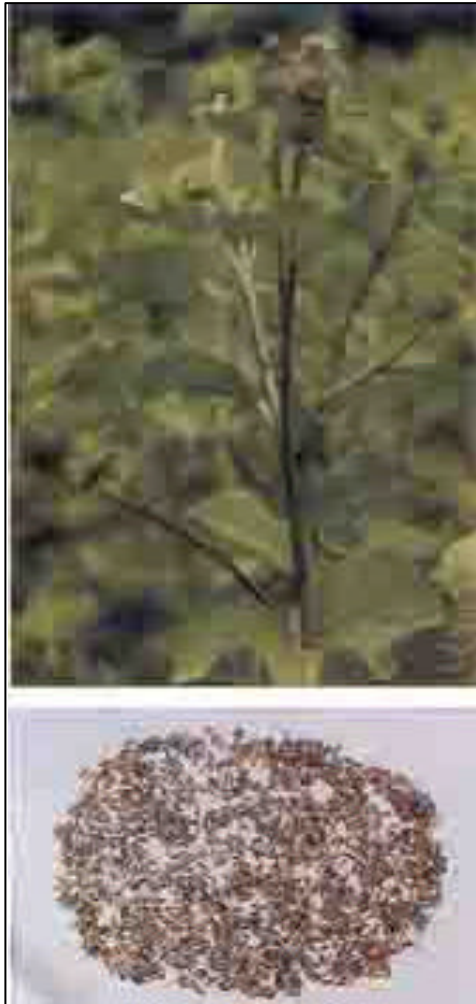
Habitat. In forests.

Distribution. China.

Indications. 1. Stomachic in gastralgia 2. Colic 3. Nervous vomiting.

Dosage. 10-15 g.

Notes. *Aquilaria agallocha* Roxb. is similarly employed.



18 *Arctium lappa* L. Compositae

Arctium majus Bernh.

Chinese name : Niúbàngzǐ 牛蒡子

English name : Great burdock; clotbur; cocklebur

Parts used. Fruit (achene).

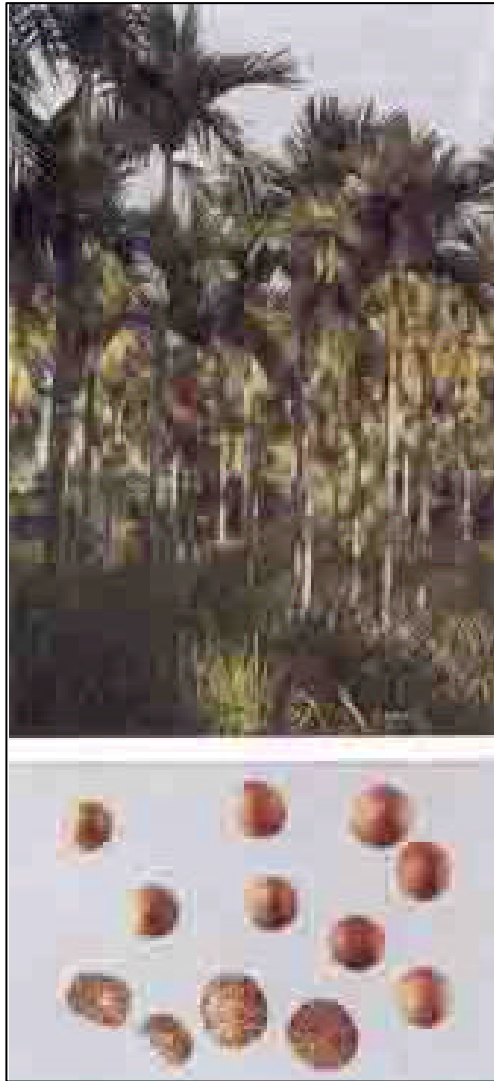
Description. A biennial or perennial herb, 1-2 m high. Stem erect, sturdy, striate, branching, purplish, puberulent. Leaves alternate, large; inferior leaves petiolate, often cordiform, 40-50 cm long by 30-40 cm wide, apex obtusely rounded, base cordate, margin undulate, surface glabrous, underside covered with white cottony hairs; superior leaves oval. Flowers grouped in heads which are disposed generally in corymbs at the tips of the branches, purple; July-August. Involucre nearly globular, 3-4 cm in diameter, the bracts imbricate in several layers and awned. Corolla tubular, 5-lobed. Fruit an achene, long-elliptic or obovate, slightly triangular, 5-6 mm long by 2.5 mm wide, surface greyish-brown with numerous black spots. The taste of the achene is pungent.

Habitat. On roadsides, in gullies and on grassy slopes in foothills; also cultivated.

Distribution. Asia, China, Europe, North America.

Indications. 1. Common cold; cough; headache 2. Sore throat
3. Inadequate measles eruption.

Dosage. 3-10 g.

**19 *Areca catechu* L.****Palmae**

Chinese name : Binglang 檳(榔)榔

English name : Areca palm; betel palm; betel nut; areca nut

Parts used. Seeds.

Description. Trunk solitary, quite straight, 10-30 m high, usually about 50 cm in circumference, uniformly thick. Leaves 1.2-1.8 m long, pinnate; leaflets numerous, 30-60 cm, glabrous, the upper segments joined; petiole sheathed, sheaths encircling the tip of the stipule. Spathe glabrous, compressed. Inflorescence paniculate, axillary, rachis stout-compressed, monoecious. Female flowers not numerous, growing from the axis of the spadix or a few at the base; male flowers very numerous, very small, located at the tips of the branches. Sepals 3. Petals 3. Stamens 6 in the male. Ovary 1-celled in the female; style short, terminating in 3 stigmas. Fruit a monospermous berry, fibrous, ovoid, of variable shape and colour. The seeds are bluntly rounded, conical, about 15-30 mm wide at the base; the testa is brown and marked with a network of paler depressed lines; the ruminant endosperm is opal-white and is traversed by a number of irregular brown plates produced by infolding of the thin perisperm, each infolding corresponding to one of the depressed lines of the outer surface. The taste is astringent and slightly bitter.

Habitat. Commonly cultivated in tropical regions.*Distribution.* Australia, China, Guyana, Laos, La Réunion, Madagascar, Malaysia, Philippines and Viet Nam.*Indications.* 1. Tape-worm and round-worm infestation; fasciolepsiiasis 2. Abdominal pain 3. Dyspepsia; diarrhoea; tenesmus 4. Oedema 5. Glaucoma (prepared as eyedrops for external use).*Dosage.* 3-9 g; 30-60 g (for vermifuge).



20 *Aristolochia debilis* Sieb. et Zucc. **Aristolochiaceae**

Chinese name : Mǎdōulǐng 馬(马)兜鈴(铃)

English name : Slender Dutchman's pipe

Parts used. Fruit (Madouling), Roots (Qingmuxiang), Herb (Tianxianteng).

Description. A perennial creeping herb, up to 2 m long. Root cylindrical, often curved, yellowish-brown and aromatic. Stem slender, glabrous. Fresh stem and leaves possess a special odour. Leaves alternate, long-petiolate. Blade narrowly triangular-ovate, 3-8 cm long by 2-4.5 cm wide, base cordate and auriculate on both sides. Peduncles solitary, without bracts. Flowers irregular; summer; perianth simple, tube globular, inflated at the base, narrow, cylindrical at the top; limb oblique, descending, oval-lanceolate, acuminate, nearly as long as the tube; stamens 6; ovary inferior. Fruit a rounded capsule, 6-valved; autumn; seeds very numerous, compressed, winged.

Habitat. On slopes, at forest edges, in thickets or on gravelly land.

Distribution. China, Japan.

Indications. Fruit: 1. Cough and dyspnoea 2. Dyspnoea due to retention of sputum. Roots: 1. Stomach-ache 2. Dizziness due to hypertension 3. Rheumatic arthritis 4. Bruises and bone injuries 5. Sore throat 6. Toothache; eczema; poisonous snake bites (external use). Herb: 1. Cough due to inflammation in lung 2. Dyspnoea due to retention of sputum.

Dosage. 3-9 g.

Notes. *Aristolochia contorta* Bunge is similarly employed.



21 *Artemisia annua* L.

Compositae

Chinese name : Qīnghāo 青(青)蒿

English name : Sweet wormwood

Parts used. Whole plant.

Description: An annual herb 30-90 cm high, very fragrant. Stem furrowed, passing into an ample spreading branching compound panicle. Basal leaves long-petiolate, in outline triangular-ovate, bipinnatisect; primary segments petiolate, secondary ones oblong with acute, dentate pinnatifid lacinate. Primary rachis without teeth. Floral leaves sessile, with linear setaceous teeth. Inflorescence a terminal, compound panicle; September-November. Flower heads heterogamous, 2-3 mm wide, globular; bracts linear, oval-acuminate or oval; marginal flowers female, corolla 4-lobed; disc flowers hermaphrodite, corolla 5-lobed, stamens 5, ovary sterile. Fruit an obovoid achene, smooth, 0.5 mm long.

Habitat. On waste land, roadsides, slopes, in grassland and by river banks.

Distribution. China, India, Japan, Korea, Soviet Union, Viet Nam; naturalized in Central and Southern Europe and in North America.

Indications. 1. Fever due to summer heat; low fever without sweat 2. Intermittent fever due to tuberculosis 3. Malaria (malaria pernicious and tertiana).

Dosage. 4.5-9 g.

Notes. This plant contains Qinghaosu (Artemisinin) which is active against malaria. In case of pregnant women or women who may be pregnant, use is restricted to individual cases for whom potential benefits would outweigh the risks involved.

Cautious dosage is advised for patients with frequent diarrhoea and shock.

It is effective for anti-chloroquinines malaria; however, the disease has recidivity. As symptoms get better, the patient should be under further continuous antimalaria treatment.



22 *Asparagus cochinchinensis* (Lour.) Merr. Liliaceae

Chinese name : Tiāndōng 天冬

English name : Cochinchinese asparagus; shiny asparagus

Parts used. Root tubers.

Description. A perennial creeping herb, 1-2 m long, glabrous. Stem much branched, cladodes dimerous-tetramerous, flat, linear, 1-2.5 cm long by 1 mm wide, slightly falcate, apex aciculate, leaves minute scales, often spinescent on main stem. Flowers polygamous, yellowish-white or white, monomerous-trimerous, nodding in the axils of the cladodes. Perianth in 6 linear-navicular segments, 3.5 mm long by 6 mm wide; stamens 6; ovary amphora-like. Style very short; stigmas deltoid, extended. Berry globular, 7 mm in diameter, white, ripening to red. Seed 1, globular, black, finely vermiculate, 4 mm in diameter.

The dry root tubers occur as translucent oblong-spindles, 6-8 cm long by 0.5-2 cm in diameter, with yellowish surface and bitter taste.

Habitat. Damp, shaded hills, woods or thickets.

Distribution. China, Japan, Korea, Laos, Viet Nam.

Indications. 1. Cough and sputum due to consumption disease
2. Chronic bronchitis 3. Dry mouth 4. Constipation 5. Pyodermas; snake bites (external use).

Dosage. 6-12 g.



23 Astragalus mongholicus Bunge Leguminosa

Chinese name : Huángqí 黄(黄)耆(芪)

English name : Mongolian milk-vetch

Parts used. Roots.

Description. A perennial herb, 60-150 cm high. Leaves pinnate, leaflets 25-37, broadly elliptic. Raceme axillary, flowers in summer. Calyx tubular 5 mm long. Corolla yellowish; pod ovate-oblong, glabrous, reticulate. The root is flexible and long and covered with a tough, wrinkled, yellowish-brown epidermis, which has a tendency to break up into woolly fibres. The woody interior is of a yellowish-white colour, and the whole drug has a faintly sweetish taste.

Habitat. On slopes, grassland and roadsides.

Distribution. China, Mongolia.

Indications. 1. Perspiration caused by weakness or from no apparent cause 2. Chronic diarrhoea; rectocele.

Dosage. 10-20 g.

Notes. *Astragalus membranaceus* (Fisch.) Bunge is similarly employed.



24 *Atractylodes lancea* Thunb. DC.

Compositae

Chinese name : Cāngzhú 苍(苍)朮(木)

English name : Swordlike atractylodes

Parts used. Rhizomes.

Description. A perennial herb, 30-70 cm high. Stem erect, simple. Cauline leaves alternate, petiolate or sessile, elliptic-lanceolate, 4 cm long by 1-1.5 cm wide, entire or 3-7 pinnatilobate, margin serrate and spinulescent. Inflorescence a terminal head; involucre with scariose bracts, firm, imbricate, acuminate, ciliate. Flowers in autumn. Corolla of fertile flowers tubular, white, slightly tinged with purple.

The rhizomes are finger-shaped, roughly moniliform, occasionally branching, and from 3 to 9 cm long. The cuticle is rough, brown or blackish, and sometimes bristling with rootlets. The cut surface is of a dirty white colour, with a yellowish cortical layer. The structure is very open, and some of the interstices are filled with an orange resinous substance. The smell is somewhat aromatic and the taste is warm and bitter.

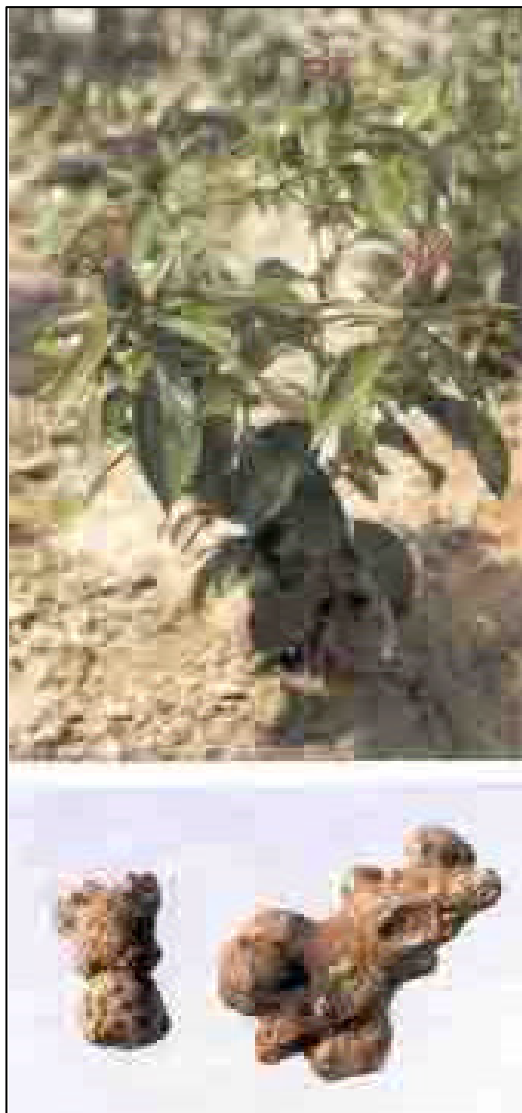
Habitat. On slopes and in dry areas.

Distribution. China.

Indications. 1. Water retention 2. Vomiting 3. Diarrhoea 4. Oedema in lower extremities 5. Loss of appetite 6. Night blindness due to vitamin A deficiency.

Dosage. 5-10 g.

Notes. *Atractylodes chinensis* (DC.) Koidz. is similarly employed.



25 *Atractylodes macrocephala* Koidz.

Compositae

Chinese name : Báizhú 白朮(朮)

English name : Largeheaded atractylodes

Parts used. Rhizomes.

Description. A perennial herb, erect, 30-60 cm high. Stem erect, glabrous, branched in upper part, lignified at the base. Leaves alternate, petiolate, blade 3-5 parted; the terminal segment is the largest; segments elliptic to oval-lanceolate, margin serrate and spinulescent. The leaves of the upper parts are elliptic or oval-lanceolate in shape, never parted, 4-10 cm long by 1.5-4 cm wide; apex acuminate; base gradually narrowed and decurrent into the petiole. Flowers in autumn. Inflorescence a terminal head, ovoid, larger than in *A. lancea*; corolla purplish. Fruit an achene crowned with a silky pappus.

The root used for the drug is an irregularly thick mass, 3-13 cm high and 1.5-7 cm in diameter, greyish-yellow or greyish-brown, with many warty protuberances and longitudinal wrinkles and furrows. It is crowned by the remains of the stem.

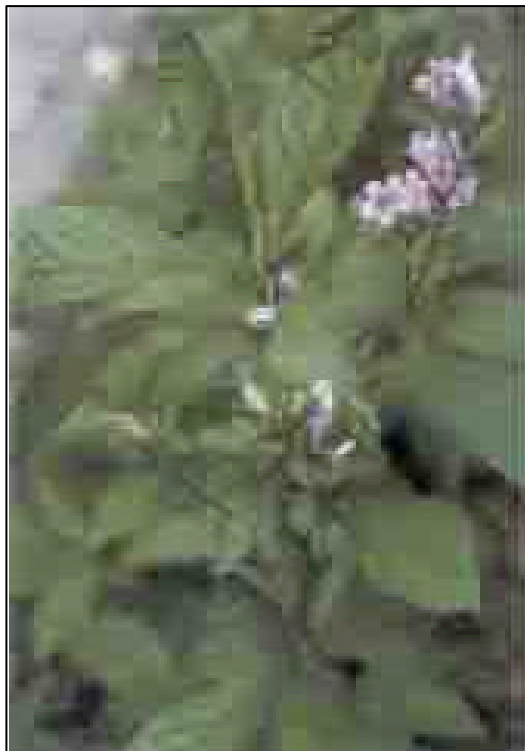
The smell is somewhat aromatic and the taste sweet and pungent.

Habitat. Mostly cultivated.

Distribution. China, Japan, Korea.

Indications. 1. Polyuria; dysuria 2. Stagnant water in the stomach
3. Watery diarrhoea; aromatic stomachic for oedema; night sweats
4. Vomiting in pregnancy; unstable fetus.

Dosage. 5-15 g.



- 26 ***Baphicacanthus cusia* (Nees) Bremek.** **Acanthaceae**
***Strobilanthes flaccidifolius* (Nees) Imlay**
 Chinese name : Mǎlán 馬(马)藍(蓝)
 English name : Assam indigo

Parts used. Roots and leaves.

Description. A subshrub, up to 1 m high. Rootstock terete. Stem erect. Both rootstock and stem with dilated nodes. Leaves opposite, often unequal, elliptical, 5-16 cm long by 2.5-6 cm wide, tip acuminate, base attenuate, margin serrulate. Spikes forming somewhat dense panicles; flowers opposite, many remote; bracts leaf-like, 1-2 cm long, deciduous. Calyx deeply sub-equally pentafid; segments narrow. Corolla tubular-ventricose, slightly curved, 5 cm long, 2 cm in diameter, nearly glabrous, purple; lobes 5, sub-equal; stamens 4, didynamous; style linear. Capsule stick-like, glabrous. Seeds much compressed, brownish.

Habitat. In low hills; often cultivated.

Distribution. Burma, China, India, Indonesia.

Indications. 1. Fever and headache due to influenza 2. Febrile diseases with eruptions 3. Sore throat, pharyngitis, tonsillitis 4. Conjunctivitis 5. Pyogenic infection.

Dosage. Roots 15-30 g; leaves 10-30 g.



27 *Belamcanda chinensis* (L.) DC.

Iridaceae

Chinese name : Shègān 射干

English name : Blackberry lily; leopard flower;
dwarf tiger-lily

Parts used. Rhizomes and roots.

Description. A perennial herb. Rootstock creeping. Stem erect, leafy. Leaves ensiform; equitant, with short sheaths; 30 cm long by 2-3 cm wide. Inflorescence a dichotomous corymb, 20-40 cm long; July-September. Spathes several-fold, subscariose, bracts scariose. Flowers pedicelled. Perianth rotate, in 6 segments, oblong, orange spotted with red. Stamens inserted at the base of the perianth, filaments filiform, anthers linear, basifixed. Ovary obovoid; style filiform, arms elongate, tips reniform, stigmatic. Capsule obovoid, membranous, loculicidal; valves reflexed, leaving the seed-bearing axis persistent and free. Seeds subglobose.

The rhizomes are flat, divaricate and brownish; they bear scars of the resinous stem on the surface. The taste of the fresh drug is acid. Poisonous.

Habitat. Mostly cultivated.

Distribution. China, India, Japan, Korea, Laos and Viet Nam; naturalized in the United States of America.

Indications. 1. Sputum; retropharyngeal abscess and sore throat
2. Tracheitis; parotitis; tonsillitis.

Dosage. 3-10 g.



28 *Bletilla striata* (Thunb.) Reichb. f.

Orchidaceae

Chinese name : Bái jí 白及

English name : Common bletilla

Parts used. Pseudobulbs.

Description. A perennial orchid 30-60 cm high. Stem thickened at the base into a flat tubercle with several internodes. Leaves 3-6, lanceolate or broadly lanceolate, 15-40 cm long by 2.5-5 cm wide, tip acuminate, base sheathed without evident petiole. Inflorescence a terminal cluster with 3-6 flowers; April-May. Flowers violet-pink, sepals and petals nearly similar, erect, showy. Labium deeply trilobate, the middle lobe more purplish, with 5-7 undulating crests. Column slender, white at the base, purplish at the tip; anther convex, operculate. Capsule fusiform about 3.5 cm long, with 6-angled.

The pseudobulbs are oblong, flat, hard, yellow, 5-6 cm long, carrying traces of the stem in the form of an umbilicus consisting of several concentric circles. The taste is bitter.

Habitat. Grows on hillsides or in sparse woods and shrubland.

Distribution. Cambodia, China, Japan, Laos, Viet Nam.

Indications. 1. Haemoptysis due to pulmonary tuberculosis; haematemesis due to bronchiectasis 2. Gastric ulcer 3. Haematuria 4. Melaena 5. Wound bleeding, burns (for external use).

Dosage. 6-15 g.



29 *Brucea javanica* (L.) Merr.

Simarubaceae

Chinese name : Yādānzǐ 鴉(鴉)胆子

English name : Java brucea

Parts used. Fruit (Peel off the hard outer layer to obtain the kernel).

Description. A shrub or small tree, 1-3 m high; all younger parts softly pubescent. Leaves compound-imparipinnate; leaflets 5-11, oval-lanceolate; 5-10 cm long by 2-4 m wide. Apex acuminate, base broadly cuneate and often somewhat oblique; margin serrate; both surfaces densely pubescent, especially the underneath. Flowers in June; flowers are minute, purple, in very numerous small cymes or clusters collected into axillary panicles. Sepals 4, connate at the base. Petals 4, villous, glandular at the tips. In the male flowers, stamens 4, pistil reduced to a stigma; in the female, stamens 4, much reduced. Ovary with 4 free carpels. Fruit a drupe containing a single seed.

The fruit is ovoid, 6-10 mm long, 4-7 mm in diameter, tip acuminate; the surface is black or brown, with many irregularly polygonal reticulations.

The kernel is about 5-6 mm long, 3-5 mm in diameter, ovate, yellowish-white, reticulate; the cotyledons contain abundant oil and have a slight odour and a very bitter taste.

Habitat. On slopes, near villages and in roadside scrubland.

Distribution. China, India, Indonesia, Viet Nam.

Indications. 1. Amoebic dysentery 2. Haemorrhoids 3. Warts, corns (external use).

Dosage. 0.5-2 g or 10-15 seeds (kernels), put in capsules and swallowed.

Notes. Not suitable for pregnant women and young children. *In vitro* experiment shows that *Brucea javanica* (L.) Merr. has the effect of killing amoeba.



30 *Bupleurum chinense* DC.

Umbelliferae

Chinese name : Chǎihú 柴胡

English name : Chinese thoroughwax

Parts used. Roots.

Description. A perennial herb. Stem erect, slender, flexuous, 45-85 cm high, sometimes branching, sometimes not. The whole plant is glabrous and somewhat yellowish. Leaves alternate, sessile, broad-linear or broad-lanceolate, 3-9 cm long by 0.6-1.3 cm wide, apex acuminate, entire, with a marginal vein; base attenuate. Umbels compound, axillary and terminal; rays 3-8; bracts none or 2-3, lanceolate; bracteoles 5, lanceolate. Flowers yellow; July-October. Calyx teeth almost wanting. Petals with lobules inflected. Fruit ovoid, laterally compressed, crowned with a flat stylopodium and reflected styles. Carpel with 5 projecting ribs.

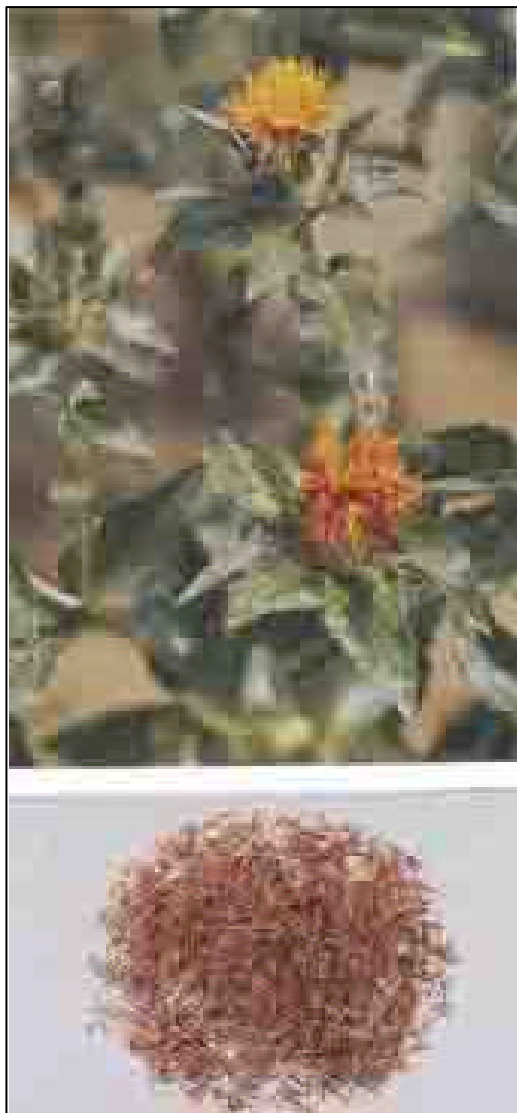
The root used for the drug is conical, branching, 6-15 cm long, 0.3-0.8 cm in diameter, surface blackish-brown or pale-brown, with longitudinal wrinkles and scars of slender side roots. It is crowned by the remains of stems and fibrous leaf-bases. The root tastes slightly bitter.

Habitat. On slopes, or waste ground and on roadsides.

Distribution. China, Northern Asia.

Indications. 1. Common cold 2. Fever 3. Cholecystitis
4. Irregular menstruation.

Dosage. 3-10 g.



31 *Carthamus tinctorius* L.

Compositae

Chinese name : Hōnghuā 紅(紅)花

English name : Safflower; American saffron; false saffron

Parts used. Flowers.

Description. An annual, erect, branching herb 0.6-1.0 m high, glabrous; stem whitish, striate. Leaves sessile, somewhat clasping, broad-lanceolate or lanceolate-oblong, attenuated at both ends, strongly dentate, slightly spinous; venation pinnate and netted. Inflorescence a broad corymb, heads 3-5 borne on leafy peduncles. Floral head 3-5 cm wide; external bracts whitish at the base, terminating in a green appendage; interior bracts much shorter, oval or linear, acuminate, terminating in 5-7 spines. Flowers orange-red, standing out beyond the internal bracts; corolla 5-lobed, linear; stamens 5; style with branches entirely united, finely villous. Fruit a white achene, obovoid, 4-angled, truncate at the top with 4 bosses; no pappus.

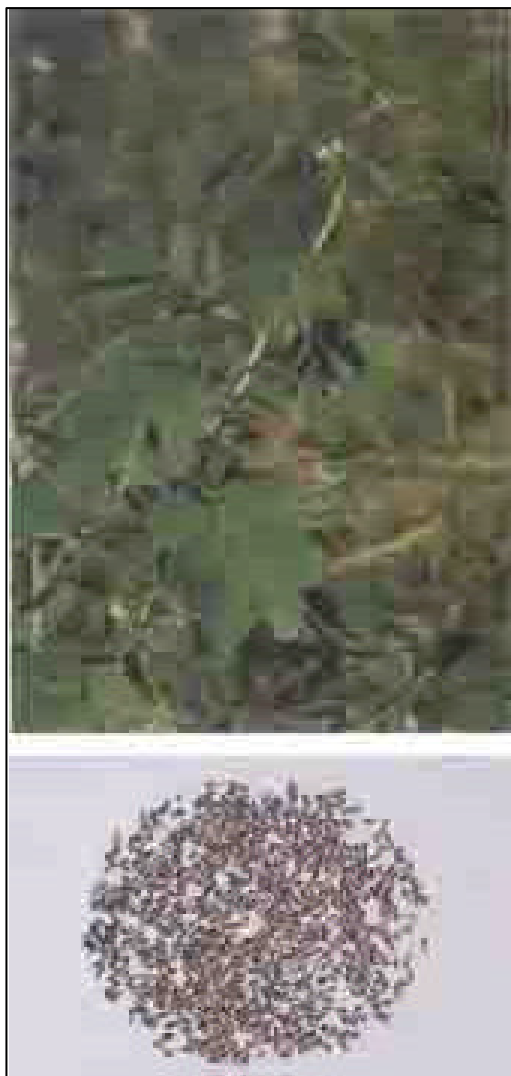
The flowers have an unpleasant bitter taste and an unpleasant odour.

Habitat. Commonly cultivated in the fields.

Distribution. Cambodia, China, India, Laos, Middle East, Viet Nam.

Indications. 1. Dysmenorrhoea; amenorrhoea 2. Coronary heart disease; angina pectoris 3. Injuries; pains due to blood stasis.

Dosage. 3-9 g.

32 *Cassia tora* L.

Leguminosae

Chinese name : Juémíngzǐ 決(决)明子

English name : Sickle senna; fetid senna; ring-worm plant

Parts used. Seeds.

Description. An annual herb 30-90 cm high. Leaves 8-12 cm long; leaflets 6, oboval or obovate-oblong, obtuse, base attenuate, 3-5 cm long by 15-25 mm wide, glabrous. Flowers grouped 1-3 in the leaf axils; August. Sepals 5, slightly irregular. Corolla nearly regular. Petals 5, oboval. Stamens 7, sub-equal. Fruit a linear pod 12-14 cm long by 4 mm wide; October. Seeds about 25, oblong, 3-5 mm long, 2-3 mm in diameter, pointed at one extremity, rounded or truncate at the other; deep-brown, smooth and glossy. The seeds are mucilaginous and somewhat bitter.

Habitat. On waste ground, roadsides and the outskirts of villages; sometimes cultivated.

Distribution. China, India, Indonesia, Japan, North America, Philippines, Viet Nam; tropics and subtropics.

Indications. 1. Acute conjunctivitis; corneal ulcer; night blindness; glaucoma 2. Dizziness due to hypertension 3. Ascites from cirrhosis 4. Habitual constipation 5. Infant malabsorption and malnutrition.

Dosage. 9-15 g.

Notes. The seeds of *Cassia obtusifolia* L. are similarly employed.



33 *Celosia argentea* L. Amaranthaceae

Chinese name : Qīngxiāngzǐ 青(青)箱子

English name : Feather cockscomb; quail grass

Parts used. Seeds.

Description. An annual erect tropical herb, 0.3-1.0 m high, glabrous, more or less branching. Leaves variable, linear or lanceolate, 8-10 cm long by 2-4 cm wide; tip acuminate, entire, glabrous; base tapering sharply into a short petiole or leaves sessile. Flowers at first pinkish, afterwards glistening white, crowded and imbricate, in close cylindrical blunt or acuminate terminal spikes 2.5-15 cm long, 2-2.5 cm in diameter bracteoles 4-5 mm long, linear-lanceolate, scariose. Perianth 8 mm long or more. Sepals linear-lanceolate, acute-scariose, with 3 closely parallel slender striae on the back. Stamens 5, short: filaments acuminate, united at the enlarged base into a cupula enclosing the ovary. Ovary ovoid; ovules about 7; style filiform, elongate after flowering, sometimes exerted in fruit. Capsules 3-4 mm long, ellipsoid, tapering at the apex into the style, circumscissile. Seeds black, subreniform, shining, flat, small. Taste bitter.

Habitat. On slopes and roadsides in dry, exposed areas.

Distribution. Originally Africa, now pan-tropical.

Indications. 1. Acute conjunctivitis; keratitis 2. Chronic uveitis
3. Dizziness due to hypertension.

Dosage. 9-15 g.



- 34 *Celosia cristata* L. Amaranthaceae
Celosia argentea var. *cristata* (L.) O. Kuntze
 Chinese name : Jīguānhuā 雞(鸡)冠花
 English name : Cockscomb

Parts used. Inflorescence.

Description. A cultivated sport of *C. argentea* L. Leaves often broad, sometimes up to 23 cm long by 5 cm wide. Flowers from July to September. The spikes are flattened, truncate, often 15 cm wide and irregularly lacinate at the top, thus resembling a cock's crest. Colour varieties exist, such as yellow, whitish and bright-purple.

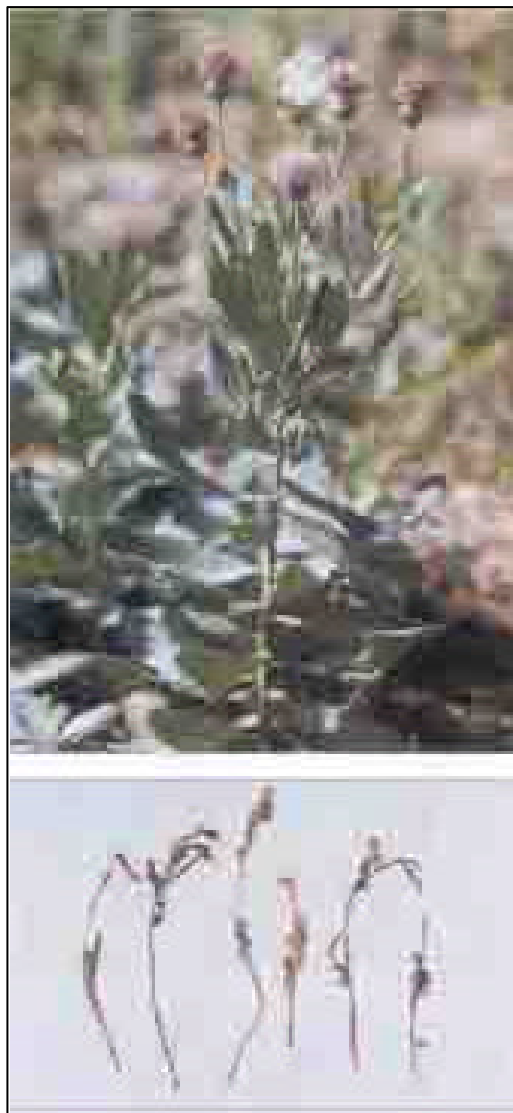
The purple spikes are officinal.

Habitat. Commonly cultivated as an ornamental plant.

Distribution. Burma, China, India, Japan, Malaysia, Mexico, Philippines.

Indications. 1. Epistaxis; haemoptysis; haematemesis; haemorrhoidal bleeding; haematuria; functional uterine bleeding
 2. Diarrhoea 3. Leucorrhoea 4. Urinary tract infection.

Dosage. 6-12 g.



35 *Cephalonoplos segetum* (Bunge) Kitam. **Compositae**

Cirsium segetum Bunge

Chinese name : Xiǎojiǐ 小薊(薊)

English name : Common cephalanoplos

Parts used. Whole plant.

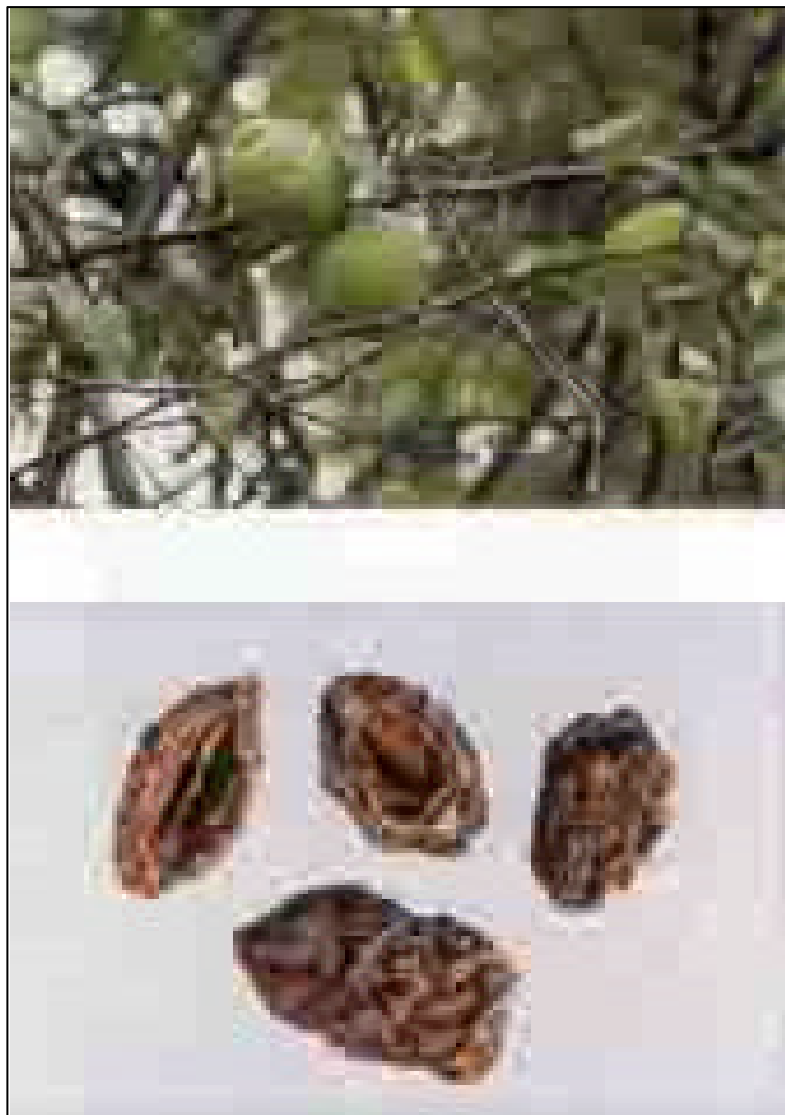
Description. A perennial herb, 25-50 cm high. Rhizome creeping, slender, white, fleshy. Stem erect, slightly purplish, with longitudinal furrows and white pubescent patches, upper part branching. Leaves alternate, sessile, long-elliptic or elliptic-lanceolate, 7-10 cm long by 1.5-2.5 cm wide, apex obtuse, spinulate; base rounded-obtuse, margin entire and much spinulate, both faces covered with cottony hairs; lower leaves deciduous after flowering. Inflorescence a terminal head, erect. Flowers in summer, unisexual, dioecious. Corolla tubular, purplish. Male head is smaller with sterile pistils; female head is larger with sterile stamens, pappus dirty-white, plumose. Achene elliptic or long-ovate. The taste of the whole plant is slightly bitter.

Habitat. In field margins, by roadsides, near villages and on waste land.

Distribution. China, Korea, Mongolia.

Indications. 1. Epistaxis; haematuria and other haemorrhagic conditions 2. Pyogenic infection.

Dosage. 4.5-9 g.



- 36** *Chaenomeles speciosa* (Sweet) Nakai **Rosaceae**
Chaenomeles lagenaria Koidz.
 Chinese name : Mûguā 木瓜
 English name : Common floweringquince

Parts used. Fruit.

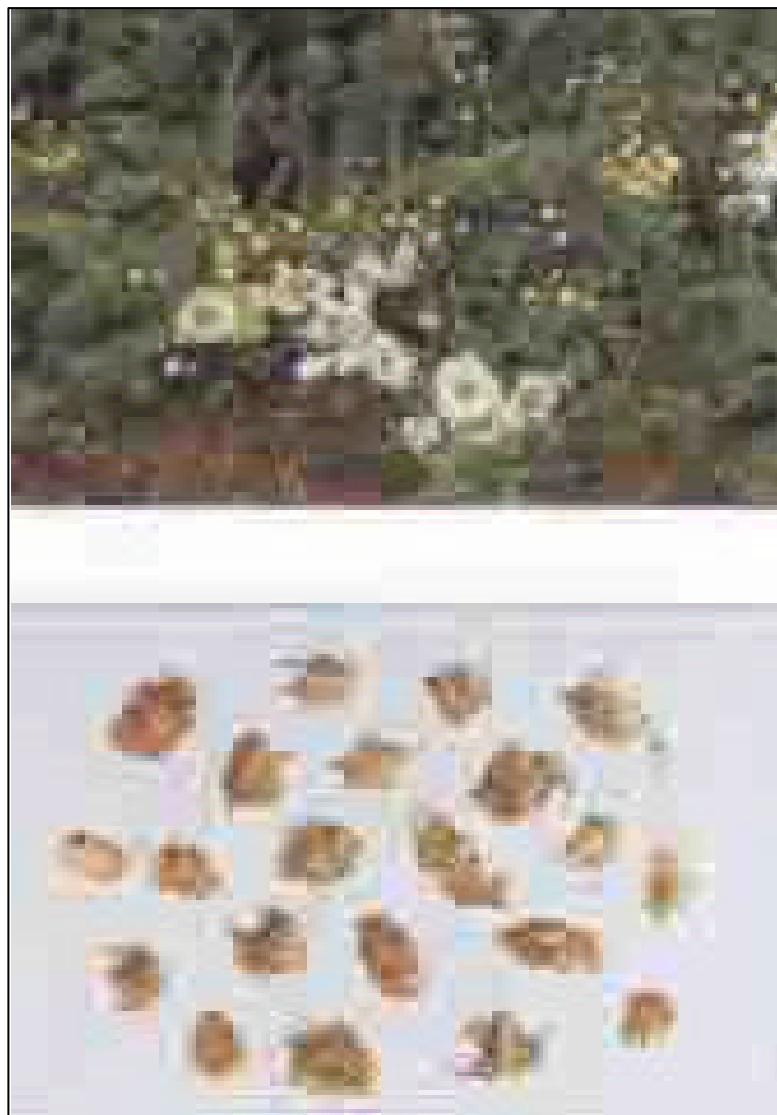
Description. A spiny deciduous shrub, 2-3 m high, glabrous. Spines up to 2 cm long. Leaves alternate, petiolate, simple, ovate, long-elliptic or elliptic-obolanceolate, often reddish, 3-9 cm long by 2-5 cm wide, apex acuminate, base cuneate, margin biserrate, pubescent underneath when young. Flowers 3-5 in clusters, grown on the second-year branches, blooming before the leaves appear; pedicel stout, about 3 mm long, calyx-tube campanulate. Petals 5, subrounded, bright red. Stamens 45-50. Carpels 5. Fruit a fleshy pome, ovoid, ligneous, yellow or yellowish-green, smooth. The fruit is heavy and weighs down the branch bearing it. It is very fragrant and when placed in a room fills it with its aroma. The crude drug is obtained by cutting the fruit lengthwise into two pieces; it forms an oblong, 4-9 cm long by 2-5 cm wide and 1-2.5 cm in thickness; exocarp purplish-red or reddish-brown, with irregularly deep wrinkles; pulp reddish-brown, texture hard; taste sour.

Habitat. Mostly cultivated.

Distribution. China, Iran, Japan.

Indications. 1. Numbness and tiredness of the lower part of the body 2. Vomiting and diarrhoea; abdominal pain.

Dosage. 5-10 g.



37 *Chrysanthemum morifolium* Ramat. Compositae

Chinese name : Júhuā 菊花

English name : Florists' chrysanthemum

Parts used. Inflorescences.

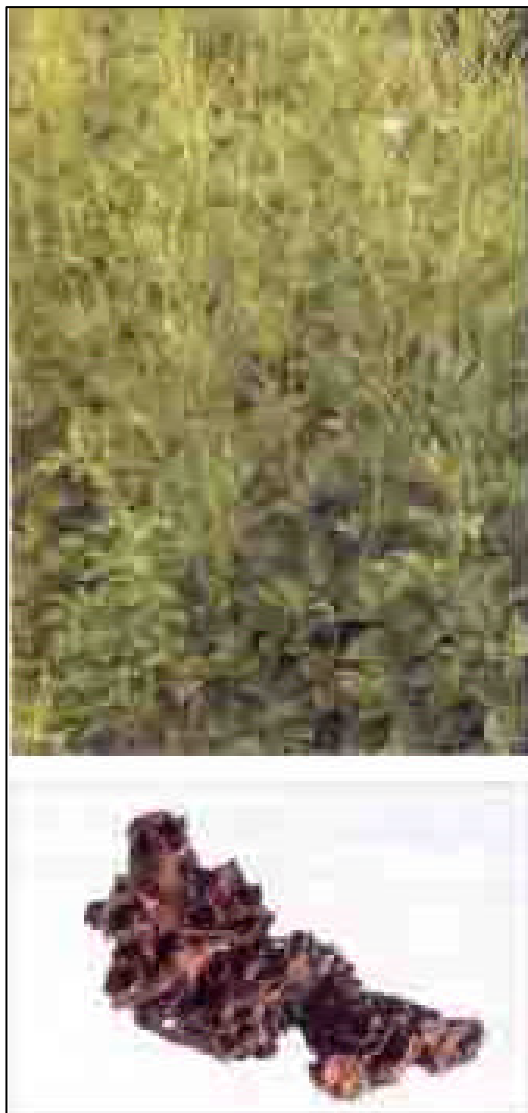
Description. A perennial herb. 60-150 cm high. Stem erect, striate, hairy. Leaves alternate, petiolate, ovate or oblong, 3.5-5 cm long by 3-4 cm wide, variously lobed and divided. Inflorescence small head, 5 cm in diameter. Flowers yellowish-white. Calyx greenish; ligulate unisexual, tubular bisexual. Stamens 5, syngenesious, epipetalous. Gynoecium bicarpellary, syncarpous, unilocular, inferior; ovule one, basal placentation; style one with bifid curled stigmas whose receptive surface is on the inside. Fruit a one-seeded cypsella, crowned. Seed fills the fruit.

Habitat. Widely distributed, occurring in almost all habitats.

Distribution. Cosmopolitan.

Indications. 1. Vertigo 2. Ophthalmia with swelling and pain
3. Headache with fever.

Dosage. 10-15 g.



38 Cimicifuga foetida L. Ranunculaceae

Chinese name : Shēngmā 升麻(麻)

English name : Skunk bugbane; stinking bugbane

Parts used. Rhizomes.

Description. A perennial, more or less pubescent, herb. Stems erect, leafy, branched. Leaves pinnately compound; leaflets ovate or lanceolate, deeply and sharply toothed, terminal leaflet 3-lobed. Flowers nearly regular, barely 6 mm in diameter, white, crowned by short or long racemes, solitary in the axils of the upper leaves and combined in a terminal panicle, sometimes large and spreading. Sepals and petals 5-7, imbricate, ovate, concave; one or two of the inner ones deeply bi-lobed, the tips white, broad, notched. Stamens numerous, ultimately longer than the sepals. Ovaries 2-5, rarely more, many ovuled, style short, stigma pointed. Follicles 12 mm long, flat, tipped with the persistent styles. Seeds 6-8. The rhizomes, used for the drug, are dark-brown, irregular, 10-20 cm long, 2-4 cm in diameter, bristling with rootlets, and having several scars of the stems attached to them. The taste is bitterish and astringent.

Habitat. On slopes and in grassland.

Distribution. China, India, Japan.

Indications. 1. Toothache; headache; sore throat 2. Chronic diarrhoea and rectocele; prolapsed womb.

Dosage. 3-6 g.

Notes. *Cimicifuga heracleifolia* Kom. and *C. dahurica* (Turcz.) Maxim. are similarly employed.



39 *Cinnamomum cassia* Blume
Cinnamomum aromaticum Nees

Lauraceae

Chinese name : Ròugui 肉桂

English name : Cassia bar; Chinese cinnamon

Parts used. Bark.

Description. An evergreen tree, up to 10 m high. Leaves alternate, coriaceous, petiolate, oblong, elliptical-oval or oblong-lanceolate, 8-15 cm long by 3-4 cm wide, tip acuminate, base rounded, entire, 3-nerved; glabrous or underside lightly pubescent; petiole 10 mm long, lightly pubescent. Inflorescence a densely hairy panicle as long as the leaves; panicles cymose, terminal and axillary. May. Flowers yellowish-white, small, in cymes of 2-5. Perianth 6-lobed. No petals. Stamens 6, pubescent. Ovary free, one-celled. Fruit a globular drupe, 8 mm long, red. The bark is used in either channelled pieces or simple quills, 30-40 cm long by 3-10 cm wide and 0.2-0.8 cm in thickness. The surface is greyish brown, slightly coarse, with irregularly fine wrinkles and transverse lenticels. Here and there are found scars or holes, indicating the insertion of leaves or lateral shoots; the inner surface is rather darker than the outer, with fine longitudinal striae. The fracture is short, the section of the thicker pieces showing a faint white line (pericyclic sclerenchyma) sometimes near the centre, sometimes near and parallel to the outer margin. The odour is delicate, fragrant and aromatic, and the taste warm, sweet and pungent.

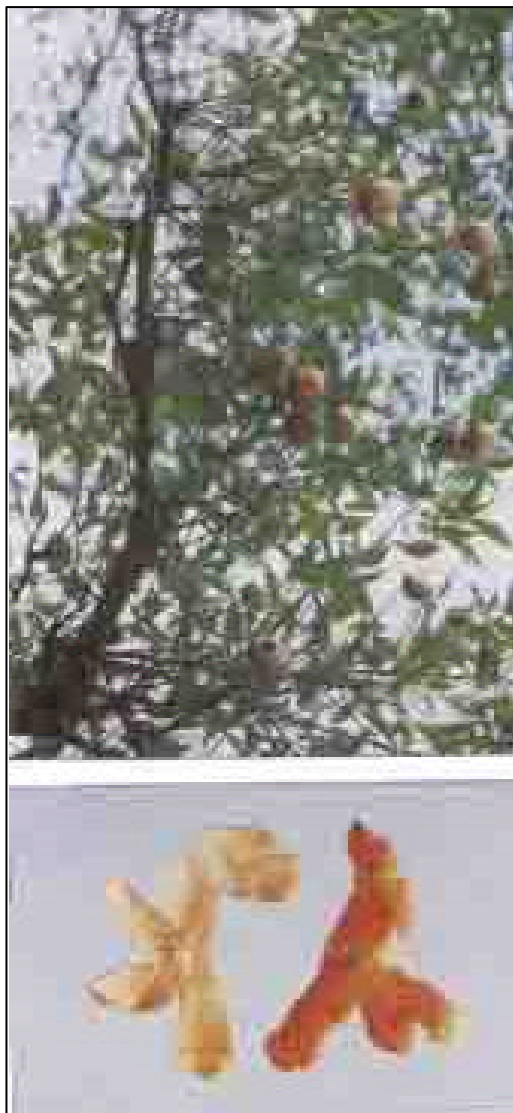
Habitat. Mostly cultivated.

Distribution. China, Laos, Viet Nam.

Indications. 1. Stomach-ache; diarrhoea 2. Shock; cold; clammy extremities 3. Cough and wheezing; pains in the lower part of the body and knees 4. Dysmenorrhoea, amenorrhoea 5. Low blood pressure; frost-bite.

Dosage. 1-3 g.

Notes. Contraindicated in fever and pregnancy.



- 40** *Citrus reticulata* Blanco
Chinese name : Chénpí 陳(陈)皮
English name : Tangerine

Rutaceae

Parts used. Rind.

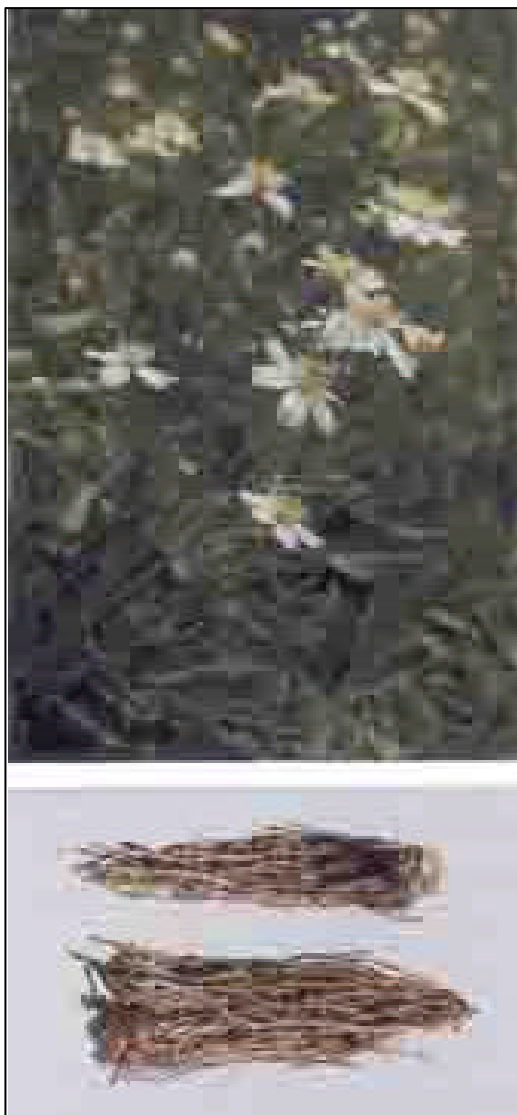
Description. An evergreen tree about 3 m high with short straight spines. Stem erect, cylindrical, solid, woody, branched. Leaves alternate, lanceolate or oval-lanceolate, 5.5-8 cm long by 2.5-4 cm wide, attenuated at the two extremities, entire or barely crenulate, somewhat coriaceous, articulate; petiole flattened on top, winged obscurely. Flowers in spring. The flowers may be in small axillary cymes or solitary and axillary, fragrant. Sepals 5. Petals 5, white. Stamens 18-24, polyadelphous. Ovary superior, multilocular; a nectariferous disc is present below the ovary. Fruit a hesperidium, compressed-spherical, orange or reddish, flattened at the two ends. The rind of the fruit is officinal; its odour is aromatic and its taste pungent and bitter.

Habitat. Commonly cultivated.

Distribution. China, Viet Nam.

Indications. 1. Gastric and abdominal distension 2. Vomiting and belching 3. Productive cough.

Dosage. 3-9 g.



41 *Clematis hexapetala* Pall. Ranunculaceae

Chinese name : Wēilíngxiān 威靈(靈, 灵)仙

English name : Six-petalled clematis

Parts used. Roots.

Description. A perennial erect herb, up to 65 cm high. It has a group of long blackish roots, which turn blacker when dry, 7-15 cm long, 1-3 mm in diameter. Leaves opposite, pinnate; leaflets bipartite or tripartite, leathery; segments lanceolate, entire; petioles 0.5-3.5 cm long. Flowers paniced, grouped in ramified cymes, axillary or terminal. May-June. Sepals 6, white, petaloid, valvate. Petals 0. Stamens many. Carpels free, numerous, distinct, with one pendulous ovule in each. Fruit a head of stalked achenes with long, usually feathery, styles.

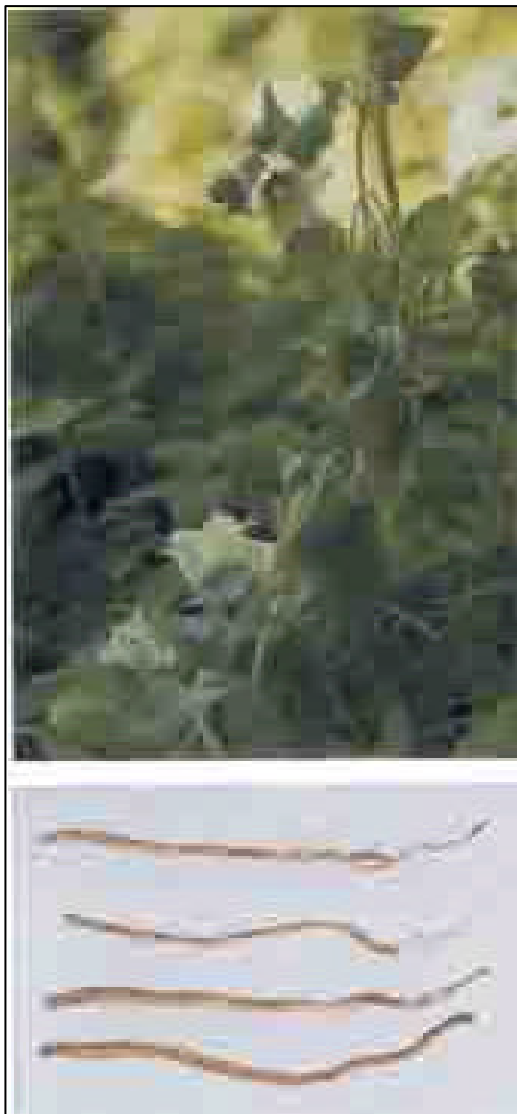
Habitat. On slopes and by roadsides.

Distribution. China, Korea.

Indications. 1. Rheumatic arthritis 2. Acute tonsillitis; throat inflammation 3. Jaundice due to acute infectious hepatitis 4. Toothache.

Dosage. 3-10 g.

Notes. *Clematis chinensis* Osb. and *C. manshurica* Rupr. are similarly employed.



42 *Codonopsis pilosula* (Franch.) Nannf. Campanulaceae

Chinese name : Dǎngshēn 黨(党)参(参)

English name : Tanghsen; pilose Asia-bell

Parts used. Root.

Description. A perennial herb, the stem herbaceous, twining, 1-2 m long, young parts hairy, usually with milky juice. Leaves alternate or opposite (rarely pseudo-verticillate). Long-petiolate, ovate or broadly ovate, 1-7 cm long by 0.8-5.5 cm wide; tip obtuse or acute; base rounded or slightly cordate; margin sub-entire or repand, green on top and pale green underneath, both surfaces pubescent. August-September. Flowers hermaphrodite, axillary or terminal, solitary, stalked, calyx deeply divided; lobes 5, oblong-lanceolate, persistent. Corolla broadly campanulate, 2-2.5 cm in diameter, slightly yellowish-green with violet streaks; lobes 5, triangular to broadly triangular, erect; stamens 5, free; filaments often dilated at the base. Ovary superior, 3-celled, ovules numerous, style short with 3 stigmas. Fruit an obconical capsule. Seeds numerous, small.

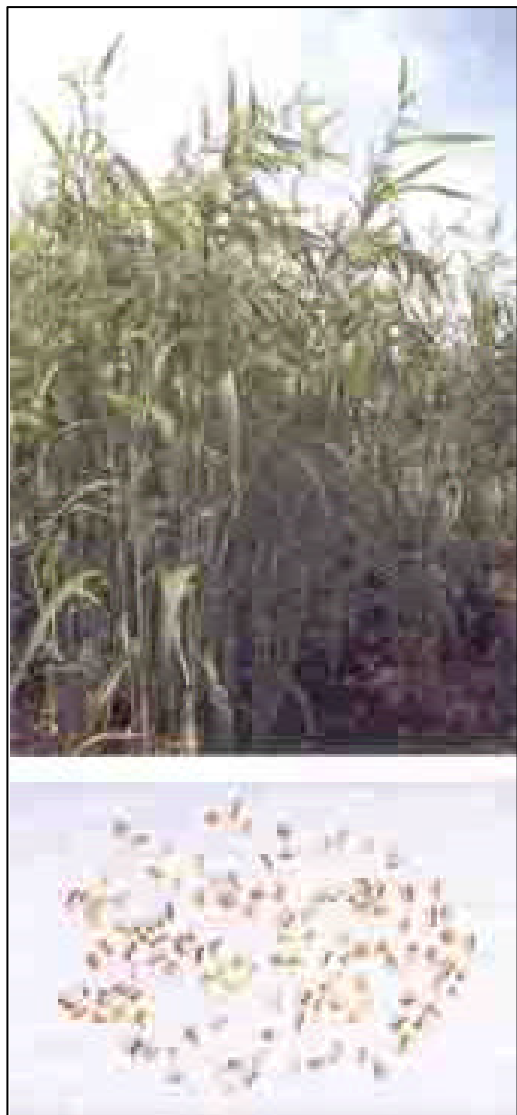
The root is often elongated-conical or cylindrical, 10-25 cm long, 1-1.7 cm in diameter, yellowish-brown, deeply wrinkled, the crown of the root especially stout, with many stem scars; the lower part of the root may or may not be branched. Taste sweet.

Habitat. In thickets, on the edges of forests, or in mountain woods.

Distribution. China, Korea, Soviet Union.

Indications. 1. Poor appetite; loose bowels 2. Weakness; lassitude 3. Cough and shortness of breath; feeble voice 4. Deficiency of blood accompanied by dizziness and palpitations; thirst due to deficiency of the body fluid 5. Prolapse of the rectum; prolapse of the uterus.

Dosage. 6-15 g.

**43 Coix lacryma-jobi L.****Gramineae****var. ma-yuen (Roman.) Stapf**

Chinese name : Yiyiren 薏苡仁

English name : Job's tears; gromwell-read

Parts used. Kernels.

Description. An annual grass 1-2 m high, the stem stout, branching, rooting at the lower nodes; internodes smooth, polished. Leaves alternate, 10-40 cm long by 1.5-3 cm wide, lanceolate-acuminate; margin coarse, auriculate; ligule very short. Spikelets monoecious, in panicles consisting of pedunculate spikes, partly concealed in the leafy sheaths; August. Male biflorous, numerous, at the end of the spike. Female uniflorous, solitary at the base of the spike, enclosed in a hard involucre, ovoid-conical, bluish-white, glossy, 8 mm long, narrowly open at the top. Glumes and glumelles nearly regular; stamens 3; stigma terminal, rather short. Caryopsis hemispherical.

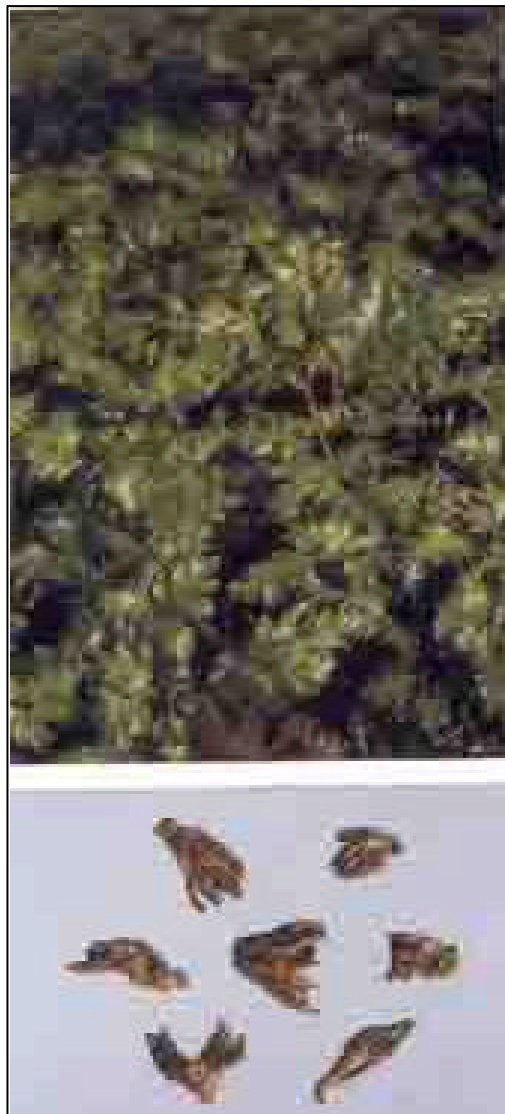
The kernels are globular, split longitudinally, 5 mm long, 4 mm in diameter, white; they taste slightly sweet.

Habitat. Commonly cultivated.

Distribution. China, India, Japan, Tropical Africa, America.

Indications. 1. Chronic enteritis; diarrhoea 2. Leucorrhoea; oedema 3. Warts; eczema.

Dosage. 15-30 g.



44 *Coptis chinensis* Franch. **Ranunculaceae**

Chinese name : Huánglián 黃(黃)連(連, 连)

English name : Chinese goldthread

Parts used. Rhizomes.

Description. A perennial stemless herb, 20-50 cm high. Leaves basal, long-petiolate. Blade triangular-ovate, 3-8 cm long by 2.5-7 cm wide, ternatisect; leaflets pinnatifid, lobes incised, the terminal leaflet longer than the others. Peduncles 1-2, 12-25 cm long, bracts resembling leaves. Inflorescence a terminal cyme with 3-8 flowers. Flowers in spring, whitish-green. Sepals narrow-ovate, 9-12 mm long. Petals small, oblanceolate, 5-7 mm long; stamens numerous, 3-6 mm long; carpels 8-12, with carpophores, follicles many-seeded. Seeds with a black crustaceous testa. Rhizome shaped like a cockspur, 5-6 cm long, brownish-yellow, densely covered with numerous nodes and often with rootlets; interior yellow-orange; in transverse section, the central pith deeper in colour. The taste is very bitter.

Habitat. Under trees in the mountains, where it is shady and damp.

Distribution. China.

Indications. 1. Acute conjunctivitis 2. Mouth ulcers 3. Acute bacillary dysentery; acute gastroenteritis 4. Irritation resulting from heat 5. Haemoptysis; epistaxis 6. Boils; pyogenic infection and ulcerous skin disease 7. Burns.

Dosage. 1.5-6 g.



- 45 *Cornus officinalis* Sieb. et Zucc. Cornaceae
Macrocarpium officinale (Sieb. et Zucc.) Nakai
 Chinese name : Shānzhūyú 山茱萸
 English name : Japanese cornel

Parts used. Fruit.

Description. A deciduous shrub or small tree, 4 m high. Leaves opposite, briefly petiolate, ovate, elliptic or long-elliptic, entire, 5-12 cm long by 3-4.5 cm wide; tip acuminate; base rounded or cuneate; margin entire; surface somewhat lanate, especially on the underside. Cymes, yellow, small, in branches. Flowers precociously in late March. Calyx with 4 teeth. Petals 4. Stamens 4. Ovary adherent. Fruit an oblong drupe 1.5-2 cm long, ripening to red in late autumn, fleshy, one-seeded. The crude drug is dark-reddish-purple in colour, pliable, with a slightly astringent and strongly acid taste.

Habitat. On slopes, wild or cultivated.

Distribution. China, Japan, Korea.

Indications. 1. Tiredness of the lower body and limbs; nocturnal emissions; impotence; pollakiuria 2. Weakness; perspiration for no apparent cause 3. Dizziness; deafness.

Dosage. 6-15 g.



- 46** *Corydalis yanhusuo* W.T. Wang
 Chinese name : Yǎnhúsuo 延胡索
 English name : Tuber of Yanhusuo

Papaveraceae

Parts used. Tubers.

Description. A perennial herb, 9-20 cm long, glabrous. The stem forms a tuber consisting of small, firm, brownish-yellow, flattened pellets. Leaves 2-3 palmatilobed, twice-ternate; the segments wedge-shaped or oblong, more or less lobed. Raceme, flowers in April. Sepals 2, corolla irregular with 4 erect, connivent petals; one of which is spurred, purplish-red. Stamens 6. Ovary two-celled. Fruit an oblong, linear capsule in June or July.

The crude drug occurs as a small, flat tuber about 1.3 cm thick and 1.5 cm in diameter, hard, ochre-yellow, the exterior covered with a thin wrinkled cuticle, the interior light-yellow, semi-transparent. The taste is bitter.

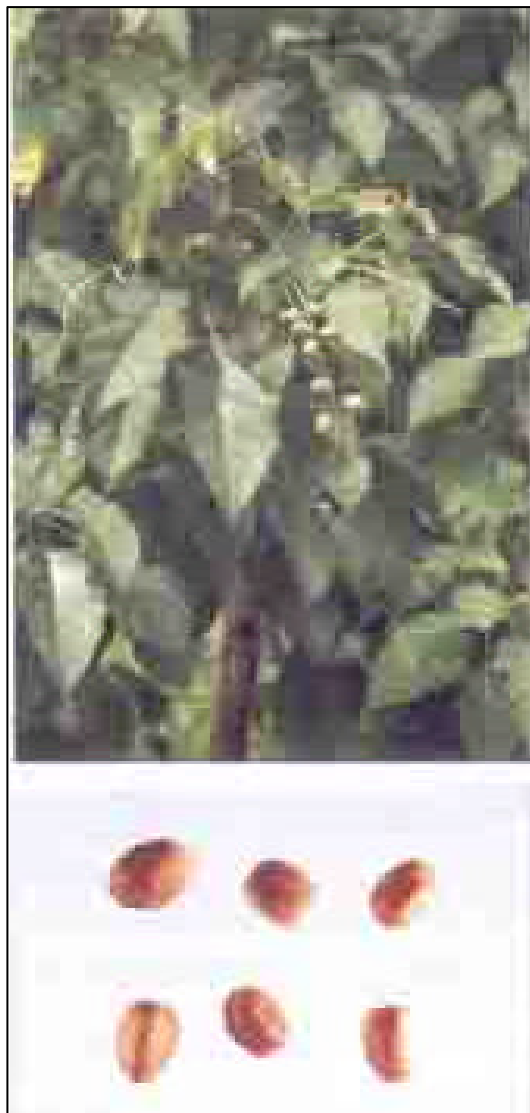
Habitat. Cultivated in sandy areas.

Distribution. China.

Indications. 1. Headache; abdominal pains 2. Menstrual cramps 3. Stops uterine bleeding; dispels stagnant blood; improves blood circulation.

Dosage. 3-9 g.

Notes. *Corydalis remota* Fisch. is similarly employed.

**47 Croton tiglium L.****Euphorbiaceae**

Chinese name : Bādou 巴豆

English name : Purging croton

Parts used. Seeds.

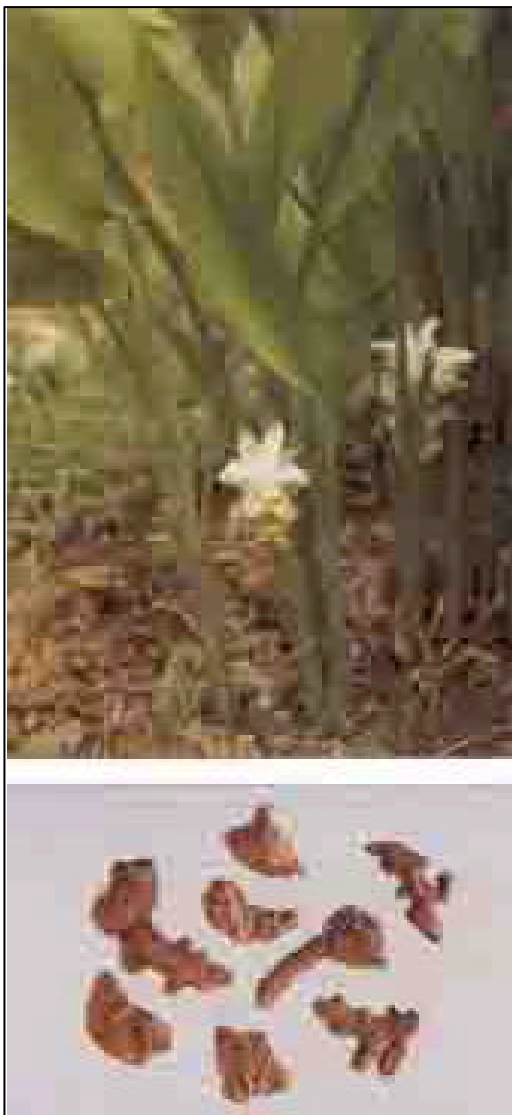
Description. An evergreen tree, 2-7 m high. Leaves alternate, long-petiolate, stipulate, ovate or elliptic-ovate, rarely oblong, 7-17 cm long by 3-7 cm wide; apex long-acuminate; base broadly cuneate; margin sparsely serrulate, sometimes glandular beneath; nerves 2-3 pairs above the basal. Racemes, terminal in summer. Flowers unisexual, dioecious, small. Male flower; pedicels with stellate hairs; sepals nearly glabrous; tips bearded; petals narrow; stamens glabrous; receptacle villous; disc-glands 5, small. Female flower: sepals villous at the base within; disc obscure, annular; ovary oblong. Capsule white, turbinate obovoid, obtusely trigonous.

The seeds are 12 mm long by 8 mm wide, oblong, trigonous, rounded at the two extremities, with 2 faces, the dorsal face more convex than the ventral, the latter being marked with an awn; epidermis brownish; albumen oleaginous and voluminous; cotyledons foliaceous. Poisonous.

Habitat. On slopes and the banks of streams.*Distribution.* Burma, China, Laos, Malaysia, Viet Nam.

Indications. 1. Meteorism; ascites 2. Abundant expectoration 3. Ileus (external use).

Dosage. 0.1-0.3 g.

**48 *Curcuma longa* L.****Zingiberaceae**

Chinese name : Jiānghuáng 薑(姜)黄(黄)

English name : Turmeric; common turmeric

Parts used. Rhizomes.

Description. An aromatic, perennial herb, up to 1 m high. Rhizome stout, large, ovoid, with sessile cylindrical tubers, orange inside. Leaves oblong or elliptic, 25-40 cm long by 10-20 cm wide, apex acuminate, base narrow, both faces glabrous. Scape 10-20 cm, rising from the centre of the leaves. Inflorescence cylindrical or long-ovoid, 12-15 cm long by 4-6 cm wide; bracts membranous, lanceolate-obtuse, very pale white or greenish, 3-5 cm long. Flowers pale yellow. Calyx tubular. Corolla 2-3 times as long, tubular; lobes 10 mm long. Stamens lateral, petaloid, widely elliptical, longer than the anther; labium nearly orbiculate, vaguely trilobate, the hooded tip entire, longer and wider than the stamens. Ovary villous; style glabrous; stigmas barely ciliate. The rhizome tastes pungent and bitter.

Habitat. In thickets, on grassland in mountains; also cultivated.

Distribution. Cambodia, China, Laos, India, Madagascar, Viet Nam; cultivated throughout the tropics.

Indications. 1. Chest and abdominal distension 2. Rheumatalgia 3. Irregular menses; amenorrhoea 4. Injuries.

Dosage. 3-9 g.



49 *Cuscuta chinensis* Lam.

Convulvulaceae

Chinese name : Tūsīzǐ 菟絲(丝)子

English name : Chinese dodder

Parts used. Seeds.

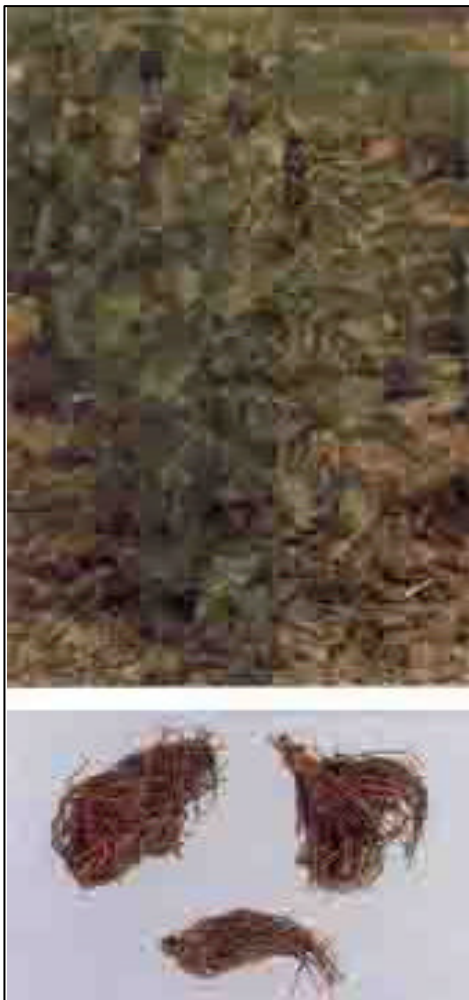
Description. Leafless twining parasites. Stems filiform, up to 1 m long, much-branched, fleshy, often forming dense yellow masses on some shrubs or herbs among the Compositae or Leguminosae. Flowers in summer, pentamerous, in cymes or dense racemes. Sepals triangular-ovate, sub-obtuse; corolla-lobes ovate-obtuse or short-acute; scales short-fimbriate. Capsule barely 2.5 mm in diameter, globose or ovoid, hyaline, divided into 2 lobes by a deep furrow on tip. 2-4 seeded. Seeds globose, 1-1.5 mm in diameter, with a greyish-brown or yellowish-brown surface.

Habitat. By roadsides, among grasses or in thickets.

Distribution. China, Japan, Korea.

Indications. 1. Tiredness in lower body and legs 2. Impotence; seminal emissions 3. Frequent micturition 4. Vertigo; dizziness 5. Poor vision 6. Fetal distress.

Dosage. 6-12 g.



50 *Cynanchum atratum* Bunge

Asclepiadaceae

Chinese name : Báiwēi 白薇

English name : Blackened swallow-wart

Parts used. Roots.

Description. A perennial, alpine herb, often with milky latex, the stem erect, terete, 30-60 cm high, covered with short greyish-white hairs. Leaves opposite, broadly oval or oblong, 6-15 cm long by 3-10 cm wide; tip acuminate; base rounded or slightly cordate; margin entire, briefly petiolate, pubescent. Inflorescence an axillary, umbellate cyme, sessile. Flowers brownish-red, 1-1.5 cm in diameter, calyx in 5 segments, corolla rotate; lobes 5, elongate; corona adnate to the base of the column; coronal-lobe tip rounded, as long as the column; stamens with filaments united in a tube. Fruit an acuminate follicle, fusiform. Seeds numerous, plumose.

Rootstock with a cluster of stringy roots, 20-100 in number, resembling a ponytail in shape. The root is 10-25 cm long and 0.1-0.2 cm in diameter, brownish-yellow, straight; it is of brittle texture and bitter salty taste.

Habitat. On mountains, under trees.

Distribution. China, Japan, Korea, Mongolia.

Indications. 1. Intermittent fever due to weakness 2. Low fever in late stage of febrile diseases 3. Urinary-tract infection.

Dosage. 4.5-9 g.

51 *Datura metel* L.

Solanaceae

Datura alba Nees

Chinese name : Yángjīnhuā 洋金花

English name : Hindu datura; purple thorn-apple;
downy thorn-apple*Parts used.* Flowers.

Description. An erect annual herb 30-100 cm high, with a peculiar odour. Stem ligneous at base, robust, upper parts 2-divaricate, young parts glabrous or minutely pubescent. Leaves alternate, petiolate, broadly ovate, 8-14 cm long by 5-7 cm wide, entire or irregularly sinuate at margin, oblique-cordate at base, pubescent. Flowers in summer, solitary on very short terminal or lateral pedicels, large, white; calyx tubular, segments 5, corolla infundibular, 14-18 cm long, limb 5-lobed, acuminate. Stamens 5, attached near the base of the tube; filaments filiform; anthers included, linear, longitudinally dehiscent. Ovary 2 or occasionally 4-celled; style filiform; stigma 2-lobed. Capsule compressed-globose, nodding, covered with short spines. Seeds numerous, slightly brownish, compressed, rugose. The taste of the flowers is pungent. The dried leaves and seeds are poisonous.

Habitat. On the edge of villages, by roadsides, on beaches.*Distribution.* South Asia, South China.

Indications. 1. Bronchial asthma; chronic bronchitis 2. Epigastric pain; toothache; rheumatic pain; pain from injury 3. Surgical anaesthesia.

Dosage. 0.3-0.6 g.



- 52** *Dendrobium nobile* Lindl. **Orchidaceae**
 Chinese name : Shíhú 石斛
 English name : Noble dendrobium

Parts used. Stem.

Description. A perennial epiphytic orchid. Stems erect, jointed, compressed, solid, yellowish, rather deeply furrowed, 30-50 cm high. Leaves sessile, oblong, obliquely notched. Flowers 2-4, subracemous on a short peduncle from the leafing or leafless stems, purple or white with purple tips and lip. Sepals linear-oblong, obtuse. Petals much broader, lip subsessile broadly ovate-oblong, pubescent; margins recurved; base shortly convolute. Anther truncate in front, 4 pollen sacs in compressed pairs.

The taste of the stem is bittersweet and mucilaginous.

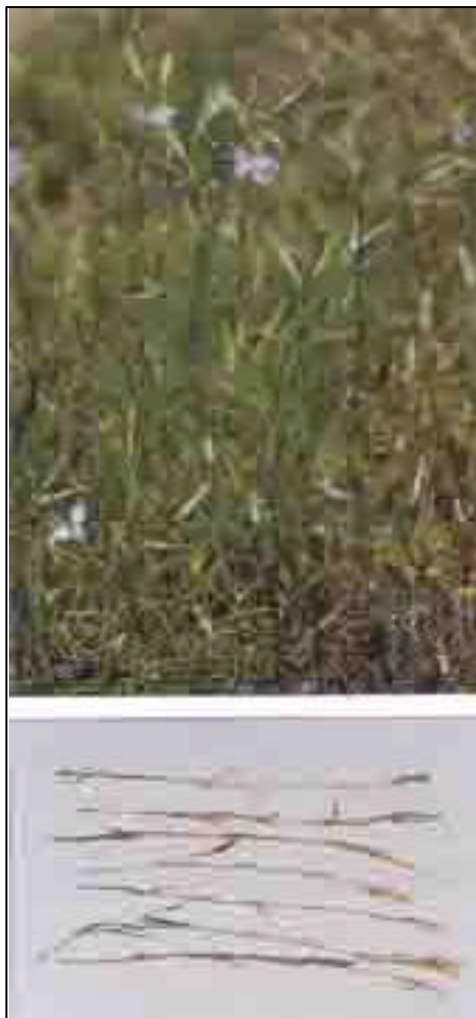
Habitat. Grows on trees in mountains and wooded regions.

Distribution. Burma, China, Laos and other tropical and subtropical regions.

Indications. 1. Thirst and dryness of the tongue
 2. Weakening and fever during convalescence 3. Retching.

Dosage. 6-13 g (fresh 15-30 g).

Notes. Several species of this genus are similarly employed.

**53 *Dianthus superbus* L.****Caryophyllaceae**

Chinese name : Qūmài 瞿麥(麦)

English name : Fringed pink; superb pink

Parts used. Whole plant.

Description. A perennial herb, 50-60 cm tall or more. Stem clustered, erect, glabrous; upper parts branched. Leaves opposite, lanceolate-linear; tip acuminate, margin entire; base amplexicaul; inferior leaves nearly obtuse, 3-veined. Inflorescence a paniced cyme; July-September. Flowers pink or lilac, large, fragrant. Calycul consists of broadly oval scales with an awn one-fourth the size of the calyx. Calyx somewhat alternate at the top, with longitudinal strine; teeth 5; petals 5, long-unguiculate, with a deep capillary fringe, oblong; stamens 10; ovary 1-celled; styles 2. Fruit a 4-valved capsule, cylindrical. The drug has a bitter taste.

Habitat. In tussocks, on hill-sides or in crevices.

Distribution. China, Japan, Europe.

Indications. 1. Genito-urinary tract infection; gravel; oliguria
2. Haematuria 3. Amenorrhoea 4. Eczema.

Dosage. 5-10 g.

Notes. The whole plant of *Dianthus chinensis* L. is similarly employed.

**54 *Dichroa febrifuga* Lour.****Saxifragaceae**

Chinese name : Chāngshān 常山

English name : Antifebrile dichroa

Parts used. Roots.

Description. An erect shrub about 1 m tall. Stem cylindrical, pubescent, purplish. Leaves opposite, petiolate, oblong, 7-12 cm long by 2-4 cm wide; tip acuminate; base attenuated, serrate, glabrous or slightly villous. Inflorescence a compact, axillary or terminal panicle. Flowers numerous, compact, usually blue; 8 mm wide; May. Calyx obconical, segments 4.5 or 7, triangular; petals 4-7, blue; stamens 10 or 20; ovary nearly inferior; styles often 5. Fruit a blue berry, 5 mm in diameter. Seeds very numerous, pyriform, reticulate, small, barely 1 mm long.

The dry root is cylindrical and often twisted, sometimes branched, 9-15 cm long and 0.5-2 cm in diameter; the surface is brownish-yellow and often has longitudinal wrinkles. The cross-section is yellowish-white and without bark. The pith is very apparent. The taste is bitter.

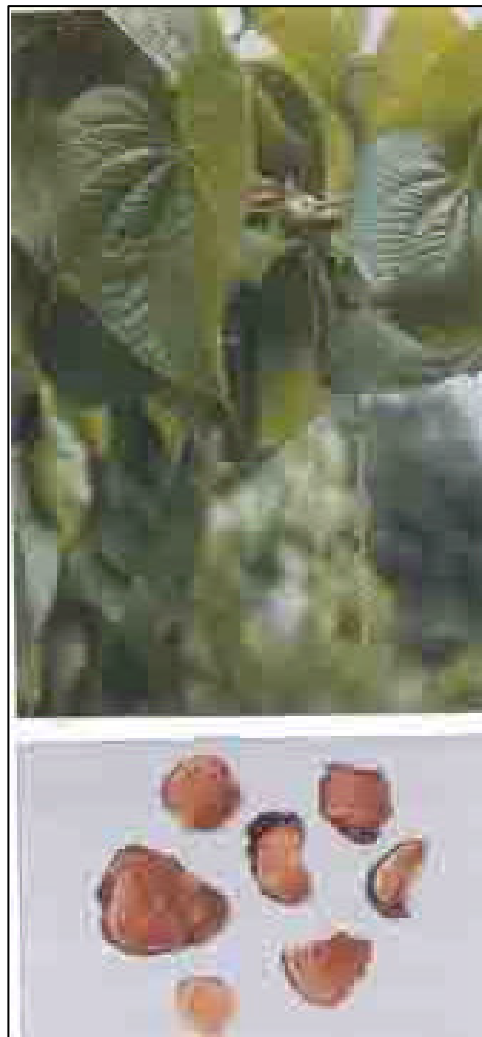
Habitat. On slopes and the banks of streams and in forests.

Distribution. Cambodia, China, India, Indonesia, Laos, Philippines, Viet Nam.

Indications. 1. Malaria 2. Productive cough.

Dosage. 4.5-9 g.

Notes. Nausea and vomiting are occasionally observed. Changshan extract shows marked anti-malaria action at the dosage of 1 g/kg. The α , β , γ -dichroines are the three effective constituents, γ -dichroine being the most potent factor.



55 *Dioscorea bulbifera* L.

Dioscoreaceae

Chinese name : Huángyàozi 黄(黄)药(药,药)子

English name : Air potato; aerial yam; bulb-bearing yam

Parts used. Tubers.

Description. A perennial herb. Tubers variable, 3-10 cm in diameter. Bulbils numerous, irregular in shape, 1 cm or more across, brown, warty. Stem twining to the left. Leaves alternate, ovate-to-cordate, 7-14 cm long by 6-13 cm wide; apex acuminate, base deeply or broadly cordate; margin entire, 7-11-nerved, glabrous. Flowers in July-October, unisexual, dioecious. Male spikes 5-10 cm long, clustered, axillary or in leafless panicles; perianth-segments 6; stamens 6. Female spikes 10-25 cm long, in axillary clusters of 2-5. Capsule 1.8-2.2 cm long, oblong. Seeds winged at the base.

In cross-section, the tuber is light-yellow to yellowish-brown. It has a bitter taste.

Habitat. In thickets.

Distribution. China, Japan.

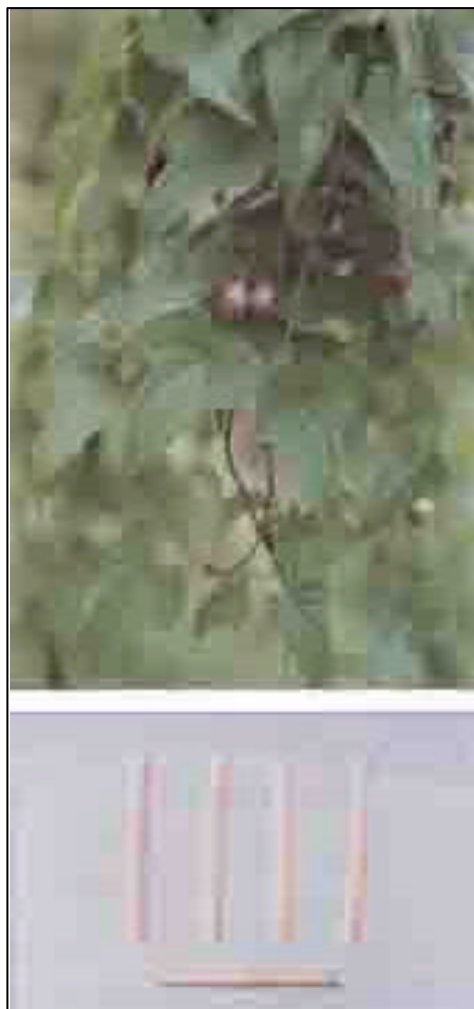
Indications. 1. Haemoptysis; epistaxis 2. Pharyngitis 3. Goitre 4. Pyogenic infections; scrofula 5. Orchitis 6. Sprains and injuries.

Dosage. 4.5-9 g.

Notes. Pharmacological studies show that *Dioscorea bulbifera* L. has some beneficial effect for both endemic goitre and non-endemic goitre.

It is commonly used in a decoction together with *Laminaria japonica* Aresh., also simply used in spirit. The method is: take *Dioscorea bulbifera* 200 g to soak in alcohol wine 1000 ml for one week, 100 ml for 3-4 times a day.

It is slightly poisonous. Do not overtake the dosage, neither take constantly for a long time.

56 *Dioscorea opposita* Thunb.

Dioscoreaceae

Dioscorea batatas Decaisne

Chinese name : Shānyào 山藥(藥, 药)

English name : Chinese yam; yam; Chinese potato

Parts used. Roots.

Description. A twining perennial herb. Rootstock short, with a vertical thick fleshy cylindrical root, 1 m long by 2-7 cm in diameter. The root is greyish-brown on the outside with numerous fibrous roots; the cut surface is white and viscid. Stem slender, ridged, usually purplish, glabrous. Leaves opposite or verticillate, petiolate; blades very variable in form, from triangular-ovate to triangular-broadly ovate, 3.5-7 cm long, usually 3-lobed, basal lobes rounded-auriculate, middle lobe acuminate, entire, 7-9 nerved. Flowers dioecious, in axillary spikes, solitary or geminate; June-August. Male flowers with perianth in 6 segments; stamens 6. Female in 6 segments, ovary inferior, 3-celled. Capsule triquetrous, compressed, winged.

The crude drug is cylindrical, 15-30 cm long and 1.5-6 cm in diameter; its surface is yellowish-white or light-yellow, smooth, sometimes with longitudinal furrows and wrinkles, heavy; the cut surface is white and starchy.

Habitat. On sunny slopes, wild or cultivated.

Distribution. Widely cultivated in China, Indonesia, Japan, Korea, Malaysia, Philippines and other countries.

Indications. 1. Prolonged diarrhoea; chronic enteritis 2. Cough and dyspnoea 3. Seminal emissions; leucorrhoea.

Dosage. 10-20 g.

Notes. The root of *Dioscorea japonica* Thunb. is similarly employed.

**57 *Dolichos lablab* L.****Leguminosae**

Chinese name : Báibiāndòu 白扁(扁)豆

English name : White hyacinth bean; Egyptian kidney bean; bonavista bean

Parts used. Seeds.

Description. An annual twining herb up to 6 m long. Stem nearly glabrous. Leaves alternate, trifoliate, the terminal leaflet broadly triangular-ovate, 5-9 cm long; both surfaces pilose; the lateral leaflets are larger than the terminal, obliquely ovate; stipules small, lanceolate. Racemes axillary, 15-20 cm long, erect. Flowers in July-August. Corolla papilionaceous, white. Pod long-ellipsoidal, 5-8 cm long by 1-3 cm wide, compressed, slightly curved, greenish-white. Seeds 3-5, white, 7-9 mm in diameter. The dried seeds are yellowish-white, smooth and glossy.

Habitat. Cultivated.*Distribution.* China, Japan.

Indications. 1. Malabsorption and diarrhoea 2. Nausea; vomiting
3. Poor appetite 4. Leucorrhoea.

Dosage. 6-12 g.

**58 Echinops latifolius Tausch****Compositae**

Chinese name : Lǒulú 漏蘆(芦)

English name : Broad-leaved globe-thistle

Parts used. Roots.

Description. A perennial herb with dense white-tomentose foliage. Stem erect, simple, up to 1 m high. Leaves alternate, elliptic, 4-10 cm long by 2-6 cm wide, pinnatifid, spinous. Heads in globose involucrate solitary balls, 2-3.5 cm in diameter, blue, sessile or shortly stipitate on a common receptacle, 1-flowered; flowers hermaphrodite, all fertile. Involucre oblong; bracts multi-seriate, rigid, pungent, some spinescent, outer shorter, inner spatulate, innermost linear or lanceolate, sometimes all connate into a tube with 1 rigid spine on the outer side. Receptacle minute. Corolla regular; tube slender; limb cylindrical quinque-partite with slender segments. Filaments glabrous; anther-bases sagittate, the auricles connate; tails short, fimbriate or entire. Style-arms thick and with a thick basal ring; at length more or less spreading. Pappus coroniform, made up of many short subpaleaceous free or more or less connate bristles. Achenes elongate, subterete or tetragonal, villous.

Habitat. Grows on sunny slopes, at roadsides and in grassland.*Distribution.* China, Mongolia.

Indications. 1. Acute mastitis; obstruction of milk secretion
2. Skin inflammation 3. Haemorrhoids.

Dosage. 4.5-9 g.*Notes.* *Rhaponticum uniflorum* (L.) DC. is similarly employed.

**59 Eclipta prostrata L.****Compositae**

Chinese name : Mòhànlián 墨旱蓮(蓮)

English name : Yerba de tajo

Parts used. Whole plant.

Description. An annual herb, erect or spreading, 10-60 cm high, villous. Leaves opposite, lanceolate or linear-lanceolate, tip acuminate-acute, base attenuate, villous, dentate, 3-10 cm long by 5-25 mm wide, nearly sessile. Capitulate inflorescence, terminal or axillary, external flowers ligulate; female; white; disc flowers hermaphrodite; tuber, 4-lobed, yellowish-green; stamens 4; July-September. Fruit an achene 3 mm long by 1.5 mm wide, compressed, somewhat winged, tip truncate. The taste of the whole plant is sweet-sour.

Habitat. On the banks of streams, in grassland, on damp soil.

Distribution. Cambodia, China, India, Japan, Laos, Philippines, Viet Nam.

Indications. 1. Hoematemesis; epistaxis; haematuria; melaena; uterine bleeding 2. Diarrhoea 3. Infant malnutrition 4. Tinnitus; premature greying of hair; neurasthenia 5. Tinea pedis; eczema; ulcers; wound bleeding; rice-field dermatitis.

Dosage. 15-30 g.

**60 Ephedra sinica Stapf****Ephedraceae**

Chinese name : Mǎhuāng 麻(麻)黄(黄)

English name : Chinese ephedra; ma-huang

Parts used. Stems.

Description. An erect or prostrate undershrub, 20-40 cm high. Branches erect, short, glaucous green, somewhat flat, 1.0-1.5 mm thick, with sparse longitudinal striae, fasciated at the nodes; internode 2.5-5.5 cm long by 2 mm in diameter. Leaves opposite, reduced to scales, barely 2 mm, acute-triangular. Flowers in summer, unisexual, dioecious; male flowers pedunculate or nearly sessile, grouped in catkins composed of 4-8 pairs of flowers with about 8 anthers; female flowers biflorous, pedunculate with 3-4 pairs of bracts, the naked ovule with the outer coat produced into a styliform tube, fruiting with often fleshy red succulent bracts, 2-seeded. The stem tastes bitter and astringent.

Habitat. On dry slopes or in dried-up riverbeds.*Distribution.* China.

Indications. 1. Common cold; fever with anhidrosis 2. Cough and dyspnoea 3. Oedema.

Dosage. 1.5-6 g.

Notes. The stems of *Ephedra intermedia* Schrenk ex Mey. and *E. equisetina* Bunge are similarly employed.



61 *Epimedium sagittatum*

Berberidaceae

(Sieb. et Zucc.) Maxim.

Chinese name : Yinyānghuò 淫羊藿

English name : Sagittate epimedium

Parts used. Whole plant.

Description. An evergreen perennial herb, 10-40 cm high. Rhizome creeping, very slender, covered with long filiform rootlets. Basal leaves 1-3, ternately compound leaflets 3, oval-lanceolate, 4-9 cm long, apex acute or acuminate, base cordate; lateral leaflets; base sagittate, oblique; margin setose; petiole slender, about 15 cm long. Inflorescence a raceme or panicle, terminal, flowers in spring. Calyx in 8 segments in 2 whorls, the interior 4 white, petaloid; the outer 4, smaller, with purplish spots. Petals 4, yellow, the base shortly spurred. Stamens 4. Ovary 1-celled. Fruit a follicle, ovoid. Few seeds, reniform, black, odourless, taste slightly bitter.

Habitat. Under trees and shrubs and in crevices in the mountains.

Distribution. China, Japan.

Indications. 1. Impotence; premature ejaculation; incontinence of urine 2. Rheumatic arthritis; chronic pain in the lower body and legs 3. Climacterium hypertension; chronic tracheitis.

Dosage. 10-15 g.



62 *Eriobotrya japonica* (Thunb.) Lindl.

Rosaceae

Chinese name : Pipayè 枇杷葉(叶)

English name : Loquat; Japanese medlar; Japanese plum

Parts used. Leaves.

Description. An evergreen tree 5-10 m high, young branches robust, covered with rust-coloured hairs. Leaves alternate, briefly petiolate, elliptical-lanceolate or oblong-elliptic, 12-30 cm long by 3-9 cm wide, apex short-acuminate, base cuneate, upper half dentate, thick, stiff; underside covered with an abundant greyish or yellowish tomentum. Inflorescence a glomerate, pyramidal panicle, terminal, entirely covered with a thick, reddish tomentum. Flowers numerous, sessile or nearly so, fragrant 13-20 mm in diameter; November, calyx cupuliform, united with the ovary, segments 5, petals 5, white, provided with long hairs inside. Stamens 20. Ovary partly inferior, 5-celled; styles 5, free. Fruit fleshy, nearly globular, somewhat tomentose, yellow when ripe, 3-4 cm long, June. Seed very large, ovoid; tegument parchment-like. The leaves taste bitter.

Habitat. Mostly cultivated in gardens or on the edge of villages.

Distribution. Grown throughout the subtropics.

Indications. 1. Bronchitis; cough 2. Vomiting.

Dosage. 10-15 g.

**63** *Eucommia ulmoides* Oliv.**Eucommiaceae**

Chinese name : Dūzhōng 杜仲

English name : Tu-chung; gutta-percha tree

Parts used. Bark.

Description. An elm-like tree reaching 20 m in height but generally only 5 m. Leaves alternate, petiolate, elliptic or elliptic-ovate, 6-13 cm long by 3.5-7 cm wide, tip long-acuminate; base cuneate or wedge-shaped; margin serrate, pinnately nerved. Flowers unisexual, dioecious, without a perianth, appearing with the leaves from perulate buds; male flowers in loose bracteate clusters, with short stalks, composed only of about 10 linear apiculate stamens dehiscing longitudinally; female flowers solitary in the axil of each bract or bract-like leaf on the lower part of each shoot, with short stalks. Ovary syncarpous, flattened, stigmatose within the V-shaped apex. Ovules 2, collateral, pendulous, anatropous. Fruit samaroid, indehiscent, 1-seeded, thinly coriaceous, stipitate, oblong-oblongate, bifid at the apex. Seed solitary, pendulous from the apex of the loculus, elongate-oblong; endosperm copious.

Long white threads of gutta-percha are drawn out when the leaf is torn. The bark and the fruit also thread when they are broken. The taste of the bark is sweet and slightly pungent.

Habitat. In the mountains; now commonly cultivated in the plains.

Distribution. China.

Indications. 1. Tiredness of the lower body and legs; seminal emissions 2. Dizziness due to hypertension.

Dosage. 10-15 g.

Notes. "Gutta-percha tree" is also the common name of *Palaquium gutta* (Hook.) Baill.

**64 Euphorbia peginensis Rupr.****Euphorbiaceae**

Chinese name : Jīngdàjì 京大戟(戟)

English name : Peking spurge

Parts used. Roots.

Description. A perennial herb with caespitose rhizome. Stem, 30-100 cm high, contains rich milky latex. Leaves alternate, subsessile, oblong-elliptic, 3-8 cm long by 0.5-1.2 cm wide; apex acute; base attenuated; margin serrulate, glaucous beneath. In summer, the stem terminates in a 5-branched umbel. Involucre campanulate, the interior hairy. Flowers monoecious, without true perianth, growing within the cupuliform involucre. Male flowers reduced to 1 stamen; female flowers in the centre of the involucre, ovary 3-celled. Fruit a triangularly globular, depressed capsule, warty. Seeds oval, smooth.

The roots, used for the drug, are irregularly long-conical in shape, slightly tortuous, branching, 10-20 cm long and 1.5-4 cm in diameter, the surface greyish-brown or dark-brown, coarse with longitudinal wrinkles and transverse lenticles. It is crowned by the remains of stems. The taste is bitter, poisonous.

Habitat. On slopes, by roadside and in damp places on waste land.

Distribution. China, Japan, Korea.

Indications. 1. Nephritic oedema 2. Ascites from cirrhosis
3. Boils (external use).

Dosage. 1.5-3 g.



65 *Evodia rutaecarpa* (Juss.) Benth.

Rutaceae

Chinese name : Wúzhūyú 吳(吳)茱萸

English name : Medicinal evodia

Parts used. Fruit.

Description. A deciduous small tree, 3-10 m high. Leaves, opposite, imparipinnate compound, 30-40 cm long; leaflets 5-7, winged, nearly sessile, oblong; apex acuminate, generally rounded at the base, entire, the underside villous, dotted with glands. In summer, it bears numerous small white flowers in a corymb on the top of the branches, and in autumn small greenish-red-brown flattish-globular fruit 3-5 mm in diameter, 2-valved, opening at the top and with a peculiar aromatic odour. The taste is very bitter and pungent.

Habitat. On slopes, on the skirts of forests, but mostly cultivated.

Distribution. China, India, Japan.

Indications. Nausea; vomiting; abdominal pain; belching; diarrhoea.

Dosage. 1.5-6 g.

**66 *Foeniculum vulgare* Mill.****Umbelliferae**

Chinese name : Xiǎohuǎixiāng 小茴香

English name : Fennel

Parts used. Fruit.

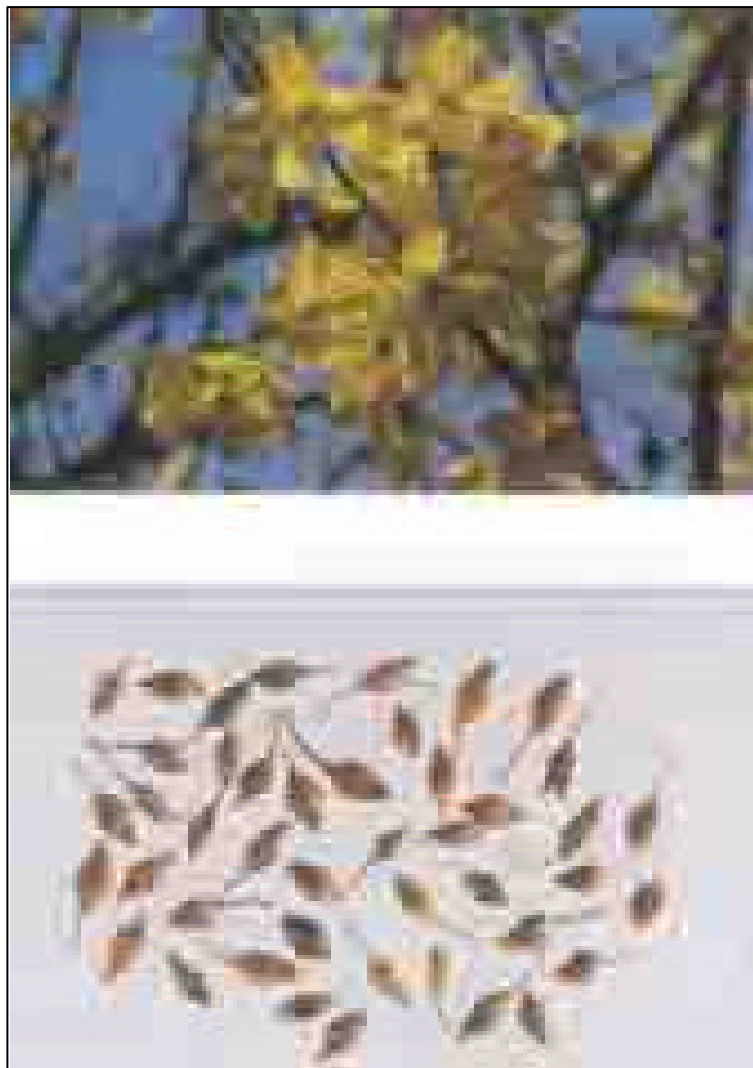
Description. An aromatic, perennial herb 1-2 m high. Leaves alternate, 3 or 4 times pinnate, the ultimate leaflets very numerous, filiform, very elongated, the superior leaves with sheaths longer than the blade. Umbels compound, large, long-pedunculate, nearly regular. Flowers yellow, not involucrate, July-October, calyx with 5 very slight teeth. Petals 5, entire; tips involute. Stamens 5, ovary 2-celled; stylopodium large, conical. Fruit ovoid, 6 mm long by 2 mm in diameter, greenish; glabrous mericarp compressed dorsally, semicylindrical, with 5 prominent, nearly regular ribs. Seeds somewhat concave, with longitudinal furrows. The fruit tastes sweet and pungent and smells of anis seed.

Habitat. Commonly cultivated in fields.

Distribution. Asia, Europe, North Africa.

Indications. 1. Feeling of cold and pains in stomach and lower abdomen 2. Dysmenorrhoea 3. Hernia pain.

Dosage. 3-10 g.



67 *Forsythia suspensa* (Thunb.) Vahl **Oleaceae**

Chinese name : Liánqiào 連(連, 连)翹(翹)

English name : Weeping forsythia

Parts used. Fruit.

Description. A deciduous shrub, 2-3 m high. The branches erect or hanging, slender, the young branches angular, the mature cylindrical. The plant bears bright yellow flowers, precociously in early spring. Flowers in an axillary cluster of 1-3, nearly sessile, about 2.5 cm long. Calyx 4-lobed, oval or oval-lanceolate, pointed, half as long as the corolla. Stamens 2. Ovary 2-celled. The leaves which appear after the flowers are ovate or oblong-ovate, glabrous, with dentate margin, at times deeply split into three lobes, and oppositely arranged. Fruit, an ovoid capsule, is pointed and has a hard pericarp. The taste of the fruit is bitter and astringent.

Habitat. Mostly cultivated in gardens.

Distribution. China, Japan.

Indications. 1. Common cold 2. Swelling and pain in the throat
3. Skin inflammation.

Dosage. 3-15 g.

**68** *Gardenia jasminoides* Ellis

Rubiaceae

Chinese name : Zhizi 梔(梔)子

English name : Cape jasmine

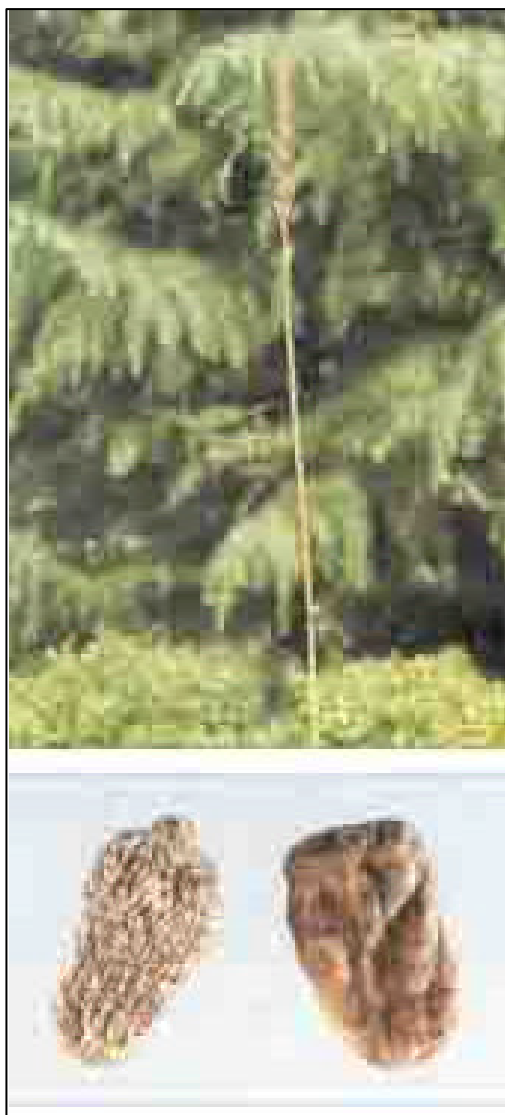
Parts used. Fruit.

Description. An evergreen shrub, up to 2 m high. Leaves opposite or ternately whorled, oblong-elliptical, 7-14 cm long by 2-5 cm wide, coriaceous, glossy; stipules membranous, often connate. Flowers solitary, terminal or axillary, broad, white, very fragrant; June; calyx tubular, in 6 segments. Corolla salver-shaped or short-tubular; limb with 6 lobes, sometimes 5 or 7, spreading, more or less twisted in bud. Stamens as many as the corolla-lobes; anthers sessile, linear, included, inserted in the tube. Ovary 1-celled. Fruit ovoid or ellipsoidal, 2.5-4.5 cm long, yellow or orange, 5-8-ribbed and crowned by subulate calyx-teeth. Seeds numerous, oblong, compressed, 5 mm long by 3 mm wide, reddish, adhering to the placenta, which is yellow-orange. The taste of the fruit is bitter.

Habitat. On warm and damp slopes.*Distribution.* China, Japan, Philippines, Viet Nam.

Indications. 1. Icteric infectious hepatitis 2. Colds; fever; insomnia 3. Conjunctivitis; mouth ulcer; toothache 4. Epistaxis; haematemesis; haematuria 5. Sprains and pain from stagnated blood (external use).

Dosage. 3-10 g.

**69** *Gastrodia elata* Blume

Orchidaceae

Chinese name : Tiānmá 天麻(麻)

English name : Tall gastrodia

Parts used. Tubers.

Description. An alpine saprophytic leafless perennial herb. Tuber horizontal and robust, fleshy, oblong or elliptic, 10-15 cm long and 4.5-6 cm in diameter. Stem simple, erect, 60-100 cm high, bluish-red, with sheathing scales on its upper part, the interior hollow. Inflorescence a terminal cluster; June-July. Flowers numerous, yellowish-red, small. The pedicel short, bracts longer than the flowers, acuminate; sepals nearly regular, acute; lobes lateral, rounded; claw of lip adnate to the perianth and furnished with a pair of large prominent fleshy calli, limb free ovate-oblong, column erect with 2 teeth at its extremity.

The crude drug occurs as elliptic or oblong tubers, slightly compressed and twisted, 3-15 cm long by 1.5-6 cm wide and 0.5-2 cm in thickness. The surface is yellowish-white or light yellowish-brown and has several indistinct ringlike nodes and many longitudinal wrinkles. The fracture surface is rather smooth, the taste sweet.

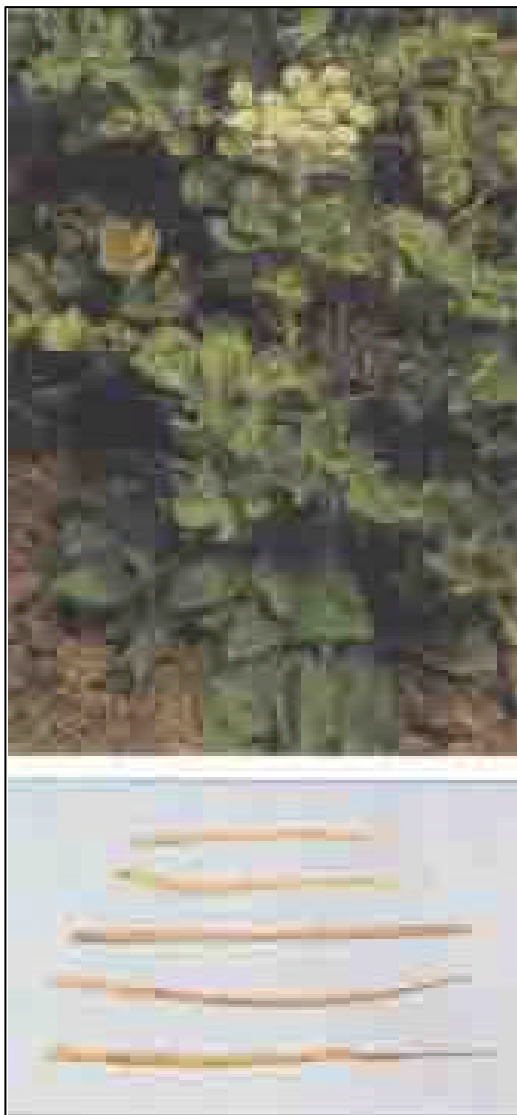
Habitat. In shady and damp places under trees and shrubs.

Distribution. China, Japan, Korea.

Indications. 1. Vertigo; dizziness due to hypertension
2. Deviation of the eye and mouth
3. Numbness of extremities
4. Infantile convulsions.

Dosage. 3-9 g.

Notes. *Gastrodia elata* Blume could be combined with *Uncaria rhynchophylla* (Miq.) Jacks. for treatment of high fever and convulsions.



70 *Glehnia littoralis* Fr. Schm. ex Miq. **Umbelliferae**

Chinese name : Bèishāshēn 北沙参(参)

English name : Coastal glehnia

Parts used. Roots.

Description. A perennial herb, 7-35 cm high. The rhizome is somewhat thick and the greater part of the stout stem is buried in sand. The leaves are few, alternate, pinnate-compound, thick and very lustrous and yellowish-green. The petioles are light-red. Umbels compound, terminal, no bracts, rays 10-14, bracteoles 8-12, linear-lanceolate; flowers 15-20, small, white, bloom in short umbels in summer. Fruit dividing into 2 elliptical mericarps, these remaining suspended at the top by the divided threadlike central axis, mericarp 5-ribbed, winged and hirsute. The root, used for the drug, is long-cylindrical, 15-45 cm long and 0.4-1.2 cm in diameter; the external layer is always exfoliated, light yellowish-white, slightly coarse and with fine longitudinal wrinkles and furrows; texture brittle. It has a peculiar odour and a slightly sweet taste.

Habitat. In sandy soil along the sea coast; also cultivated.

Distribution. China.

Indications. 1. Dry cough 2. Bronchitis.

Dosage. 10-15 g (fresh 15-30 g).



71 *Glycyrrhiza uralensis* Fisch. ex DC. Leguminosae

Chinese name : Gāncǎo 甘草

English name : Licorice, Chinese liquorice, Ural liquorice

Parts used. Roots and rhizomes.

Description. A perennial glandular herb, 30-100 cm high. Stem erect, with short whitish hairs and echinate glandular hairs; the lower part of the stem is woody. Leaves alternate, imparipinnate; leaflets 7-17, ovate-elliptic, 2-5.5 cm long by 1-3 cm wide; apex obtuse-rounded; base rounded; both surfaces covered with glandular hairs and short hairs. Stipules lanceolate. Inflorescence an axillary cluster. Summer. Flowers purplish, papilionaceous; calyx villous. Fruit a flat pod, oblong, sometimes falcate, 6-9 mm in width, densely covered with brownish echinate glandular hairs. Seeds 2-8.

The root is cylindrical, fibrous, flexible, 20-22 cm long and 15 mm in diameter, with or without corks, corks reddish, furrowed, light-yellow inside. The taste is sweet.

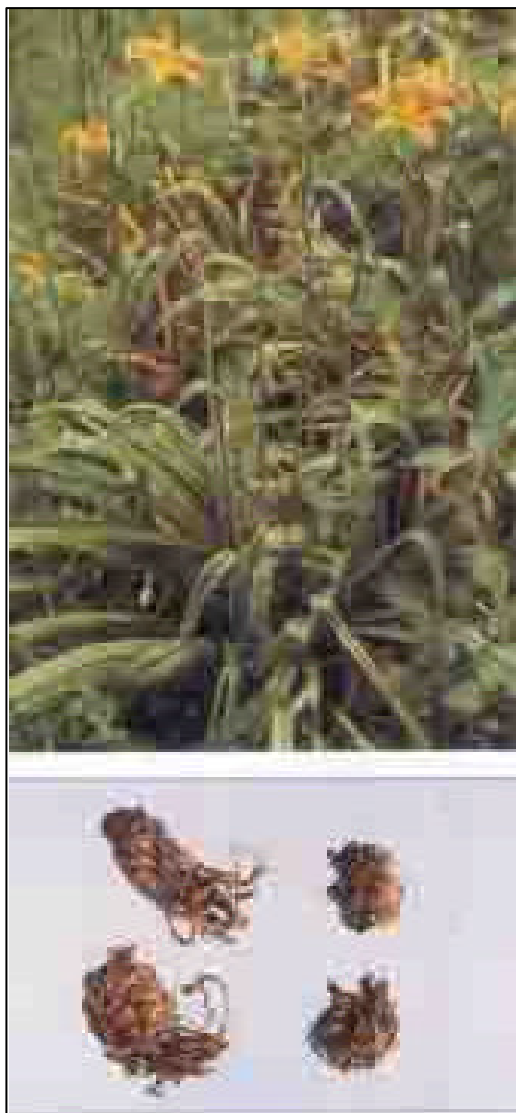
Habitat. On dry grassland or sunny slopes.

Distribution. China, Mongolia, Soviet Union.

Indications. 1. Sore throat, cough 2. Gastric hyposecretion; gastroduodenal ulcer 3. Hysteria 4. Skin inflammation and boils 5. Drug and food poisoning.

Dosage. 1.5-9 g.

Notes. The roots of rhizomes of *Glycyrrhiza glabra* L. are similarly employed.

72 *Hemerocallis fulva* L.

Liliaceae

Chinese name : Xuāncǎogēn 萱草根

English name : Orange day-lily; tawny day-lily

Parts used. Roots and rhizomes.

Description. A perennial herb, 30-90 cm high. Rootstock very short with fleshy root-fibres. Leaves linear, 60-100 cm long by 2.5-4 cm wide, erecto-patent, acute; subglaucous underneath. Scape 60-80 cm high, corymb, pedicels short; bracts small, membranous. Flowers inodorous, 7-12 cm in diameter. Tube yellow-red; outer segments orange-yellow, oblong, acute, inner much larger and broader than the outer; margins undulate with reticulate nerves.

The roots, used for the drug, are 5-10 cm long and 0.3-0.5 cm in diameter; the end or the middle of the root is often dilated in the shape of a tuber; the surface of the tuberous root is greyish-yellow or light greyish-brown, shrivelled and with many wrinkles.

Habitat. On slopes, in grassland and by roadsides.

Distribution. China, Japan; naturalized in Europe and the eastern United States of America.

Indications. 1. Jaundice; cystitis 2. Difficulty in micturition 3. Breast abscess (external use).

Dosage. 6-10 g.

73 *Hyoscyamus niger* L.

Solanaceae

Chinese name : Làngdàngzǐ 莨菪子

English name : Black henbane; common henbane

Parts used. Seeds.

Description. An erect, biennial or annual herb 30-80 cm high, villous, viscid and with a disagreeable, heavy odour. Stem robust, 0.3-0.9 m. Basal leaves spreading, petiolate, oblong-ovate, 15-20 cm, coarsely sinuate-toothed. The cauline leaves smaller, sessile, clasping, oval-oblong, sinuate, pinnatifid; lobes irregular, triangular, lanceolate. Flowers in terminal, scorpioid cymes, or axillary, nearly entirely sessile; June. Calyx tubular-campanulate, segments 5, mucronate, persistent, accrete. Corolla infundibular, 5-lobed, irregular, dirty-yellow veined with violet, the throat purplish-black. Stamens 5, barely exerted; ovary 2-celled. Fruit a capsule, enclosed in the persistent and enlarged calyx. Seeds small, compressed nearly ovoid, slightly reniform, 1 mm in diameter, brownish-gray, surface reticulate. The seed has a pungent taste.

Habitat. On the outskirts of villages; mostly cultivated.

Distribution. Asia, Europe, North Africa; cultivated in England, Germany and Soviet Union..

Indications. 1. Gastric or intestinal cramps 2. Diarrhoea; prolapse of the rectum 3. Neuralgia 4. Cough 5. Hysteria; mania 6. Skin inflammation and boils; pain due to dental caries (for external use).

Dosage. 0.06-0.6 g.

74 *Impatiens balsamina* L.

Balsaminaceae

Chinese name : Jixingzi 急性子

English name : Garden balsam

Parts used. Seeds.

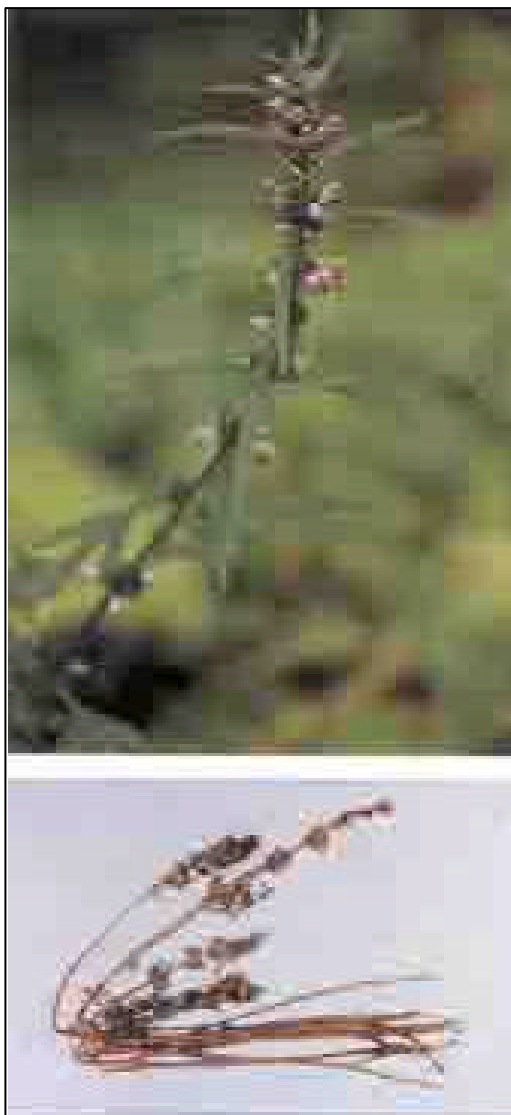
Description. An annual herb, erect, 30-90 cm high. Stem fleshy, cylindrical, glabrous or pubescent, slightly branched. Leaves alternate, 5-15 cm long by 1.2-2.5 cm wide, lanceolate, apex long-acuminate, base cuneate and decurrent, margin serrate, petiolate. Flowers in summer, pink or white in colour, showy. Pedicels 1-3, axillary, slender, pubescent, shorter than the leaves. Sepals minute, ovate. Standard small, orbicular, retuse, horned. Wings broad, lateral lobes rounded, terminal sessile, very large. Lip small, boat-shaped, mucronate. Spur short or long, incurved. Capsules tomentose. Seed reticulate.

Habitat. Along watercourses and in damp ground on field margins; commonly cultivated.

Distribution. China, India, Japan, Malaysia.

Indications. 1. Amenorrhoea; dystocia 2. Dysphagia.

Dosage. 15-30 g.



- 75 *Leonurus japonicus* Houtt. Labiatae
Leonurus artemisia (Loureiro) S.Y. Hu
Leonurus heterophyllus Sweet
 Chinese name : Yimŭcǎo 益(益)母草
 English name : Wormwoodlike motherwort

Parts used. Whole plant.

Description. An annual or biennial herb, 60-100 cm high. Stem erect; simple or branched, tetragonal, pubescent. Leaves opposite, long-petioled, palmate-tripartite, the lobes themselves coarsely divided into 3-4 parts, 7 cm long by 4 cm wide. Inflorescence a compact, axillary verticil, June-August. Flowers 2-lipped. Calyx campanulate, teeth 5. Corolla exserted, 10-15 mm long, red, tube equalling the limb in length, straight, superior lip oboval, curved, concave, inferior lip equally long, expanded-trilobate; median lobe truncate, broad, obcordate; lateral lobes smaller, rounded. Stamens 4. Fruit a collection of smooth, triquetrous nutlets. The whole plant tastes pungent and bitter.

Habitat. On the outskirts of villages, on the banks of streams and on damp soil.

Distribution. China, Japan, Korea.

Indications. 1. Menstrual disturbances 2. Amenorrhoea 3. Nephritic oedema 4. Oliguria 5. Haematuria 6. Pyogenic infection and ulcerous skin disease (for external use).

Dosage. 10-30 g.

**76 *Lepidium apetalum* Willd.****Cruciferae**

Chinese name : Tinglizi 葶藶(苈)子

English name : Pepperweed; peppergrass

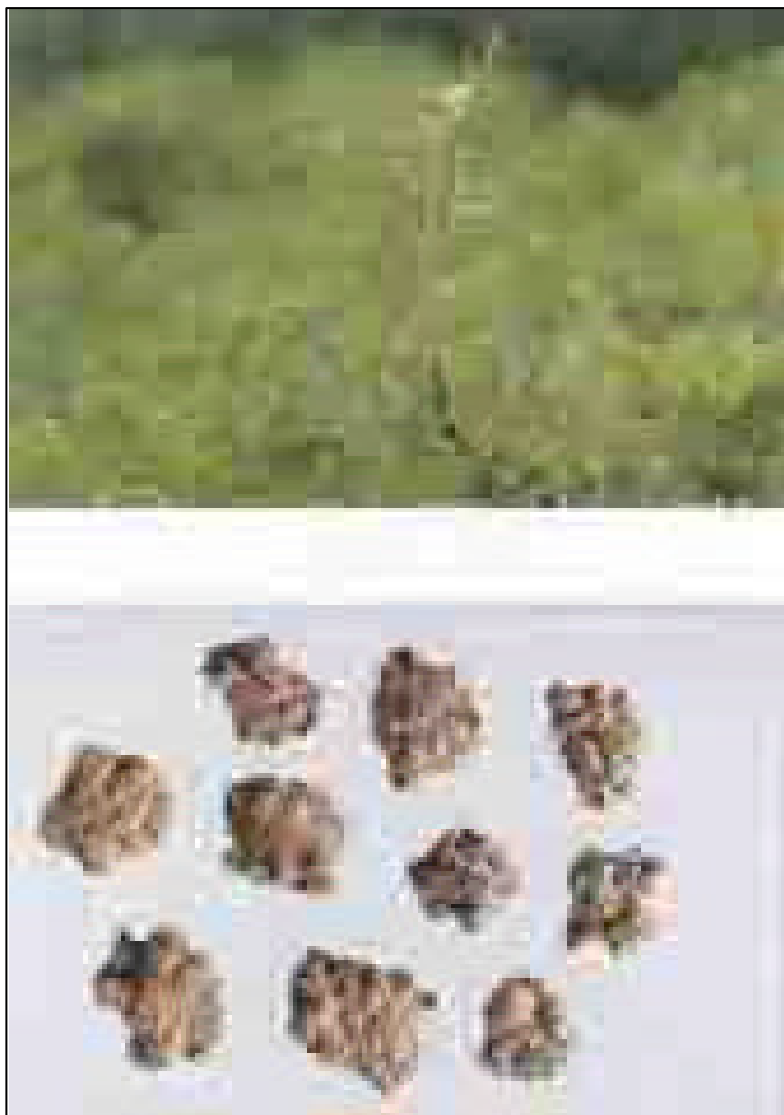
Parts used. Seeds.

Description. An annual or biennial herb. Stem erect or diffuse, 5-35 cm high, densely covered with small capitate glandular hairs. Basal leaves pinnatisect, 3-5 cm long by 1-1.5 cm wide, petiole 1-2 cm long; cauline leaves sessile, lower leaves narrowly elongated-elliptic, dentate, upper linear, nearly entire or repand, May-June. Racemes elongated, terminal. Flowers small, pedicels slender. Sepals 4, elliptic; petals usually greatly reduced. Stamens 2-4. Short pods oval-elliptic, 2.5 mm long, compressed, flat, slightly emarginate, winged above. Seeds very small, 1.5 mm long by 0.75 mm wide, oboval, light reddish-brown or yellowish-brown. Taste bitter, pungent and viscid.

Habitat. By roadsides and among grasses.*Distribution.* China, Europe, Soviet Union.

Indications. 1. Abundant expectoration with cough and dyspnoea
2. Distension in the chest and hypochondrium 3. Oedema
4. Oliguria.

Dosage. 3-10 g.



- 77 ***Ligusticum chuanxiong* Hort.**
Chinese name : Chuānxiōng 川芎
English name : Szechuan lovage

Umbelliferae

Parts used. Rhizomes.

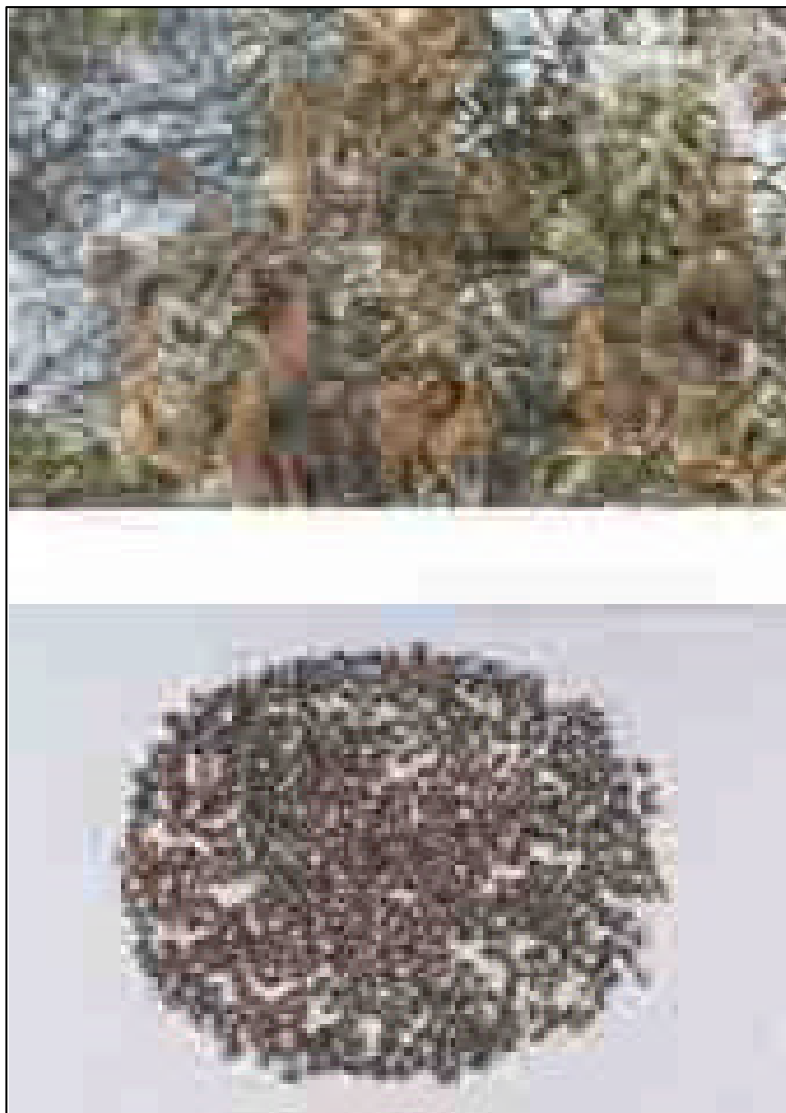
Description. A perennial herb, 30-60 cm high. The rhizome is thickened. Stem erect, with several fuscicles, hollow; the nodes situated in the inferior parts form prominent discs. Leaves alternate, bipinnate or tripinnate, the ultimate leaflets pinnately parted or divided; both surfaces glabrous except for the nerves. Petiole sheathing at the base, clasping the stem. Umbels compound, terminal, usually with many rays. Flowers small, white. Flowering July-August. Fruit dividing into 2 mericarps, ovoid; carpels ribbed, narrowly winged and with vittae. The rhizome, used for the drug is an irregular, fist-like mass, with many tubercles, 2-7 cm in diameter, yellowish-brown, coarse, with numerous wrinkles. It has a characteristic odour and a bitter, pungent taste.

Habitat. Mostly cultivated.

Distribution. China.

Indications. 1. Anaemia 2. Scurvy 3. Anxiety 4. Chillphobia
5. Irregular menstruation.

Dosage. 3-9 g.

**78** *Ligustrum lucidum* Ait.

Oleaceae

Chinese name : Nǚzhēnzǐ 女贞(贞)子

English name : Glossy privet; Chinese privet;

white wax tree; Chinese wax tree; shiny-leaved privet

Parts used. Fruit.

Description. An evergreen large shrub or tree, up to 10 m high; branchlets often lenticellate, glabrous. Leaves opposite, petioles 1-2 cm long, blade ovate to oval-lanceolate, 6-12 cm long by 4-6 cm wide; apex acuminate or acute; base broadly cuneate or rounded. Flowers in summer. Panicles terminal. Flowers white, fragrant, sessile. Calyx small, 4-toothed. Corolla campanulate, lobes 4. Stamens 2, on the corolla-tube; ovary superior, 2-celled, style longish, stigma bifid. Drupe 1 cm long, becomes black at maturity, one-seeded. The crude drug is ovate, ellipsoidal or reniform, 6-8.5 mm long and 3.5-5.5 mm in diameter. The surface is dark-purple or greyish black, with many wrinkles. The drupe tastes bitter-sweet and slightly astringent.

Habitat. Mostly cultivated.

Distribution. China.

Indications. 1. Vertigo; dizziness; tinnitus 2. Premature greying of hair 3. Tiredness in thighs and knees.

Dosage. 9-15 g.



79 *Lindera strychnifolia* (Sieb. et Zucc.) Vill. **Lauraceae**

Chinese name : Wūyào 烏(乌)藥(藥, 药)

English name : Combined spicebush

Parts used. Root tubers.

Description. An aromatic evergreen shrub or small tree up to 5 m high. Root robust, ligneous, fusiform, dilated in parts, and with a light purplish-red external layer. Young branches covered with brownish pubescence. Leaves alternate, petiolate, oval-elliptical, often orbicular, 3-7 cm long by 1.5-4 cm wide. Abruptly acuminate, coriaceous, 3-veined. Glossy above, glaucous and puberulous beneath. Flowers dioecious or polygamous; perianth a very short tube, 6-lobed; male flowers with 9 stamens; female with staminodia; the ovary superior. Fruit a black drupe. The root tastes pungent.

Habitat. In thickets on exposed slopes.

Distribution. China, Japan, Philippines.

Indications. 1. Chest, gastric or abdominal pains
2. Dysmenorrhea 3. Hernial pain 4. Rheumatic bone and joint pains; pain from external injuries.

Dosage. 3-12 g.



80 *Liquidambar formosana* Hance **Hamamelidaceae**

Chinese name : Lùlùtōng 路路通(通)

English name : Fragrant maple

Parts used. Fruit.

Description. A tree 40 m high. Leaves alternate, palmate; lobes 3-5, acuminate, base cordate or truncate, 8-13 wide; petiole lengthy. Inflorescence monoecious; March. Male capitula grouped in terminal panicles; no calyx. Stamens numerous. Female flowers solitary, hanging. The calyx barely distinct, staminodia 4-10, ovary inferior. Fruit spherical, 3 cm in diameter, hispid and with numerous holes; August-September. Surface of the dried fruit is brownish.

Habitat. At forest edges, on hillsides or in sparse woods and shrubby areas near villages; mostly cultivated in gardens.

Distribution. Japan, Laos, South China, Viet Nam.

Indications. 1. Deficient lactation 2. Irregular menstruation 3. Rheumatic joint pains 4. Lumbago; dysuria 5. Urticaria.

Dosage. 4.5-9 g.



81 *Lobelia chinensis* Lour. Lobeliaceae

Chinese name : Bànbiānlián 半邊(边, 边)蓮(莲)

English name : Chinese lobelia

Parts used. Whole plant.

Description. A perennial procumbent herb, 5-15 cm high, glabrous, with milky latex. Leaves alternate, linear or lanceolate, 1.2-2.5 cm long by 2.5-6 mm wide, remotely toothed or sub-entire, sessile, often bifarious. Flowers in summer, pedicels axillary, as long as or longer than the leaves; one-flowered. Calyx superior, limb 5-partite, corolla pale-purple, oblique, 2-lipped, upper lip bi-partite, lower 3-lobed, tube glabrous or obscurely pubescent. Stamens 5, two lower filaments hairy. Ovary inferior, 2-celled; stigma shortly bifid. Capsule 4-6 mm long, base acute. Seeds numerous, minute, ellipsoidal, slightly compressed. The whole plant has a pungent taste.

Habitat. On damp fields and on the edge of ditches.

Distribution. China.

Indications. 1. Snake bites; boils 2. Ascites from cirrhosis and schistosomiasis; nephritic oedema 3. Purulent infections; enteritis; diarrhoea.

Dosage. 15-30 g.

**82 Lonicera japonica Thunb.****Caprifoliaceae**

Chinese name : Jīnyínhuā 金銀(銀)花

English name : Japanese honeysuckle

Parts used. Floral buds.

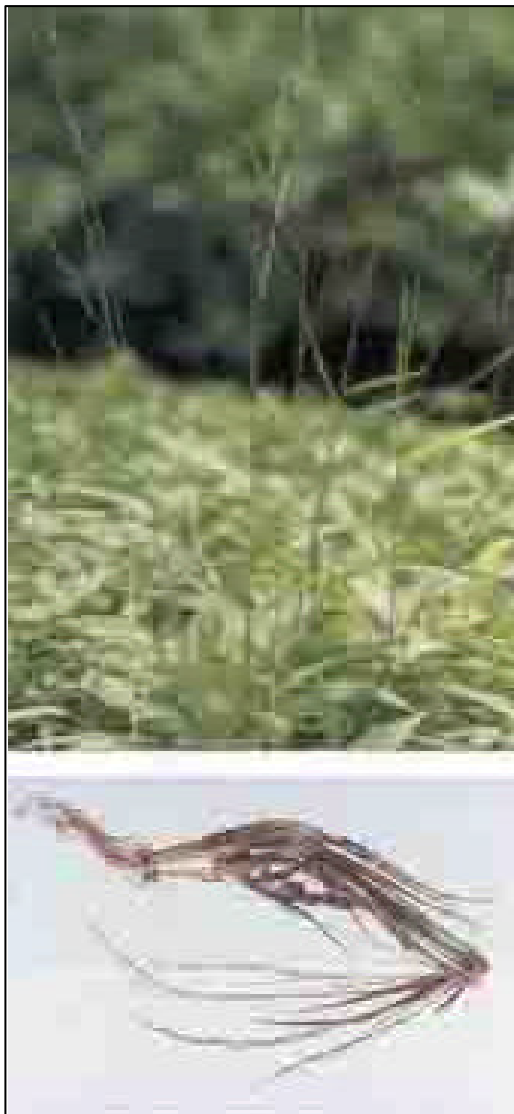
Description. A twining shrub 6-9 m long. Stem brownish on the outside, the young branches slender, hairy. Leaves opposite, petiolate, ovate or oval-oblong, 3-8 cm long by 1-3 cm wide; apex obtuse or acuminate; base rounded or nearly cordate; margin entire, pubescent, especially underneath. Inflorescence a two-flowered cyme, in the axils of the terminal leaves. April-May. Flowers fragrant, bracts leaf-like, broad-ovoid to elliptic, bractlets sub-orbicular. Calyx with ovoid tube, teeth 5, often irregular. Corolla bilabiate, first white, then turning yellow, 3-4 cm long; the upper lip quadrifid, lower lip entire, the tube as long as the limb. Stamens 5, inserted on the corolla-tube. Style slender, stigma capitate. Globular, 3-celled. Fruit a shiny black, fleshy berry.

Habitat. On hills on forest edges and in ravines; commonly cultivated.

Distribution. China, Japan, Korea.

Indications. 1. Influenza; upper respiratory tract infection; tonsillitis; acute conjunctivitis 2. Enteritis 3. Pyodermas; wound infections 4. Cervical erosion.

Dosage. 10-60 g.



83 *Lophatherum gracile* Brongn.

Gramineae

Chinese name : Dànzhúyè 淡竹葉(叶)

English name : Common lophaterum

Parts used. Whole plant.

Description. A perennial herb. Stem 40-100 cm. high, ascending from a branched woody rootstock. Leaves alternate, petioled or sessile, broadly lanceolate, 5-30 cm long by 2-3.5 cm wide, apex acuminate, base subrounded or cuneate, margin entire, nerves tessellate. Spikelets about 1 cm long, including the short awns of the closely imbricate upper empty glumes, which form a pencil of short erect or spreading bristles projecting from the apex of the tightly rolled flowering glumes: June-October.

Habitat. Grows plentifully on waste land and slopes, usually in shady and damp places.

Distribution. China.

Indications. 1. Hyperpyrexia; anxiety; thirst 2. Aphthae; swelling of the gums; yellowish or reddish urine 3. Urethritis; ardour urinae.

Dosage. 6-9 g.

**84 *Lycium barbarum* L.****Solanaceae**

Chinese name : Gōuqǐ 枸杞

English name : Barbary boxthorn; common matrimony-vine; Duke of Argyll's tea-tree

Parts used. Fruit and root bark.

Description. A spinous shrub up to 3 m high, branches white or grey, armed with sharp conical spines which sometimes lengthen and bear leaves and flowers. Leaves very variable, sometimes solitary, oblong-lanceolate, reaching 4.5 cm by 6 mm, more commonly in fascicles and oblong spatulate or linear, obtuse, attenuated into a short petiole, glabrous or nearly so. Flowers solitary or in fascicles of 2-5; pedicels filiform, 6-13 mm long. Calyx in flower glabrous, somewhat rugose outside, 4 mm long, cyathiform, often becoming irregularly lobed and sometimes 2-lipped in fruit; teeth 4-6, oblong, obtuse, about 0.85 mm long, with membranous margins. Corolla 1-1.3 cm long, pink, glabrous; lobes 2.5-4 mm long, oblong, obtuse, corolla-tube; 8 mm long, stamens exserted beyond it, filaments flat, glabrous at the base; anthers 1.25 mm long, orbicular. Ovary ovoid-oblong, glabrous, seated in a large membranous cup-shaped disc; style glabrous, exserted beyond the corolla-tube; stigma mushroom-headed, bilamellate. Berry bright red, 1-2 cm long and 6 mm in diameter, seated on the slightly enlarged and often deformed calyx. Seeds 2.5 mm in diameter, discoid or subreniform, embedded in a soft glutinous viscid pulp very minutely pitted, orange-yellow. The fruit tastes sweet, the root bark bitter-sweet.

Habitat. On slopes, cultivated or wild.*Distribution.* China, Japan, Soviet Union.

Indications. Fruit : 1. Seminal emissions 2. Sores on the lower part of the body due to kidney deficiency 3. Vertigo; amblyopia. Root bark: 1. Low fever due to pulmonary tuberculosis 2. Cough.

Dosage. Fruit: 6-12 g; root bark: 9-15 g.*Notes.* *Lycium chinense* Mill. is similarly employed.

**85 *Lycopus lucidus* Turcz.****Labiatae**

Chinese name : Zélán 澤(泽) 蘭(兰)

English name : Shiny bugleweed; Western water-hourhound

Parts used. Aerial parts.

Description. An erect perennial herb, 40-100 cm high. Rhizome horizontal, thick, fleshy, white. Stem usually simple, 4-sided, green or purplish; hairy clusters often grow on the nodes. Leaves opposite; subsessile; blade lanceolate, 4.5-11 cm long by 8-35 mm wide; tip acuminate; margin coarsely toothed, densely punctate underneath, July-August. Flowers small, in dense axillary whorls. Calyx deeply 5-toothed. Corolla bilabiate, white. Stamens 2, distant; anther-cells parallel; staminodes 2. Nutlets 4, smooth, compressed, dull-brown.

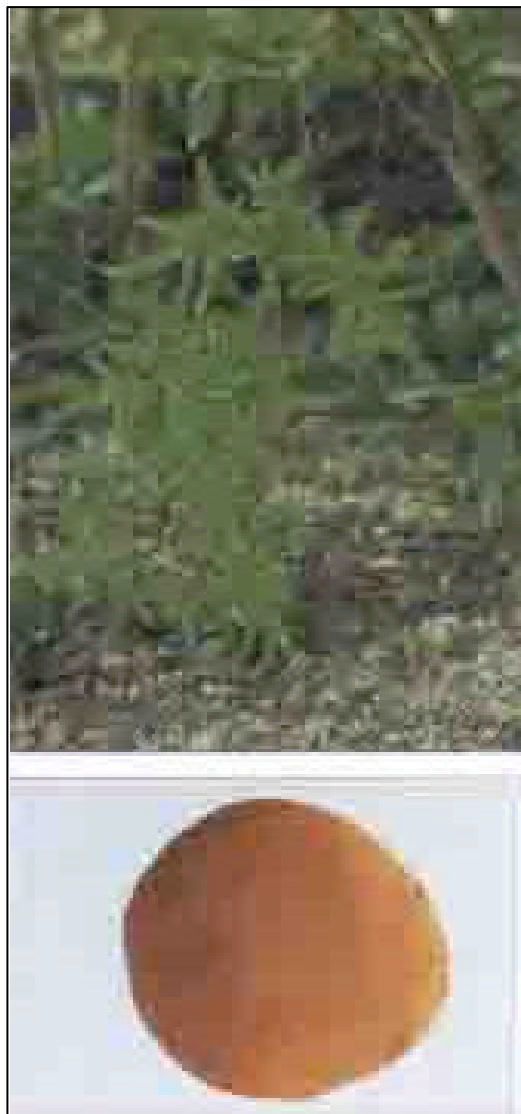
Habitat. Grows in damp places on wasteground or in tussocks along streams.

Distribution. East Asia, Northwest America.

Indications. 1. Amenorrhoea; irregular menstruation
2. Postpartum haematoma 3. Oedema 4. Injuries.

Dosage. 6-12 g.

Notes. The aerial parts of *Lycopus lucidus* Turcz. var. *hirtus* Regel are similarly employed.



86 *Lygodium japonicum* (Thunb.) Sweet Schizaeaceae

Chinese name : Hǎijīnshā 海金沙

English name : Japanese slender climbing fern

Parts used. Spores, whole plant.

Description. A perennial vine-like fern. Rhizome horizontal, with dark-brownish hairs. Roots fibrous, dark-brown. Stem slender, climbing, 1-5 m long. Fronds much divided, soft, light green, ultimate segments pinnate, about 25 mm long, variously toothed. Sporangia yellowish-brown at maturity. The fronds are collected and dried on sheets of paper; the sand-like spores are collected from the surface of the paper and used medicinally. The spore powder is very fine, yellowish and ignites like tinder. The taste is bitter-sweet.

Habitat. On slopes and in woods and thickets. Usually climbing on trees.

Distribution. Asia to Australia.

Indications. 1. Urinary tract infection and stones; nephritic oedema 2. Colds; fever 3. Mastitis.

Dosage. Spores: 6-10 g; whole plant: 15-30 g.

87 *Magnolia denudata* Desr.

Magnoliaceae

Magnolia yulan Desf.

Chinese name : Xinyí 辛夷

English name : Yulan magnolia; lily tree; yulan tree

Parts used. Floral buds.

Description. A deciduous tree, 3-10 m high, branching widely, flowering in March and early April. Branchlets slender, brown-grey in winter, glabrous. Leaves obovate-elliptic or obovate-oblong, 8-18 cm long by 3-10 cm wide; tip acute or acuminate; base cuneate, entire. Flower buds 2.5 cm long by 1.2 cm in diameter, enclosed in few bracts, usually three; apex bluntly acuminate, rounded at base, densely covered with silvery-grey hairs. The bud which has an aromatic odour and a pungent taste is cup-shaped when upright, opening to horizontal. Petals 9, white, sometimes with a little pink or purple at the base on the outside. Fruit cones about 15 cm in length, oblong or spindle-shaped. The ripening cones turn a rather faded pink colour and the seeds when fully developed are a bright red.

Habitat. In mountains.*Distribution.* China, Japan.

Indications. 1. Headache; nasal obstruction 2. Nasal discharge; acute and chronic rhinitis.

Dosage. 3-10 g.

Notes. The flower buds of *Magnolia biondii* Pamp. are similarly employed.



88 *Magnolia officinalis* Rehd. et Wils. Magnoliaceae

Chinese name : Hōupō 厚樸(朴)

English name : Officinal magnolia

Parts used. Bark.

Description. A deciduous tree, large, up to 22 m high. Bark smooth, light rusty-ash colour and aromatic. Branchlets light-green or yellowish. Leaves very large, elliptic-obovate, up to 35 cm long and 17-18 cm wide. Flowers large, fragrant, in May; creamy-white. Petals 9-15, outer 3 pale-green tinged pink on the outside, chartaceous, 5-6 cm in length by 3 cm in breadth, inner 6-12 creamy-white, 8-10 cm in length by 3 cm in breadth, fleshy. Fruit cones 10-12 cm in length, oblong, apex truncate and base rounded. Carpels rounded at the base. Seeds single. The drug consists of the rough, thick bark, rolled into large, tight cylinders. The outer surface is greyish-brown, roughened with tubercles and marked with lichenous growths. The inner surface is smooth and reddish-brown. The bark tastes aromatic and pungent.

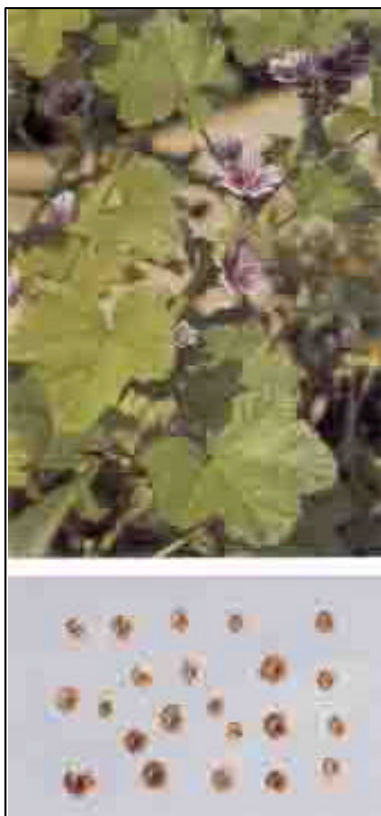
Habitat. In mountains.

Distribution. China.

Indications. 1. Sensation of fullness in the chest and abdomen; indigestion 2. Diarrhoea 3. Cough and sputum.

Dosage. 3-9 g.

Notes. *Magnolia biloba* Rehd. et Wils. is similarly employed.

89 *Malva verticillata* L.

Malvaceae

Chinese name : Dōngkúfǐ 冬葵子

English name : Cluster mallow; curly-leaved mallow

Parts used. Roots, stems, leaves and seeds.

Description. A biennial herb, 30-90 cm high. Stem erect, branched, glabrous, covered with stellate hairs, green. Leaves alternate, simple, reniform or rounded, palmately lobed. Petioles 2-8 cm long. Cyme axillary, each cluster consisting of 4-5 flowers borne on a short peduncle. Flowers reddish. Sepals 5, petals 5. Capsule splitting into many one-seeded mericarps. Seeds flattened, with a V-shaped slit on one side.

Habitat. Along roadsides and near villages, mostly cultivated.*Distribution.* China, Europe, India.

Indications. Seeds: 1. Infection of urinary system 2. Lithiasis 3. Obstruction of milk secretion 4. Coproma. Stems and leaves: 1. Icteric type of hepatitis. Roots: 1. Tiredness of the lower limbs and body 2. Perspiration caused by weakness or of unknown origin 3. Rectocele 4. Chronic nephritis.

Dosage. 6-15 g.



90 *Melia azedarach* L. **Meliaceae**

Chinese name : Kūliānpí 苦楝皮

English name : Chinaberry tree; China berry; bead tree;
pride of India; Persian lilac; Indian lilac; umbrella tree

Parts used. Root bark or bark.

Description. A tree 15-20 m high. Young branches covered with stellate hairs, glabrous when old. Old branches purplish, with distinctly punctate lenticels. Leaves alternate, bipinnate, 20-80 cm long. Leaflets opposite, 3-7 cm long by 2-3 cm wide, glabrous when mature, ovate to elliptic; apex acuminate; margin irregularly dentate; base broadly cuneate or rounded. Inflorescence an axillary panicle, compound, divaricate, shorter than the leaves. Flowers fragrant, elongated, purple, 1 cm long; April-May. Calyx with 5-6 segments; petals 5-6. Stamens 10, united into a tube somewhat shorter than the petals; disc very short; ovary 5-celled. Fruit a glabrous drupe, 1-3 cm long; September-October; pericarp fleshy; endocarp ligneous, angular. Seeds black, elliptical; tegument coriaceous. The bark is found in irregular plates, trough-like or single quills about 6 mm in thickness. The outer surface is marked with large lenticels and irregular longitudinal furrows, greyish-brown. The inner surface is light-yellow, the fracture plane fibrous, the taste very bitter. The drug is slightly poisonous.

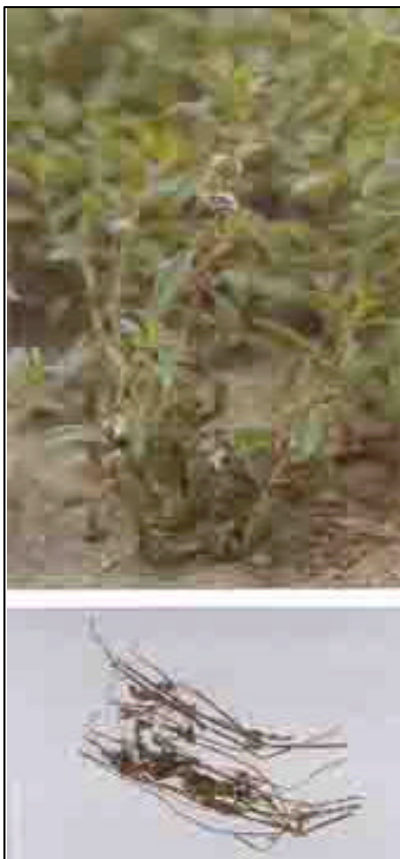
Habitat. Mostly cultivated along roadsides or on the edge of villages.

Distribution. In tropics and subtropics of Old and New World.

Indications. Ascariasis; ancylostomiasis; ringworm disease.

Dosage. 4.5-9 g.

Notes. *Melia toosendan* Sieb. et Zucc. is similarly employed.



- 91 ***Mentha haplocalyx* Briq.** **Labiatae**
***Mentha arvensis* L. var. *haplocalyx* Briq.**
Chinese name : Bohe 薄荷
English name : Corn mint; Japanese mint; field mint

Parts used. Whole plant.

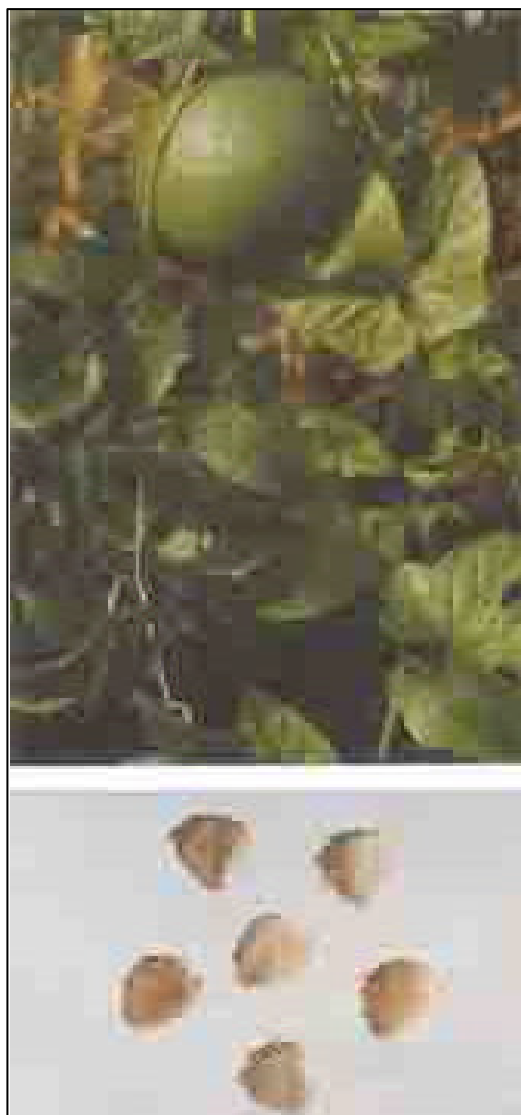
Description. A perennial herb 10-60 cm high, more or less villous, fragrant, rootstock creeping, the stem erect or prostrate. Leaves opposite, petiolate, oblong or oblong-lanceolate, 3-7 cm long by 1-2.5 cm wide; base cuneate, serrate, slightly downy. Inflorescence an axillary verticil, multiflorous, compact. Flowers pink; September. Calyx campanulate, teeth 5, regular; tip acute. Corolla 4-lobed; 4-5 mm long; stamens 4, equal. Fruit a collection of ovoid, smooth nutlets. The leaves taste pungent and cause a sensation of cold.

Habitat. In gullies, on river banks, in damp places in hills and mountains; widely cultivated.

Distribution. China.

Indications. 1. Colds and fever; sore throat; pharyngitis; cough
2. Early stages of measles 3. Dyspepsia; abdominal distension
4. Pruritus of skin.

Dosage. 3-6 g.



92 *Momordica cochinchinensis* Cucurbitaceae
(Lour.) Spreng.

Chinese name : Mùbīēzǐ 木鼈(鳖)子

English name : Cochinchina balsam pear;

Cochinchina balsam apple

Parts used. Seeds.

Description. A coarse climbing vine. Roots tuberous, perennial. Stem robust, angular, glabrous. Tendrils simple, stout, angled, glabrous. Leaves alternate, sub-orbicular in outline, 8-22 cm long by 7-22 cm wide, cordate at the base, glabrous on both surfaces, the margin near the base furnished with umbilicate glands, divided to the middle or almost to the base into 3 (rarely 5) lobes, the lobes ovate or oblong-lanceolate, acute or acuminate, diverging; the margins entire or faintly toothed; petioles 5-10 cm long, stout, sulcate, almost invariably glandular at the middle and at the apex, glabrous or nearly so. Male flowers: peduncles 1-flowered, 5-15 cm long, angularly furrowed, more or less pubescent, especially near the apex; bract at the top of the peduncle embracing the flower, broader than long, 2.8-3.5 cm by 3.5-5 cm, cordate at the base, pubescent or scabrous. Calyx hirsute or scabrous, lobes 1.3-1.6 cm long, oblong-lanceolate, acute. Corolla white, tinged with yellow, pubescent outside and more or less so inside; segments reaching 5.7 cm by 2.5 cm, obovate-oblong or elliptic-oblong, obtuse or subacute. Female flowers: peduncles 2.5-5 cm long, with a small bract about the middle. Fruit 10-15 cm long, ovoid, red, fleshy, terete, densely covered with raised points about 3 mm long. Seeds numerous, 2.2 cm by 1.6 cm by 0.5 cm, ovoid or oblong-elliptic, much compressed, sculptured on both faces, irregularly incised on the margin. The seed is poisonous.

Habitat. On hills and slopes and in thickets, also cultivated in gardens.

Distribution. China, India, Malaysia, Philippines, Viet Nam.

Indications. 1. Boils 2. Skin inflammation.

Dosage. 1-1.5 g.

93 *Morinda officinalis* How

Rubiaceae

Chinese name : Bājìtiān 巴戟(戟)天

English name : Medicinal Indian mulberry

Parts used. Roots.

Description. A herbaceous climbing vine. Leaves opposite, petiole 4-8 mm long, with dense brownish hairs, blade long-elliptic, 3-13 cm long by 1.5-5 cm wide, apex briefly acuminate, base obtuse or rounded, rarely narrowly cuneate, margins entire; deep-green and glabrous above, hispidulous underneath. Heads small. Flowers 3-10, usually 2-4 together in terminal umbels. Calyx oboconical, limb unequal. Corolla-tube very short, fleshy, 4-lobed, white, 4-7 mm long. Stamens 4. Ovary inferior. Fruit globose to compressedly globose, 6-11 mm in diameter, red when ripe. The crude drug consists of flattish-cylindrical, tortuous, fleshy roots, very variable in length, 0.5-2 cm in diameter. The surface is greyish-yellow or dark-grey and marked by longitudinal wrinkles and transverse crevices. Sometimes the cortex has partially broken away from the wood; the fracture plane is fleshy and purplish in the thick cortex and yellowish-brown or yellowish-white in the woody part, which is 1-5 mm in diameter. The root tastes sweet and slightly pungent.

Habitat. In valleys along streams and under sparse trees in the hills.

Distribution. China.

Indications. 1. Impotence; seminal emissions 2. Irregular menses 3. Pain in the lower abdomen 4. Rheumatgia 5. Flaccidity of the extremities.

Dosage. 3-9 g.

**94 Morus alba L.****Moraceae**

Chinese name : Sāngbáipí 桑白皮

English name : White mulberry; white-fruited mulberry

Parts used. Root bark.

Description. A deciduous tree, 3-15 m high, bark of large stems brown, rough; fissures mostly vertical. Leaves alternate, very variable in size and shape, usually broadly oval, 6-18 cm long by 2.0-4.5 cm wide, apex acuminate; base rounded or cordate; margin irregularly dentate or incised-lobate, glabrous or slightly pubescent along the nerves beneath, in young plants and on vigorous shoots usually lobed; basal nerve 3, lateral nerves forked near the margin; petiole usually 1.8-2.5 cm long. Flower monoecious or dioecious, greenish, grouped in stalked, hanging catkins, May. Calyx in 4 segments. No petals. Female catkins 5-10 mm long, the male catkins twice as long. Fruit aggregate, consisting of all the ovaries of the catkin forming a crustaceous achene, compressed, covered with the fleshy sepals of several flowers, black; July-August. The root bark occurs as twisted quills, troughs or plates, 1-4 mm in thickness; the outer surface is white or light yellowish-white, quite smooth, sometimes with orange-yellow or brownish-yellow residual corks; the inner surface is yellowish or greyish-yellow, with longitudinal wrinkles; the fracture plane is strongly fibrous, starchy; the taste is slightly sweet.

Habitat. Mostly cultivated; also grows in the wild.*Distribution.* China, India, Japan, Pakistan, Philippines, Sri Lanka, Viet Nam.*Indications.* 1. Cough; dyspnaea 2. Facial dropsy; oedema; oliguria 3. Injury.*Dosage.* 6-12 g.*Notes.* The branches, leaves and fruit are also officinal. Branches: rheumatic arthritis; lumbago, use 15-30 g. Leaves: influenza; cough; sore eyes, use 6-12 g. Fruit: anaemia, neurasthenia, use 10-15 g.



95 *Ophiopogon japonicus* (Thunb.) Ker-Gawler Liliaceae

Chinese name : Mǎidōng 麥(麦)冬

English name : Dwarf lily-turf; Japanese snake's-beard

Parts used. Tuberous roots.

Description. An evergreen perennial herb. Leaves fasciculate, linear, 10-15 cm in length and about 1.5-4 mm in breadth, dark-green. In May-July it produces a short raceme of small light-purple flowers. The berry is globular, about 8 mm in diameter; the pericarp atrophies, revealing the seed; the seed coat is blue, succulent and elastic. The root, used for the drug, consists of pale-yellow, long, wrinkled, soft flexible tubers, tapering at either end and traversed by a central thread-like cord. It has a sweet and aromatic taste and an agreeable smell.

Habitat. In shady and damp ground; often cultivated in gardens.

Distribution. China, Japan.

Indications. 1. Cough; thirst; anxiety; pharyngitis
2. Haemoptysis.

Dosage. 8-25 g.



- 96 *Paeonia lactiflora* Pall. Ranunculaceae
Paeonia albiflora Pall.
 Chinese name : Báisháo 白芍
 English name : White-flowered peony

Parts used. Roots.

Description. A perennial herb, 50-80 cm high, with a stout branched root. Leaves alternate, biternate, the ultimate segments red-veined, oblong-elliptical. Flowers large, solitary, white, red or purple. Sepals 4, herbaceous, persistent. Petals 5-10, larger than sepals. Stamens many. Carpel 3-5, girt below by a fleshy disc, many-seeded. Fruit of 3-5 coriaceous few-seeded follicles. Seeds large, subglobose; testa thick. The crude drug consists of hard heavy pieces, tapering, of the size of the thumb or middle finger, and from 12-18 cm long. It is pinkish-white on the outside, and marked with scars and tubercles and is whitish or brownish and translucent inside. It tastes bitterish and sour.

Habitat. Wild and cultivated.

Distribution. China, India, Japan.

Indications. 1. Anemic condition 2. Irregular menstruation; metrorrhagia 3. Diarrhoea 4. Perspiration from no apparent cause; night sweats.

Dosage. 5-10 g.

97 *Panax ginseng* C.A. Mey.

Araliaceae

Chinese name : Rénshēn 人參(参)

English name : Ginseng

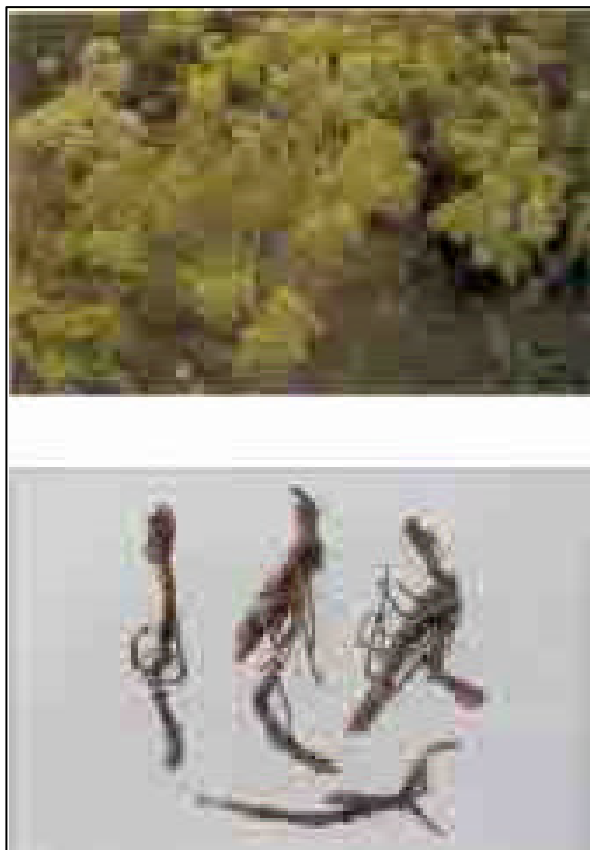
Parts used. Roots.

Description. A perennial herb. The root produces a branch root from its middle. The branched root of the crude drug forms the legs of a human figure and the stub of the stem forms the head. Stem erect, simple, not branching. Leaves verticillate, compound, digitate, leaflets 5, the 3 terminal leaflets larger than the lateral ones, elliptic or slightly obovate, 4-15 cm long by 2-6.5 cm wide; apex acuminate; base cuneate; margin serrulate or finely bidentate. In general, one leaf in the first year, one leaflet being added yearly until the 6th year. Inflorescence a small terminal umbel, hemispherical, in early summer. Flowers polygamous, pink. Calyx vaguely 5-toothed. Petals 5, stamens 5. Fruit a small berry, nearly drupaceous, red when ripe in the autumn. The ginseng used as a drug takes the form of bifurcate roots or a cylindrical, fusiform piece, 3-15 cm long and 1-2 cm in diameter, greyish-white to amber-yellow, the surface wrinkled and furrowed. The taste is sweetish at first, with a somewhat bitter aftertaste.

Habitat. In the mountains.*Distribution.* China, Japan, Korea, Soviet Union.

Indications. 1. General weakness; palpitations; amnesia 2. Thirst and hyperhidrosis; poor appetite 3. All kinds of chronic disease; post-haemorrhagic shock; collapse.

Dosage. 5-10 g.



98 *Patrinia scabiosaeifolia* Fisch. Valerianaceae

Chinese name : Bàijiāngcǎo 败(败)酱(酱)草

English name : Dahurian patrinia

Parts used. Herb and roots.

Description. A perennial herb. Rhizome horizontal, stout. The root of this plant smells like spoiled soy-paste, especially when dry. The stem stands upright and grows to a height of 60-150 cm. Basal leaves in rosettes, long-petiolate, long-ovate, acuminate, margins coarsely serrate; cauline leaf opposite, short-petiolate or sessile, pinnately parted or divided; segments 3-11; the terminal segment is larger than the others, elliptic-lanceolate; the lateral segments lanceolate to linear, margins coarsely serrate, both surfaces hispid. Cymes terminal or axillary, corymb-like panicles with small yellow flowers 2-4 mm in diameter; bracts small, linear. Calyx very small. Corolla-tube short, with long white hairs inside. Stamens 4, as long as the corolla. Fruit elliptic; triangular.

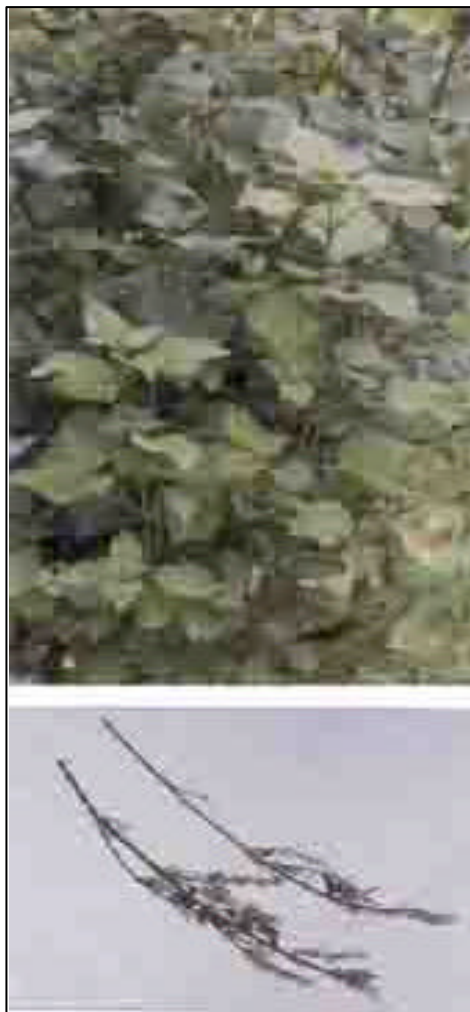
Habitat. On slopes, in grasslands and on the skirts of forests.

Distribution. China, Japan, Korea.

Indications. 1. Fever 2. Abscesses.

Dosage. 5-10 g.

Notes. *Patrinia villosa* Juss. is similarly employed.



99 *Perilla frutescens* (L.) Britton
var. *acuta* (Thunb.) Kudo

Labiatae

Chinese name : Zisū 紫蘇(苏)

English name : Acute common perilla;

Purple common perilla

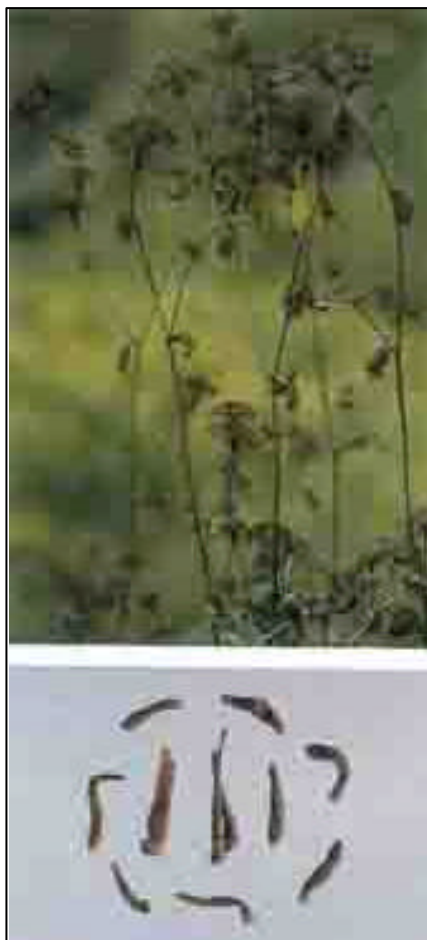
Parts used. Leaves, stems, fruit.

Description. An annual herb, the stem branching, tomentose, 0.5-1.5 m high. Leaves opposite long-petiolate, oval, acuminate, pubescent, dentate, crenulate; limb 14 cm long by 6 cm wide. The thin and soft leaves have a characteristic odour and the stems and leaves are both purple in colour. Inflorescence an axillary and terminal raceme, 6-20 cm long, September-October. Flowers small, 3-8; calyx campanulate, 5-toothed; on fruiting greatly enlarged, 2-lipped, base gibbous, upper lip dilated, 3-toothed, lower of 2 lanceolate-subulate teeth. Corolla campanulate. Violet, 5-lobed; stamens 4, sub-equal. Fruit a collection of globular nutlets, 1.5 mm in diameter, reticulate, light-brown. The fruit has a pungent taste and aromatic odour.

Distribution. Burma, China, India, Japan, Laos, Thailand, Viet Nam.

Indications. Leaves: 1. Colds; headaches; cough 2. Feeling of oppression in the chest; nausea; vomiting 3. Food poisoning from fish and crab. Stems: 1. Feeling of oppression in the chest; abdominal distension 2. Vomiting in pregnancy; fetal distress. Fruit: 1. Productive cough; wheezing.

Dosage. Leaves: 4.5-9 g; stems: 4.5-9 g; fruit: 3-9 g.

**100 *Peucedanum decursivum* Maxim.****Umbelliferae**

Chinese name : Qiánhú 前胡

English name : Common hog-fennel

Parts used. Roots.

Description. A perennial herb, 70-140 cm high. Stem erect, simple, purplish. Leaves 1-2 pinnate, ultimate leaflets long-ovate, toothed. Petiole expanded, clasping the stem. Umbels compound, rays 10-20. Flowers dark-purple. Fruit dividing into 2 mericarps, compressed, oblong; carpels ribbed and with vittae. The drug consists of brittle, branching, irregular tapering pieces of root. The external surface is brown, much wrinkled, with hairy rootlets attached to the root-stock, to which a portion of the stem sometimes clings. The inside is of a dirty-white colour, the taste is bitterish and aromatic, and the odour agreeable but very strong.

Habitat. On slopes and in shrubland.*Distribution.* China, Japan, Korea.

Indications. 1. Common cold; upper respiratory tract infection
2. Cough; abundant expectoration.

Dosage. 3-10 g.*Notes.* *Peucedanum praeruptorum* Dunn is similarly employed.

**101 *Pharbitis nil* (L.) Choisy****Convolvulaceae*****Convolvulus nil* L.*****Ipomaea nil* (L.) Roth**

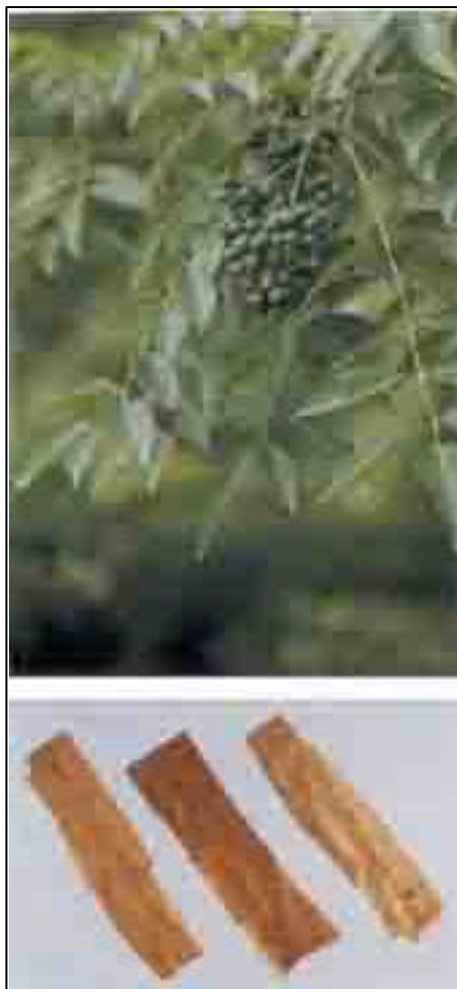
Chinese name : Qiānniúzi 牽(牽)牛子

English name : Smaller morning-glory

Parts used. Seeds.

Description. An annual herb. Stems and branches twining, terete, hairy, as thick as the quill of a crow's feather. Leaves petiolate, cordate-ovate, 3-lobed, downy; 3-6 cm long; apex acute, base cordate. Peduncles axillary, hairy, from 2 to 3-flowered in summer. Bracts and sepals linear. Flowers large, of a beautiful light bright blue. Stigma subglobose, large, glandular, 3-lobed. The capsule is trilocular, each loculus containing two seeds 6 mm long by 4 mm wide, triangular, smooth, black or light-brown. The seeds taste bitter. Poisonous.

Habitat. Commonly cultivated.*Distribution.* China, India and other tropical and subtropical regions.*Indications.* 1. Oedema ascitis due to liver cirrhosis
2. Constipation 3. Abdominal pain due to parasitic infection.*Dosage.* 3-10 g.*Notes.* *Pharbitis purpurea* (L.) Voight is similarly employed.

**102 *Phellodendron amurense* Rupr.****Rutaceae**

Chinese name : Huángbǎi 黄(黄)柏

English name : Amur cork-tree; Siberian cork-tree

Parts used. Bark.

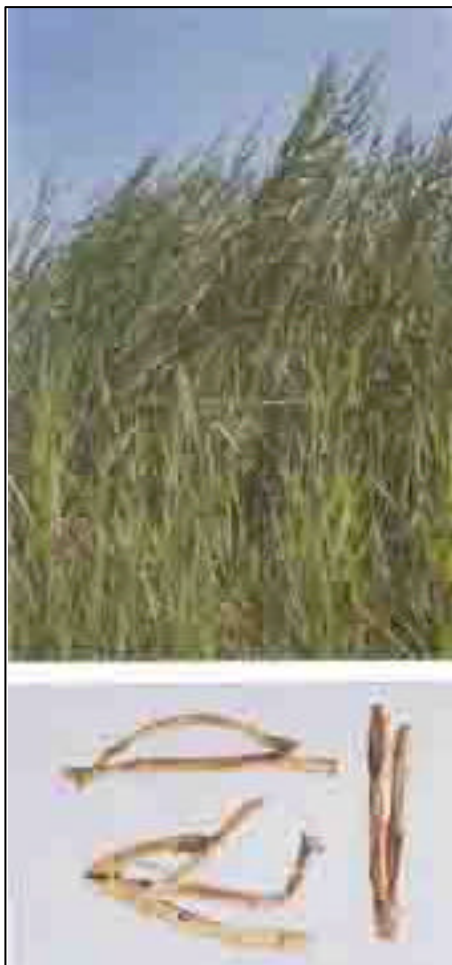
Description. A deciduous tree 10-15 m high, with grey, deeply fissured, corky bark. Leaves opposite, compound-imparipinnate, reaching a length of 30 cm; leaflets 5-13, oval-lanceolate or nearly ovate, 5-11 cm long by 2-3.8 cm wide, tip acuminate, base broadly cuneate or rounded, margin obscurely serrate, the underside greyish-green, glabrous. Inflorescence a somewhat contracted panicle, 6-8 cm long, pubescent. Flowers 1-sexual, dioecious, 4 mm in diameter, yellowish-green. Fruit an oval drupe 1 cm in diameter, becoming black when ripe and containing 5 seeds. The crude drug is the bark with the cork layer removed. It is in the shape of a board 2-4 mm in thickness, and yellowish-green or pale brownish-yellow outside and yellow or yellowish-brown inside. It tastes bitter.

Habitat. Grows in mountainous districts.*Distribution.* China, Japan, Korea, Soviet Union.

Indications. 1. Genito-urinary tract infection 2. Diarrhoea 3. Flaccidity and arthralgia 4. Leucorrhoea; haemorrhoids complicated by anal fistula 5. Inflammatory skin disease; aphthae; eczema; pustules; scalds and burns (external use).

Dosage. 6-9 g.

Notes. The bark of *Phellodendron chinense* Schneid. is similarly employed.

**103 Phragmites communis (L.) Trin.****Graminae****Arundo phragmites L.**

Chinese name : Lúgēn 蘆(芦)根

English name : Reed

Parts used. Rhizomes.

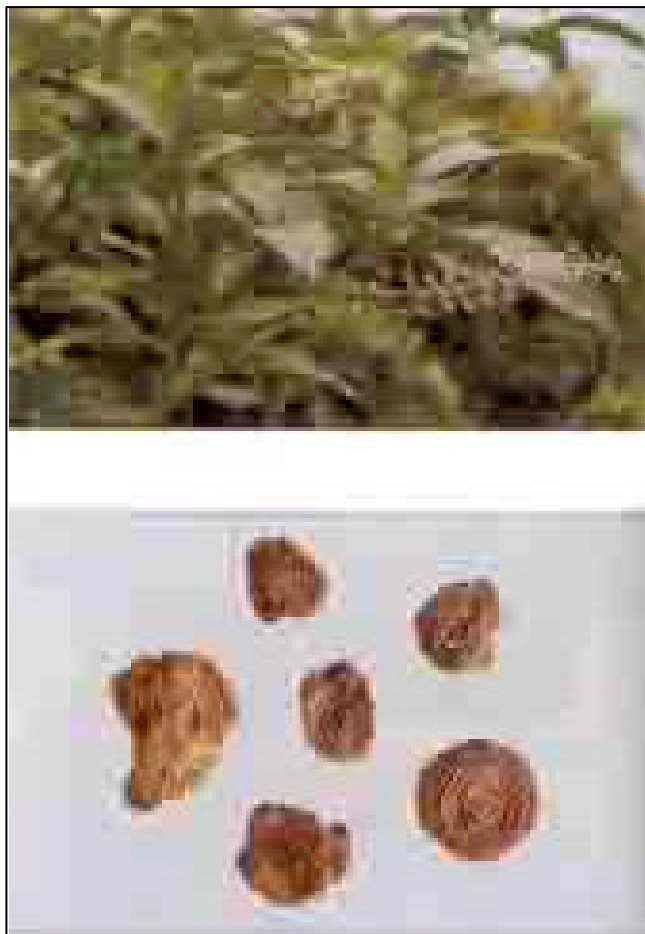
Description. A tall perennial marsh grass, 1-4 m high, glabrous. Rhizomes creeping, sometimes up to 10 m long and 1-1.6 cm in diameter, yellowish-white, fistular. The rhizome is like that of the bamboo; the joints are at a greater distance apart and with buds or roots. Leaves distichous, linear to broad-lanceolate, 30-60 cm long by 2-5 cm wide; tip subulate; margin coarse; base rounded, not amplexicaul; ligule consisting of a row of short regular hairs. Panicle terminal, 10-30 cm long, compact, erect, purplish-brown or reddish, often blackish. Spikelets 10-12 mm long, flowers 2-7; glumes very irregular, entire, lanceolate-acute, glabrous, shorter than the flowers; stamens 1-3, styles 2, terminal, free; stigmas plumose. Grain oblong, terete. The rhizome has a sweet taste.

Habitat. At the edges of ponds or streams or in swamps.

Distribution. China, India, Japan.

Indications. 1. Polydipsia due to stomach heat 2. Vomiting
3. Fever due to measles.

Dosage. 15-30 g.

**104 *Phytolacca acinosa* Roxb.****Phytolaccaceae**

Chinese name : Shānglù 商陸(陸)

English name : Indian pokeweed

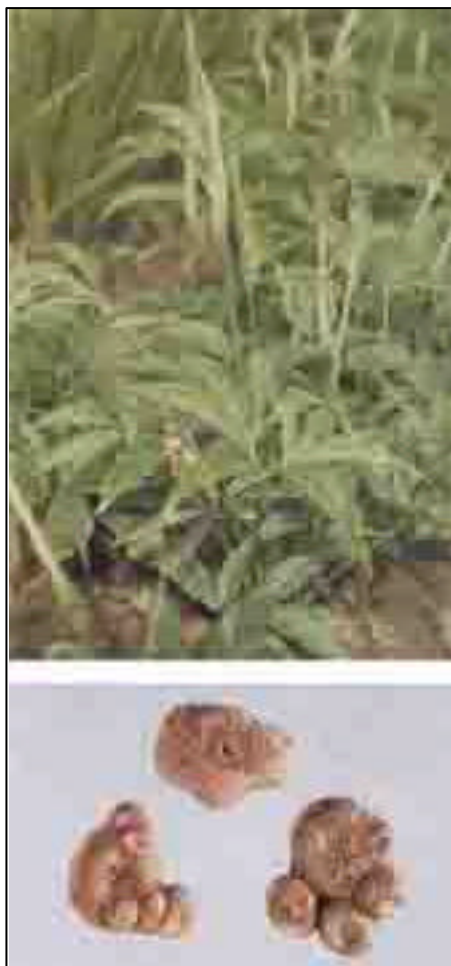
Parts used. Roots.

Description. A perennial herb, up to 1.5 m high. Root robust, cylindrical, fleshy, yellowish on the outside with many long transverse lenticels; the cross-section of the large root exhibits several concentric rings. Stem erect, slightly ligneous at the base, green or purplish. The whole plant is glabrous. Leaves alternate, elliptic or elliptic-ovate, 12-15 cm long by 5-8 cm wide; apex acuminate; margin entire; base narrowed into the stout petiole. Inflorescence a briefly pedunculate raceme; May-July. Greenish-white flowers in terminal or axial spikes. Calyx with 5 nearly regular lobes, corolla-like. Petals none. Stamens 8-10. Carpels 8-10. The fruits are black and contain deep purple juice when they ripen in the autumn. The taste of the root is bitter-sour and pungent. Poisonous.

Habitat. In fields or cultivated.*Distribution.* China, India, Japan.

Indications. 1. Oedema; ascites 2. Difficulty in micturition
3. Erosion of the cervix uteri 4. Malignant boils (external use).

Dosage. 3-9 g.*Notes.* *Phytolacca americana* L. is similarly employed.

**105 *Pinellia pedatisecta* Schott****Araceae**

Chinese name : Zhǎngyèbànxià 掌葉(叶)半夏

English name : Pedatissect pinellia

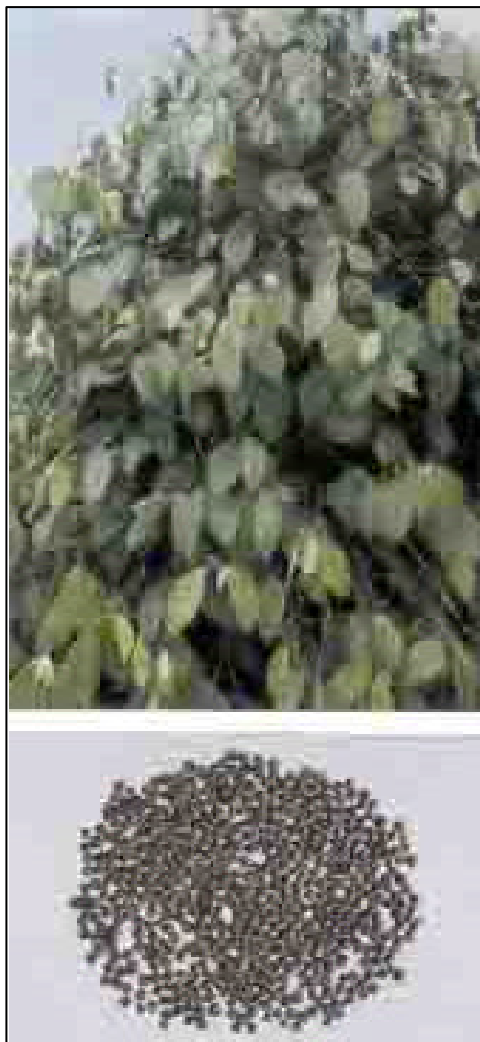
Parts used. Tubers.

Description. A perennial herb, with a strong pungent taste. The tuber has 1-4 leaves on the top and the small tubers on the sides look like a tiger's pad in shape and grow up to 4 cm in diameter. The pedatisect segments, from 6 to 11 in number are lanceolate, acuminate, the one in the middle being the largest, 15-18 cm long by about 3 cm wide. The spadix is composed of a peduncle, greenish, 15-50 cm long; a spathe which has a tube 2-4 cm long and 1-1.5 cm in diameter and a lamina 8-15 cm long, lanceolate and acuminate; female and male flowers on the axis, with an appendix about 10 cm long. The berry in the spathe is ovoid, about 1 mm in diameter.

Habitat. On damp, shady slopes and under trees.*Distribution.* China, Japan, Korea.

Indications. 1. Apoplexy 2. Infantile convulsions; tetanus
3. Rheumatic disease 4. Swelling; snake bite (external use).

Dosage. 3-10 g.

**106 Piper nigrum L.****Piperaceae**

Chinese name : Hēihūjiāo 黑胡椒

English name : Black pepper

Parts used. Dried unripe fruit.

Description. A woody vine with aerial roots. Stem stout, ligneous at the base, branches herbaceous. Leaves alternate, petiolate; blade usually ovate, oblong or nearly orbicular, 13-18 cm long by 5-14 cm wide; apex acuminate; base cordate or rounded, equal or unequal, coriaceous; veins 5- 9. Spike somewhat shorter than or as long as the leaf blade; bracts oblong-linear; July-September. Flowers usually dioecious, but often the female flower has 2 anthers, or the male a pistillode; no perianth; stamens 2, anthers 2-celled, ovary sessile, 1-celled. Fruiting spikes very variable in length and robustness; rachis glabrous. Fruit a spherical berry, red; pulp thin; apex shows remains of sessile stigmas.

The dried unripe fruit is officinal. It occurs as an entire drupe, nearly globular, 6 mm in diameter, greyish to black; surface coarsely reticulate and dull.

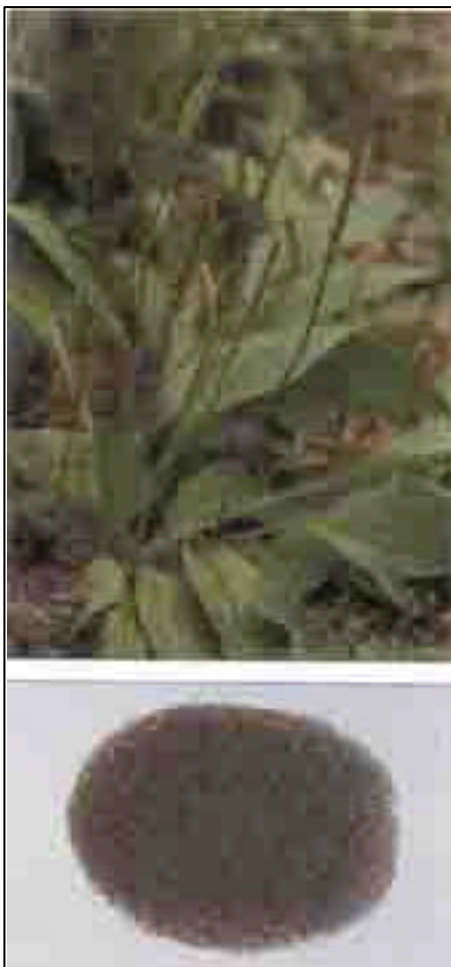
The taste is strongly pungent, the odour aromatic.

Habitat. Mostly cultivated.

Distribution. Tropical Asia.

Indications. 1. Vomiting due to stomach-cold 2. Diarrhoea 3. Poor appetite 4. Epilepsy with abundant phlegm 5. Chronic bronchitis; asthma.

Dosage. 0.6-1.5 g.

**107 *Plantago depressa* Willd.****Plantaginaceae**

Chinese name : Chēqiāncǎo 車(车)前草

English name : Depressed plantain

Parts used. Whole plant and seeds.

Description. A perennial herb, 10-15 cm high, glabrous or slightly pubescent. Rootstalk short with a main root. Leaves basal, in rosettes, blade long-elliptic or elliptic-lanceolate, 4-11 cm long by 2-4 cm wide; apex acute; margin irregular, toothed; base tapering and decurrent into the petiole, 5-7 nerved; petioles usually longer than the leaf-blade, somewhat winged, sheathing at the base. Inflorescence an erect spike, elongated, cylindrical, somewhat loose at the base; May-June. Flowers small. Calyx in 4 segments. Corolla greyish, 2-lobed. Ovary 2-celled. Fruit a membranous pyxidium, opening circularly toward the base. Seeds 4-5, small, angled, dull black. The taste of the whole plant is slightly bitter.

Habitat. In villages and fields, on waste ground and in damp soil.*Distribution.* Asia.

Indications. 1. Urinary stones and infections; nephritic oedema
2. Diarrhoea 3. Cold; cough; bronchitis 4. Acute conjunctivitis
5. Skin inflammation and boils (for external use, crush fresh herb and apply topically).

Dosage. Herbs: 9-30 g (dried herb); 30-60 g (fresh herb);
seeds: 9-15 g.

Notes. *Plantago major* L. and *P. asiatica* L. are similarly employed.



108 *Platycladus orientalis* (L.) Franco **Cupressaceae**
***Biota orientalis* (L.) Endlicher**
***Thuja orientalis* L.**

Chinese name : Cèbāi 侧(侧)柏

English name : Chinese arborvitae; oriental arborvitae

Parts used. Leaves, seeds.

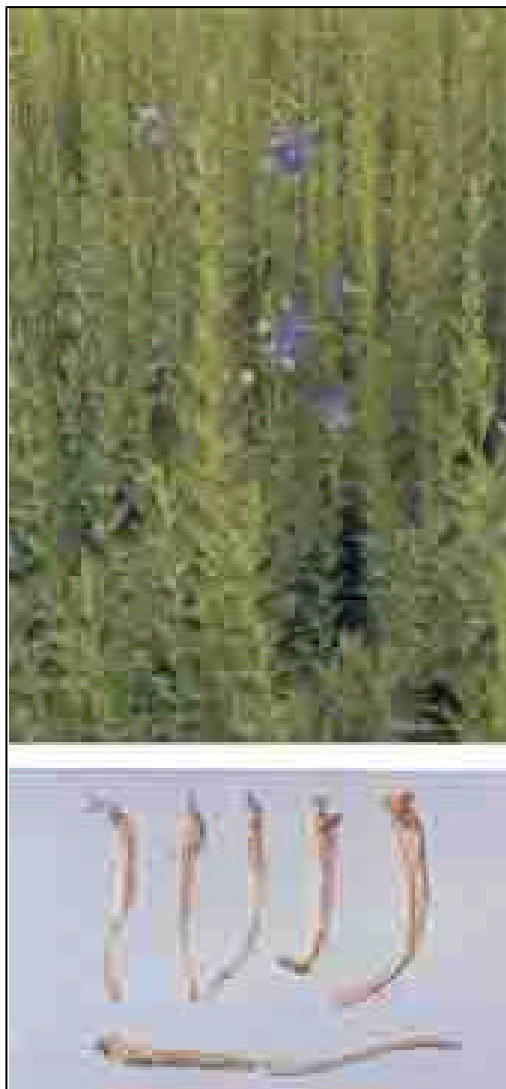
Description. An erect evergreen tree or pyramidal shrub. Branches compressed. Leaves opposite, small, scaly, imbricate, those of the extreme twigs obtuse, those of the larger branches acute or awlshaped. Flowers monoecious, in catkins; April. Male flowers globular, isolated. Stamens 3-6. Female flowers terminal. Corona ovoid, 1.5-2.5 cm long, scales 6, spines oval-obtuse; two seeds per scale, ovoid, brownish; August-September.

Habitat. On dry slopes.

Distribution. China, India, Japan.

Indications. Leaves: 1. Haematemesis; epistaxis; gastrointestinal bleeding; haematuria; functional uterine bleeding 2. Chronic bronchitis 3. Alopecia; baldness. Seeds: 1. Neurasthenia; palpitations; insomnia 2. Constipation.

Dosage. Leaves: 5-10 g; seeds: 5-15 g.



109 *Platycodon grandiflorum* (Jacq.) DC. Campanulaceae
***Campanula grandiflora* Jacq.**

Chinese name : Jiěgěng 桔梗

English name : Balloon flower; Chinese bellflower;

Japanese bellflower

Parts used Roots.

Description. An erect perennial herb, 30-100 cm high, more or less glaucous, glabrous, containing an abundant milky latex. Leaves alternate, opposite or verticillate, nearly sessile, ovoid or oval-lanceolate, 3-6 cm long by 1-2.5 cm wide, acuminate, coarsely dentate. Flowers solitary, long-pedunculate, broadly campanulate or deeply saucer-shaped; July-August. Calyx in 5 segments. Corolla 5-lobed, violet-blue, 2.5-5 cm in diameter. Stamens 5. Ovary 5-celled. Fruit an ovoid capsule, dehiscent at the top. Seeds ovoid, compressed, obtuse, first violet then brown. The root is cylindrical, sometimes branched, more or less twisted. 7-29 cm long and 1-1.5 cm in diameter. The surface is yellowish-white, with rather deep longitudinal furrows, the leaf-scars visible in the short rootstock. The taste is bitter-sweet.

Habitat. On slopes and among bushes.

Distribution. China, Japan, Korea, Soviet Union.

Indications. 1. Colds; cough; bronchitis; abundant expectoration
 2. Sore throat.

Dosage. 3-10 g.



110 *Pogostemon cablin* (Blanco) Benth. Labiatae

Pogostemon patchouli Pellet.

Chinese name : Guǎnghuòxiāng 廣(广)藿香

English name : Patchouli

Parts used. Stems and leaves.

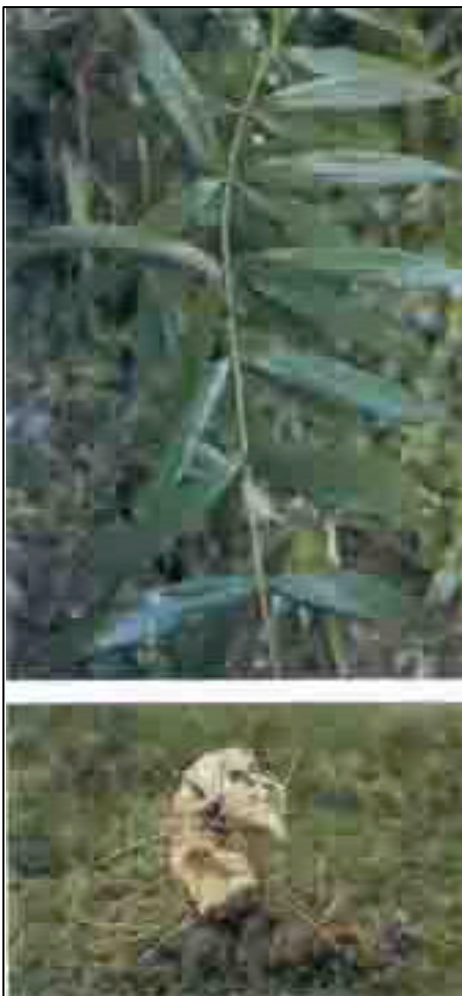
Description. A fragrant perennial herb, 30-100 cm high. Stem erect and thick, the upper parts branched and covered densely with dull-yellow tomentum. The lower parts, terete, ligneous. Leaves opposite, petiole 2-5 cm long, also with tomentum. Blade broadly ovate or ovate, 5-10 cm long by 2.5-7 cm wide, tip sub-acute, base cuneate or slightly cordate. Margin obtusely dentate or incised, both surfaces covered with dense hairs and oil glands. Summer. Flowers small, in terminal or axillary spikes. Calyx tubular, 6 mm long, 5-lobed. Corolla bilabiate, 8 mm long, light reddish-purple. Stamens 4, extending from the corolla-tube. Nutlets smooth.

Habitat. Mostly cultivated in warm and moist regions.

Distribution. China, India, Malaysia, Philippines.

Indications. 1. Fever caused by heat stroke; headache 2. Poor appetite; nausea; vomiting 3. Diarrhoea.

Dosage. 4.5-9 g.



111 *Polygonatum kingianum* Coll. et Hemsl. Liliaceae

Chinese name : Huángjīng 黃(黃)精(精)

English name : King Solomon's seal

Parts used. Rhizomes.

Description. A perennial herb, 1-3 m high. Rootstock creeping. Leaves verticillate, 3-10-nately whorled, linear-lanceolate with a thick circinate apex, 6-20 cm long by 3-30 mm wide. Flowers in axillary spike 1-4, reddish, perianth tubular. Berry globose, 1-1.5 cm in diameter, red when ripe. The rhizome, used for the drug, is shaped like a chicken and is greenish-yellow in colour; more or less flexible. The outer surface is marked with small circular scars, tubercles or transverse lines; the inner surface is paler and shows signs of having been attached to the stalk. The taste is sweetish and mucilaginous.

Habitat. Grows wild in the mountains.

Distribution. China, India.

Indications. 1. Dry cough; thirst 2. General weakness.

Dosage. 10-20 g.

Notes. *Polygonatum sibiricum* Red. and *P. cyrtoneura* Hua are similarly employed.

**112 *Polygonatum odoratum* (Mill.) Druce****Liliaceae**

Chinese name : Yùzhū 玉竹

English name : Fragrant Solomon's seal

Parts used. Rhizomes.

Description. A perennial herb, 40-65 cm high. Stem simple, cylindrical, with many nodes. Leaves alternate, elliptic or narrowly elliptic, 6-12 cm long by 3-5 cm wide; tip obtuse; base cuneate, entire. Flowers 1-3 axillary, campanulate; perianth tubular, white. Berry, globose, 7-10 mm in diameter, bluish-black. The rhizome used for the drug consists of pale-yellow or brown, brittle, semi-translucent, twisted pieces, fairly evenly jointed, and varying a good deal in size, length, and moisture content. The taste is sweet and mucilaginous.

Habitat. Under trees and shrubs in mountainous regions.

Distribution. China, Japan, Korea.

Indications. 1. For removing freckles 2. For improving the complexion.

Dosage. 10-15 g.

**113 *Polygonum bistorta* L.****Polygonaceae**

Chinese name : Quánshēn 拳(拳)参(参)

English name : Bistort; adderwort; dragonwort

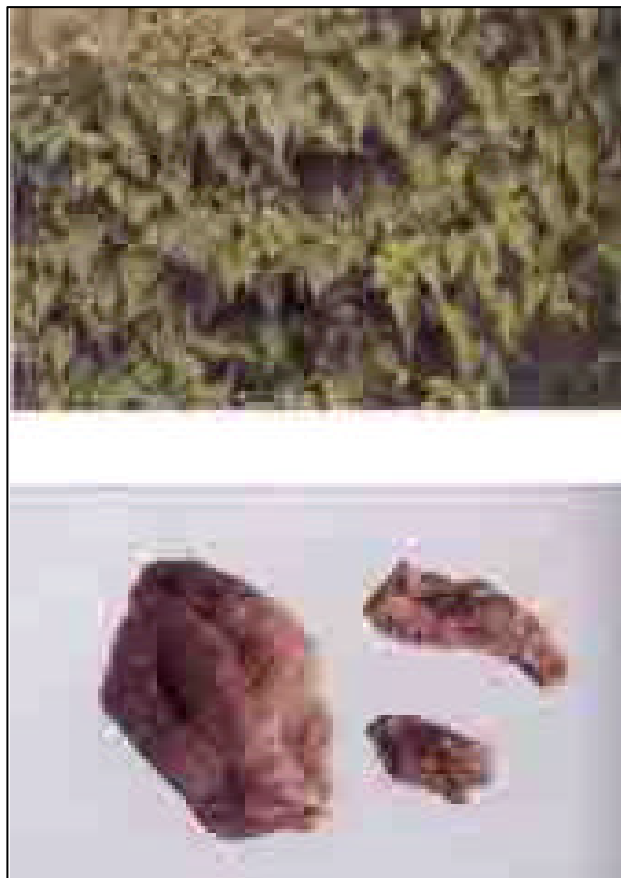
Parts used. Rhizomes.

Description. A perennial herb, 50-80 cm high. Rootstock crooked, robust, woody, purplish-brown or black, as thick as the thumb or less. Stem erect, simple, slender, glabrous. Basal leaves long-petiolate, oblong-lanceolate, 10-18 cm long by 2.5-5 cm wide; apex acute; base obtuse-rounded or truncate, sometimes cordate, coriaceous; sheath of stipules tube-like, membranous. Cauline leaf linear or lanceolate, sessile or amplexicaul. Inflorescence a compact terminal spike, 3-10 cm long. Flowers reddish or white. Petals 5, elliptic. Stamens 8. Stigmas 3. Nut very small, trigonous, glossy reddish-brown. The transverse section of the rhizome is pink, its taste bitter and astringent.

Habitat. On slopes, in grassland and under trees.*Distribution.* China, Japan.

Indications. 1. Diarrhoea; enteritis 2. Bleeding haemorrhoids
3. Skin inflammation 4. Stomatitis; gingivitis (external use).

Dosage. 4.5-9 g.

114 *Polygonum multiflorum* Thunb.

Polygonaceae

Chinese name : Hēshǒuwū 何首烏(乌)

English name : Fleeceflower

Parts used. Root tubers.

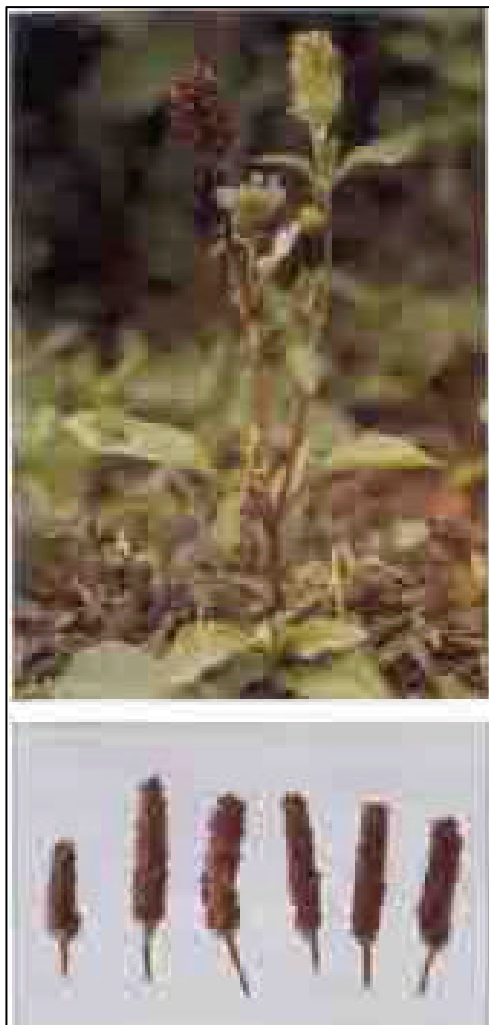
Description. A perennial twining herb, about 3 m long. Rhizome tuberiferous. Stem has many branches in its upper parts; reddish-purple, glabrous. Leaves alternate, petiolate, narrowly ovate to cordate, 5-7 cm long by 3-5 cm wide; apex acuminate; base cordate or truncate; margin entire or slightly undulate. Ocrea membranous, short, cylindrical, devoid of hairs. Inflorescence a terminal or axillary panicle, much longer than the leaves, consisting of slender branches, more or less flexuous. Flowers solitary in the axil of the short bracts; September-October. Perianth white, gradually narrowing towards the base; stamens 8; ovary free. Fruit trigonal, smooth, glossy, enclosed in the perianth, whose 3 external parts have developed into large membranous wings. The root occurs as polyhedral or irregular tubers, ligneous, reddish-brown. The taste is bitter and astringent.

Habitat. In crevices, in hilly areas or on the edges of villages.

Distribution. China, Japan, Viet Nam.

Indications. 1. Weakness; backache; knee pain; premature greying 2. Elevated serum cholesterol; coronary heart disease 3. Neurasthenia; insomnia; dizziness; sweating.

Dosage. 7-15 g.



115 *Prunella vulgaris* L.

Labiatae

Brunella vulgaris L.

Chinese name : Xiākūcǎo 夏枯草

English name : Selfheal; heal-all; sicklewort

Parts used. Inflorescence or whole plant.

Description. A low sprawling perennial herb, 45 cm high, faintly pubescent. Leaves petiolate, opposite, ovate or oblong, 2.5-5 cm long by 1 cm wide, entire or dentate, base rounded or wedge-shaped, faintly nervate. Flowers 1.3-2 cm long violet purple, in whorls of 6 crowded in erect, terminal spikes 2.5-5 cm long and bearing a pair of sessile leaves at the base; floral leaves bract-like, hairy, purple-margined, broadly ovate, acute, overlapping. Calyx tinged with purple, bell-shaped, 2-lipped; upper lip broad; 3-toothed; lower deeply 2-lobed; mouth closed after flowering time. Corolla-tube broad, slightly longer than the calyx; limb 2-lipped, upper lip erect, hood-like, notched; lower spreading, 3-lobed; middle lobe largest, minutely toothed, stamens 4, in unequal pairs, ascending under the upper lip; filaments bearing a small tooth below the anthers. Fruit a collection of ovoid nutlets, smooth, 2-celled when young, splitting into 4 parts when mature, each part containing 1 seed. The drug tastes bitter.

Habitat. By roadsides and on forest edges.

Distribution. Europe, Asia.

Indications. 1. Dizziness due to hypertension; headache; tinnitus; conjunctivitis 2. Dry cough 3. Skin inflammation and boils.

Dosage. 6-10 g.

**116 *Prunus armeniaca* L.****Rosaceae**

Chinese name : Xingrén 杏仁

English name : Apricot; common Apricot

Parts used. Seeds.

Description. A medium-sized deciduous tree. Twiss glabrous. Leaves convoluted in bud, blade broadly ovate, 5-7 cm long by 3.8-5 cm wide, acuminate, crenate-glandular, hairy on the nerves beneath when young, sometimes sparsely hispid above; when mature glabrous except for the axils of the nerves beneath; petiole about 2.5 cm long, glanular; stipules lanceolate, glandular on the margins. Flowers in spring, pinkish at first then white, appearing before the leaves, solitary or fascicled, pedicles very short. Calyx-tube campanulate, puberulous, 5 mm long; lobes rounded, pubescent, half the length of the tube. Petals sub-orbicular, 7.5-13 mm long. Stamens inserted at the mouth of the calyx-tube. Ovary and base of the style hairy. Drupe downy or glabrous, yellow tinged with red, stone smooth with a thickened sulcate margin.

The seed, used as a drug, is 1-1.9 cm long by 0.8-1.5 cm wide and 0.5-0.8 cm thick, and is flattened-cordate in shape; the testa is thin, brown and scurfy; one edge of the seed is more acute, the other more rounded. Cotyledons 2, white, oily, odour none, taste bitter.

Habitat. In mountains; commonly cultivated.*Distribution.* China, India, Japan, Korea.*Indications.* 1. Cough 2. Constipation.*Dosage.* 4.5-9 g.

**117 *Prunus persica* (L.) Batsch****Rosaceae*****Persica vulgaris* Mill.**

Chinese name : Tǎorén 桃仁

English name : Peach

Parts used. Seeds.

Description. A large deciduous shrub or small tree up to 8 m high. Stem erect, branched twigs glabrous; special dwarf shoots bear flowers or else the flowers arise from long branches. Leaves exstipulate, subsessile with many pairs of glands at the base of each leaf-blade; alternate, simple, elliptic-lanceolate, 8-15 cm long; apex acute; margin serrulate, glabrous. Flower, cup-shaped, appearing before or with the leaves. Calyx a campanulate tube, 5-lobed; petals, pink. Stamens many, as long as the petals. Carpel one. Fruit a fleshy and downy drupe enclosing a hard furrowed one-seeded stone. The seed, used for the drug, is 1.2-1.9 cm long by 0.8-1.2 cm wide and 0.2-0.4 cm thick and is flattened long-ovate in shape; testa reddish-brown; taste bitter.

Habitat. Commonly cultivated.*Distribution.* China, India, Japan.*Indications.* 1. Dysmenorrhoea; amenorrhoea 2. Contusions and strains 3. Constipation.*Dosage.* 3-10 g.*Notes.* *Prunus davidiana* (Carr.) Franch. is similarly employed.

**118 *Psoralea corylifolia* L.****Leguminosae**

Chinese name : Bǔgǔzhī 補(补)骨(骨)脂

English name : Malay tea scurf pea; bawchee seed plant

Parts used. Fruit.

Description. An erect annual herb, up to 90 cm high, wide blackish glands. Leaves distinctly petioled, roundish-oval, 6-9 cm long by 5-7 cm wide; apex slightly acute; base truncate or slightly cordate, dentate at margin, both faces conspicuously dotted with black dots, nearly glabrescent. Flowers 10-30 in abundant dense long-peduncled heads. Calyx cupuliform, teeth 5, lanceolate, the lowest longest. Corolla yellow, little exserted. Stamens 10, ovary sessile. Fruit an oval pod, short, dry, indehiscent, black, glabrous, surrounded by the persistent calyx. The crude drug is the oval or reniform, compressed, blackish-yellow fruit 4 mm long, 3 mm in diameter. It tastes pungent and bitter-sweet.

Habitat. On plains, in tussocks along streams but mostly cultivated.

Distribution. Tropics and subtropics; cultivated in China.

Indications. 1. Diarrhoea due to poor health 2. Enuresis in old men 3. Frequent micturition 4. Seminal emissions; impotence 5. Lumbago and weakness in the legs 6. Cough due to cold 7. Vitiligo; psoriasis; tinea capitis; corns (external use).

Dosage. 3-10 g.



- 119 *Pueraria lobata* (Willd.) Ohwi Leguminosae
Pueraria hirsuta (Thunb.) Schneid.
 Chinese name : Gēgēn 葛根
 English name : Lobed kudzuvine; kudzu hemp

Parts used. Roots.

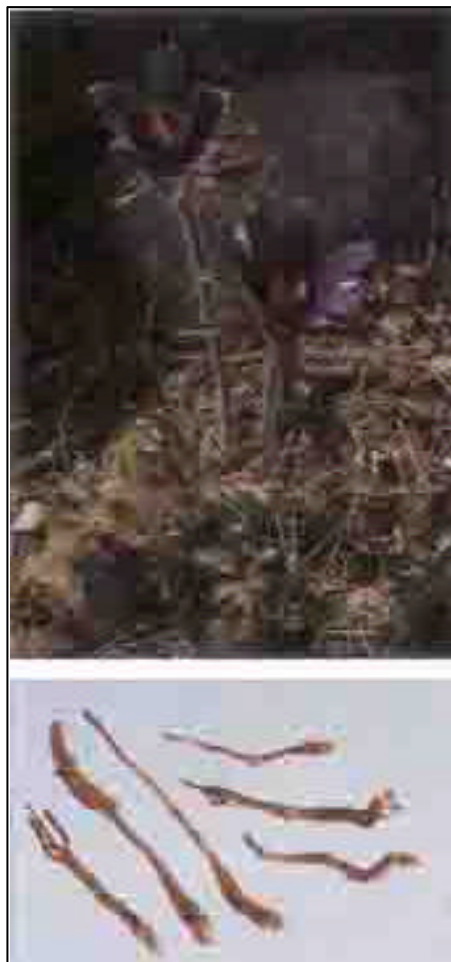
Description. A hairy, twining perennial vine up to 8 m long. The root is cylindrical and sometimes reaches a length of 2 m. The stem bristles with rough brown hair. Leaves pinnate-trifoliate; leaflets entire or slightly lobate, the central leaflet 5.5-19 cm long by 4.5-18 cm wide, the lateral leaflets smaller, pubescent; petiole 10-20 cm long. Inflorescence an axillary or terminal raceme, dense, erect, nearly 25 cm long. Flower purplish-red, 1.5 cm long; July-September. Calyx 5-toothed. Petals 5, nearly regular. Stamens 10, monadelphous. Fruit a linear pod, straight, compressed, 5-12 cm long by 6-15 mm wide, hirsute, yellowish-brown; October.

The root tastes sweet and pungent.

Distribution. China, Japan.

Indications. 1. Common cold with fever 2. Thirst 3. Acute gastro-enteritis; diarrhoea 4. Palpitation.

Dosage. 10-15 g.



120 *Pulsatilla chinensis* (Bunge) Regel Ranunculaceae

Chinese name : Báitóuwēng 白頭(头)翁(翁)

English name : Chinese pulsatilla

Parts used. Roots.

Description. A perennial herb. Basal leaves 4-5, oval, 4.5-14 cm long by 8.5-16 cm wide, divided feather-fashion; petiole 5-10 cm, densely covered with white long hairs; lateral leaflets 2, opposite, incised-lobate, coarsely dentate, sessile, the terminal leaflet tripartite, petiolulate, pubescent underneath. April-May. Scapes 1-2, 15-35 cm high. Flowers large, solitary, 2.5-5.0 cm in diameter; sepals 6; outside covered with white silky hairs; inside purple; no petals; stamens very numerous; styles accrete, plumose, after flowering, the styles elongate and become covered with silvery hairs, cluster to form a globe and scatter at maturity. The dried root occurs in pieces 6-20 cm long and 0.5-2 cm in diameter, cylindrical or conical, twisted, yellowish-brown, with irregularly longitudinal furrows or wrinkles; the dilated crown of the root possesses very numerous white silky hairs; the root tastes bitter and astringent.

Habitat. On grassy slopes in low hills; in thickets.

Distribution. China.

Indications. 1. Amoebic dysentery 2. Leucorrhoea.

Dosage. 9-15 g.

Notes. Pharmacological studies show that Chinese pulsatilla decoction inhibits the growth of amoeba.

**121 Punica granatum L.****Punicaceae**

Chinese name : Shǐliú pí 石榴皮

English name : Pomegranate

Parts used. Fruit rind.

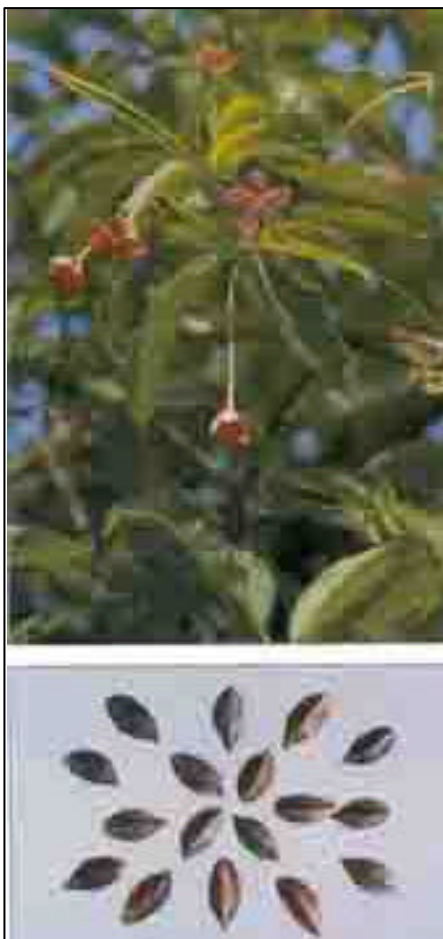
Description. A deciduous shrub or small tree, up to 7 m high. Bark grey, thin, peeling off in small flakes; wood light-yellow; branches spinescent. Leaves opposite on arrested branchlets, petiolate; blade narrowly elliptic or nearly obovate, 2-9 cm long by 1-2 cm wide; tip obtuse; base cuneate, entire, glossy above. Flowers in April-May; calyx thick, fleshy, reddish, tubular-campanulate, 5-7 lobed at top; petals 5-7, oboval, red, rugose; stamens numerous; ovary inferior. Berry subspherical, crowned with the persistent calyx. Seeds pinkish, full of juice.

The fruit rind occurs in thin curved pieces up to 1.5 mm in thickness, showing remnants of wood or stalk scars. Outer surface is yellowish-brown with reddish mottling. Inner surface bears impressions of the seeds. The taste is astringent and bitter.

Habitat. Commonly cultivated.*Distribution.* Asia, Europe.

Indications. 1. Chronic diarrhoea; dysentery; melaena
2. Prolapse of the rectum 3. Massive uterine bleeding; leucorrhoea
4. Ascariasis.

Dosage. 2.5-4.5 g.

**122 *Quisqualis indica* L.****Combretaceae**

Chinese name : Shījūnzǐ 使君子

English name : Rangoon creeper

Parts used. Seeds.

Description. A woody vine, 2-7 m long. Leaves opposite, petiolate, oval or elliptic, 5-15 cm long by 2.6 cm wide; apex briefly acuminate; base broad-cuneate, rounded or nearly cordate, glabrous above, hairy beneath; nerves 6-8 pairs, membranous; petioles 7.5 mm long. Inflorescence a compact terminal spike, 4-10 cm long; pubescent. Summer. Calyx a 5-lobed tube, green, pubescent. Petals 5, lanceolate, acute, white changing to pink. Stamens 10. Ovary cylindrical-fusiform, 5-angled, villous, glandular. Fruit a dry capsule, 5-sided, chestnut-brown, leathery, monospermous, tardily dehiscent.

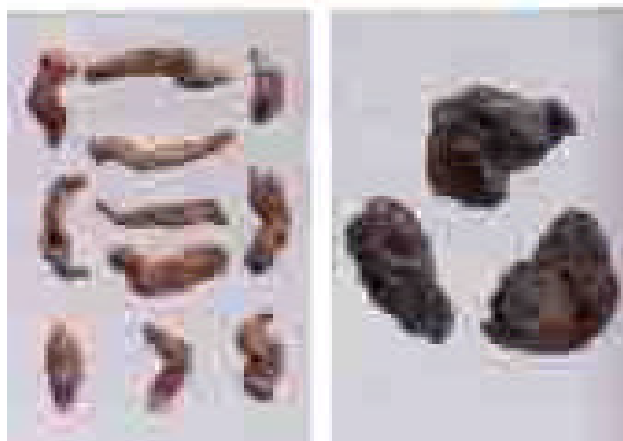
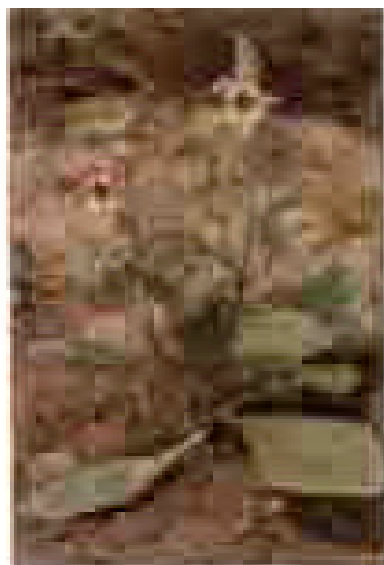
The fruit is oval or oblong, pointed at the ends, with a pentagonal cross-section; the oily seed is enclosed in a thin brittle, mahogany pericarp. The seed tastes sweet.

Habitat. In forests and mountains.

Distribution. China, India, Laos, Malaysia, Philippines, Viet Nam.

Indications. 1. Ascariasis 2. Ringworm disease 3. Infant malnutrition.

Dosage. 10-35 g (8-10 seeds) in decoction.



- 123 *Rehmannia glutinosa* (Gaertn.) Scrophulariaceae
 Libosch. f. *hueichingensis* (Chao et Schih) Hsiao
 Chinese name : Dihuang 地黄(黄)
 English name : Glutinous rehmania

Parts used. Tuberous roots.

Description. A perennial herb 10-40 cm high. It has a thick orange tuberous root, about 3-6 cm in diameter. Basal leaves fasciculate, obovate or long-elliptic, 3-10 cm long by 1.5-4 cm wide; apex obtuse; base tapering to a short petiole, coarsely dentate, pubescent, the underside often reddish. It produces a scape from the midst of the leaves which reaches a height of 15-30 cm and bears light-reddish-purple tubular flowers. The end of the scape is labiate and five-parted, close to the top of the stalk in April or thereabouts.

The tuberous root is prepared for medicine by washing it and drying in the sun, when it presents the appearance of dark, soft, wrinkled, spindle-shaped masses, sometimes more or less flattened, from 6 to 10 cm long, black, moist in section, and having a sweetish taste. In this state it is known as *gandihuang*. The drug in the fresh state, *shendihuang*, is considered to be more active than in the dried state. A preparation, called *shudihuang*, is made by taking juicy roots, washing them in millet wine, steaming on a willow frame in a porcelain vessel, drying, and re-steaming and re-drying nine times.

Habitat. Mostly cultivated.

Distribution. China.

Indications. *Shengdihuang*: 1. Hyperpyrexia 2. Thirst 3. Haemoptysis 4. Haematuria 5. Melaena. *Gandihuang*: 1. Haemoptysis 2. Nose bleeds 3. Uterine haemorrhage 4. Constipation. *Shudihuang*: 1. Anaemia 2. Weakness 3. Weak kidney 4. Nocturnal emissions 5. Low-grade afternoon fever 6. Night sweats 7. Polymenorrhoea.

Dosage. 10-30 g.

**124 Ricinus communis L.****Euphorbiaceae**

Chinese name : Bimázi 蓖麻子

English name : Castor bean tree

Parts used. Seeds.

Description. An annual herb, ranging from a small shrub to a tree 15 m high in some tropical regions. Shoots and panicles glaucous. Leaves alternate, petiolate, peltate, palmate; lobes 5-11, dentate, green or reddish, membranous. Inflorescence a dense, terminal panicle often 30-60 cm high, July-August. Flowers monoecious, apetalous; male flowers at the base of the panicle, stamens numerous, female flowers on the superior portion of the same panicle; sepals 5, caducous; ovary superior. Fruit an echinate capsule divided into 3 bivalvular hulls; October. Seeds oblong, smooth, mottled. Poisonous.

Habitat. Commonly cultivated.

Distribution. Asia, Europe.

Indications. 1. Skin inflammation (external use) 2. Constipation (castor oil is used as purgative).

Dosage. 4-16 ml.

**125 Rosa laevigata Michaux****Rosaceae**

Chinese name : Jinyingzi 金櫻(櫻)子

English name : Cherokee rose

Parts used. Fruit.

Description. An evergreen climbing shrub, 5 m tall. Stem with a few compressed, somewhat hooked prickles. Leaves alternate, pinnate; leaflets 3, rarely 5, oval-elliptical or oval lanceolate, 2-7 cm long by 1.5-4.5 cm wide, acute or acuminate, finely dentate, glossy, the terminal leaflet larger and long-petiolate. Flowers solitary, fragrant, white, 6-8 cm in diameter; April-May. Calyx a cupuliform tube covered with hairs; petals obcordate; stamens very numerous. Receptacle oblong, ovoid, or nearly globular, 1.5-3 cm long by 1-1.5 cm wide, reddish, covered with stiff hairs and crowned with the persistent calyx. The fruit tastes sour and astringent.

Habitat. On sunny slopes.

Distribution. China, Japan, Viet Nam.

Indications. 1. Malabsorption and diarrhoea 2. Chronic cough 3. Perspiration from no apparent cause; night sweats 4. Enuresis; frequent micturition 5. Leucorrhoea; massive uterine bleeding 6. Seminal emissions.

Dosage. 6-12 g.

**126 *Salvia miltiorrhiza* Bunge****Labiatae**

Chinese name : Dānshēn 丹参(参)

English name : Dan-shen

Parts used. Roots.

Description. A perennial herb, 30-100 cm tall, villous. The stem erect, tetragonal and often branched in upper parts. Leaves opposite, petiolate, compound-imparipinnate; leaflets usually 5, sometimes 3 or 7, ovate to oval, 2-7 cm long by 0.8-5 cm wide; tip acute or acuminate; base obliquely rounded; margin crenate; both surfaces densely covered with white pubescence.

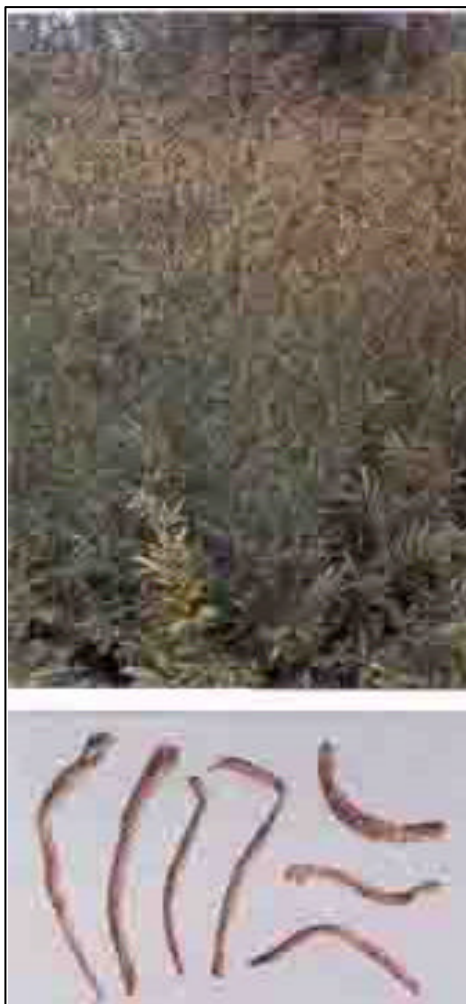
Inflorescence a verticillaster, with 3-10 flowers in each whorl, 4-5 whorls being grouped in each terminal or axillary spike. Calyx bilabiate, the superior lip entire, the inferior bidentate. Corolla bluish-purple, bilabiate; the superior lip falcate and longer than the tube, bifid, the inferior lip bifid. Stamens 3, longer than the corolla. Style bifid. Fruit a collection of oblong nutlets, obtuse, 3 mm long. The root is forked, brick-red, slender, wrinkled, very irregular, with a solid and almost brittle texture. The taste is bitter and astringent.

Habitat. On sunny slopes, by roadsides and on canal banks and edges of forests.

Distribution. China.

Indications. 1. Irregular menstruation; dysmenorrhoea; amenorrhoea 2. Abdominal pain due to postpartum haematoma 3. Irritability and insomnia; neurasthenia 4. Palpitations 5. Infection and ulcerous disease of the skin.

Dosage. 9-15 g.

**127 Sanguisorba officinalis L.****Rosaceae****Poterium officinale (L.) A. Gray**

Chinese name : Diyú 地榆(榆)

English name : Great burnet; garden burnet

Parts used. Roots.

Description. A perennial herb, 5-150 cm high. The whole plant is glabrous, Leaves compound-imparipinnate, alternate; leaflets 7-19, oblong-elliptic, 2-7 cm long by 0.8-3 cm wide, apex obtuse, base subcordate or truncate, serrate; the fact that the leaflets are somewhat reminiscent of those of the elm and spread over the ground has given rise to the Chinese name "ground elm". Inflorescence a compact terminal spike, ovoid or oblong; July-October. Flowers small, calyx with 4 petaloid segments, dark-purple, caducous. Petals none. Stamens 4, as long as the calyx. Gynoecium composed of separate carpels enclosed in the persistent calyx, corners winged.

The root, used for the drug, is 5-13 cm long, 0.5-2 cm in diameter, tough, wrinkled, and fibrous, black outside and pink or yellowish inside. It is astringent and slightly bitter to the taste.

Habitat. On slopes.*Distribution.* China, Europe, northern Asia.

Indications. 1. Haemoptysis; melaena; haematuria; haemorrhoids with bleeding 2. Diarrhoea; chronic gastro-enteritis 3. Burns (external use).

Dosage. 9-15 g.



128 *Saposhnikovia divaricata* (Turcz.) Schischk. Umbelliferae
Siler divaricatum (Turcz.) Benth. et Hook. f.

Chinese name : Fāngfēng 防風(風)

English name : Divaricate laserwort

Parts used. Roots.

Description. A perennial herb, 30-80 cm high. The whole plant is glabrous, stem erect, much branched. Leaves 2 or 3 times pinnatifid, the ultimate segment linear to narrowly oblanceolate, 2-3 lobes at the top, apex acute, petiole expanded, clasping the stem. Umbels compound, terminal, rays 5-9. Flowers in autumn. No bracts, bracteoles 3-5, much shorter than the umbellules. Calyx with 5 teeth. Petals 5, white with lobules inflected. Fruit oblong, laterally compressed; mericarp with 5 primary and 4 secondary ribs, all regular, warty when immature.

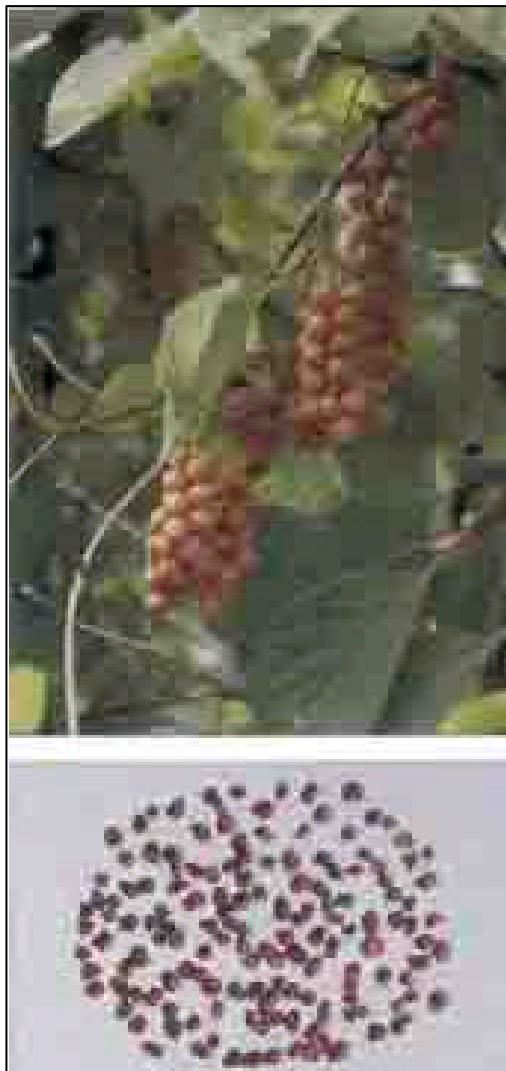
The roots, used for the drug are yellowish-brown or greyish-brown, 15-30 cm long and 0.5-2 cm in diameter, coarse, with many longitudinal wrinkles and transverse lenticels. Top of the root densely marked with many rings and crowned by many brownish fibrous remains of the leaf-base. The root tastes slightly sweet.

Habitat. In grassland or on slopes.

Distribution. China, Japan, Korea, Mongolia, Soviet Union.

Indications. 1. Common cold; headache; dizziness 2. Migraine, rheumatic arthritis.

Dosage. 4.5-9 g.



129 *Schizandra chinensis* (Turczaninow) Baill. Magnoliaceae

Maximowiczia sinensis Rupr.

Chinese name : Wǔwèizǐ 五味子

English name : Chinese magnolia vine

Parts used. Fruit.

Description. A deciduous woody climbing vine, about 8 m long. Leaves alternate, petiolate, ovate or oblong-obovoid, 5-11 cm long and 3-7 cm wide, apex acute or acuminate; base cuneate or broadly cuneate, membranous. Inflorescence a few-flowered axillary cluster, unisexual, dioecious; May-June. Flowers have many pistils on the round receptacle, which grows long and hangs like an ear when the fruit ripens. Fruit globose, red, of different sizes. The skin and pulp of the fruit are sweet and sour, the kernels pungent and bitter; the whole has a salty taste. This has given rise to the Chinese name "five flavours fruit".

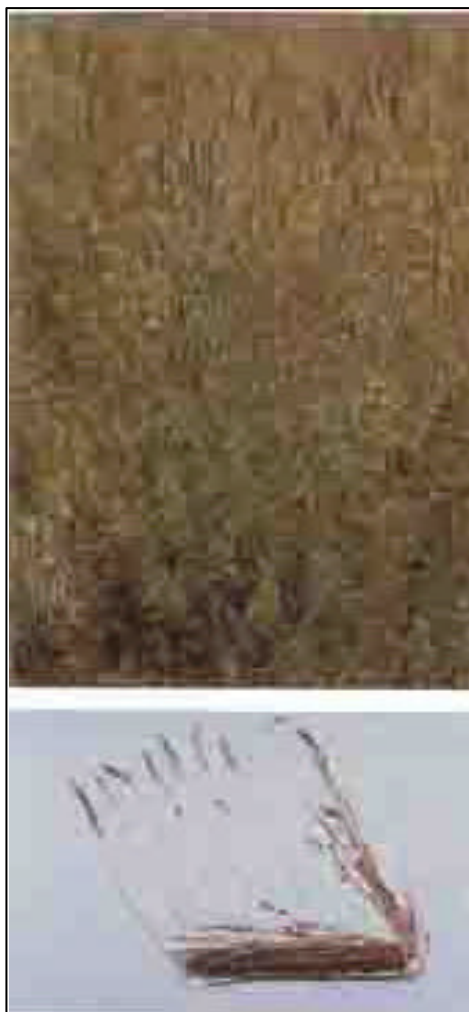
Habitat. In thickets and woods.

Distribution. China, Korea.

Indications. 1. Neurasthenia 2. Perspiration from no apparent cause; night sweats; seminal emissions 3. General fatigue.

Dosage. 2-6 g.

Notes. *Schizandra sphenanthera* Rehd. et Wils., the orange magnolia vine, is similarly employed.

**130 Schizonepeta tenuifolia Briq.****Labiatae**

Chinese name : Jīngjiè 荆芥

English name : Fineleaved schizonepeta

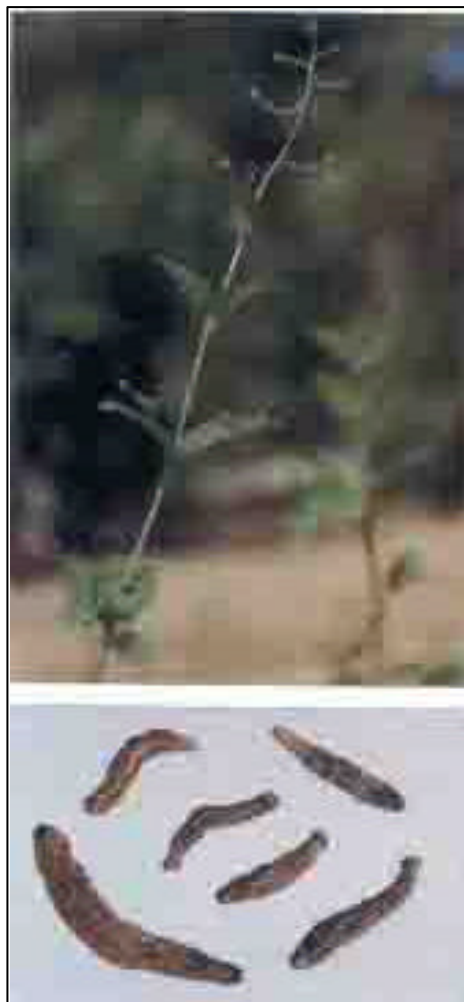
Parts used. Whole plant or inflorescences.

Description. An aromatic annual herb, 60-80 cm high. Stem erect, quadrangular, upper part branching, lower part purplish, the whole plant covered with a shallow pubescence. Leaves opposite, subsessile, pinnately 3-5-parted. Segments linear or lanceolate, 1.5-2 cm long by 2-4 mm wide, entire, underside dotted with glands. Inflorescence a verticillaster, like a terminal spike consisting of many compact whorls of cymes; spike 3-8 cm long; leaf-like bracts linear, sessile. Flowers small, calyx campanulate. Corolla bilabiate, pink, the superior lip is nearly equal to the inferior in length. Stamens 4, didymous. Flowers June-August. Fruit a collection of ovoid or elliptic nutlets, brown, glossy; odour aromatic, taste pungent.

Habitat. On sunny mountain slopes, in gullies or in grass.*Distribution.* China.

Indications. 1. Common cold 2. Lack of perspiration 3. Headache; fever 4. Sore throat; scabies.

Dosage. 5-10 g.



131 *Scrophularia ningpoensis* Hemsl. Scrophulariaceae

Chinese name : Xuānshēn 玄(玄)参(参)

English name : Ningpo figwort

Parts used. Roots.

Description. A perennial herb 60-120 cm high. Stem erect, tetragonal, often dark-purple, glandulose and pubescent. Leaves opposite and alternate in upper part, petiolate; limb opposite and alternate in upper part, petiolate; limb ovate to oval-lanceolate, 7-20 cm long by 3.5-12 cm wide; apex acuminate; base rounded or broadly cuneate; margin with dense fine serrations, glabrous or pubescent on veins on the underside. Inflorescence a terminal thyrse, elongated and loose; July-August. Flowers small, numerous, dark-purple; pedicel slender, with glandular hairs. Calyx campanulate, in 5 segments. Corolla irregular, tubular, 5-lobed. Stamens 4, didymous; ovary superior. Fruit an obovoid capsule, 2-celled. Seeds dispersed through pores.

The root is 12 cm long by 3.5 cm wide, flat, brownish, irregularly furrowed, fleshy, the inside blackish. The taste is bitter-sweet.

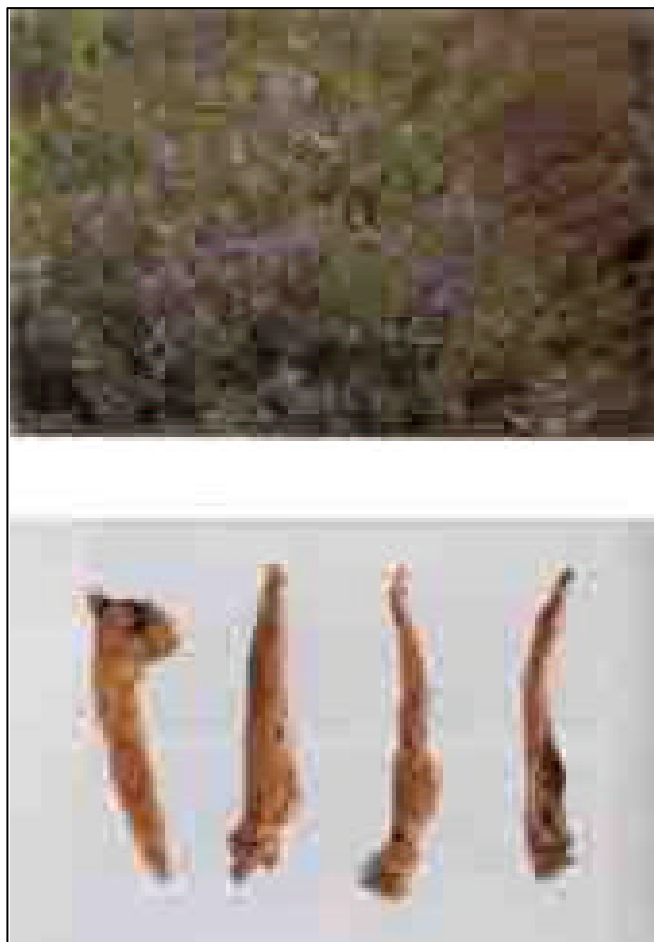
Habitat. In thickets, tussocks and along streams; also cultivated.

Distribution. China.

Indications. 1. Polydipsia due to febrile lung complaints
2. Rashes 3. Gingivitis 4. Tonsillitis; pharyngitis 5. Skin inflammation 6. Acute lymphadenitis 7. Constipation.

Dosage. 6-12 g.

Notes. *Scrophularia buergeriana* Miq. is similarly employed.

**132 Scutellaria baicalensis Georgi****Labiatae****Scutellaria macrantha Fisch**

Chinese name : Huángqín 黃(黃)芩

English name : Baikal skullcap

Parts used. Roots.

Description. A spreading perennial herb 20-60 cm high, the stems erect, tetragonal, branching near the base, glabrous or pubescent at the corners. Leaves opposite, with short petioles; limb lanceolate, 1.5-4 cm long by 5 mm wide; tip obtuse, entire. Flowers blue, in racemes; May. Calyx campanulate, bilabiate, the superior lip with a crest at the back; corolla-tube long, enlarged toward the top, much longer than the calyx, swelling at the base; limb bilabiate; stamens 4, didymous, fertile, ascending under the superior lip; anthers ciliate; ovary superior. Fruit a collection of small tuberculate nutlets, nearly globular, leathery.

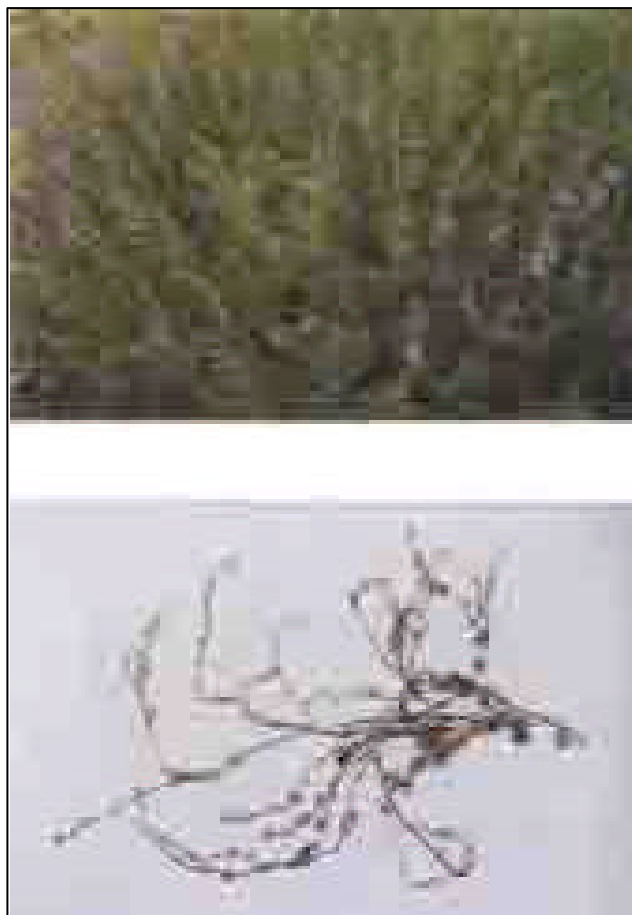
The crude drug is conical, twisted, 8-25 cm long and 1-3 cm in diameter; surface brownish-yellow or deep-yellow; texture stiff and brittle; cross-sectional surface yellow and reddish-brown in centre. The root tastes bitter.

Habitat. On exposed slopes or by roadsides in mountainous areas.

Distribution. China, Korea, Mongolia, Soviet Union.

Indications. 1. High temperature due to febrile disease; common cold 2. Conjunctivitis 3. Haemoptysis; epistaxis 4. General fatigue 5. Jaundice 6. Headache due to hypertension 7. Enteritis; dysentery 8. Fetal distress 9. Skin inflammation 10. Burns.

Dosage. 3-9 g.

**133 Scutellaria barbata D. Don****Labiatae**

Chinese name : Bànzhīlián 半枝蓮(蓮)

English name : Barbed skullcap

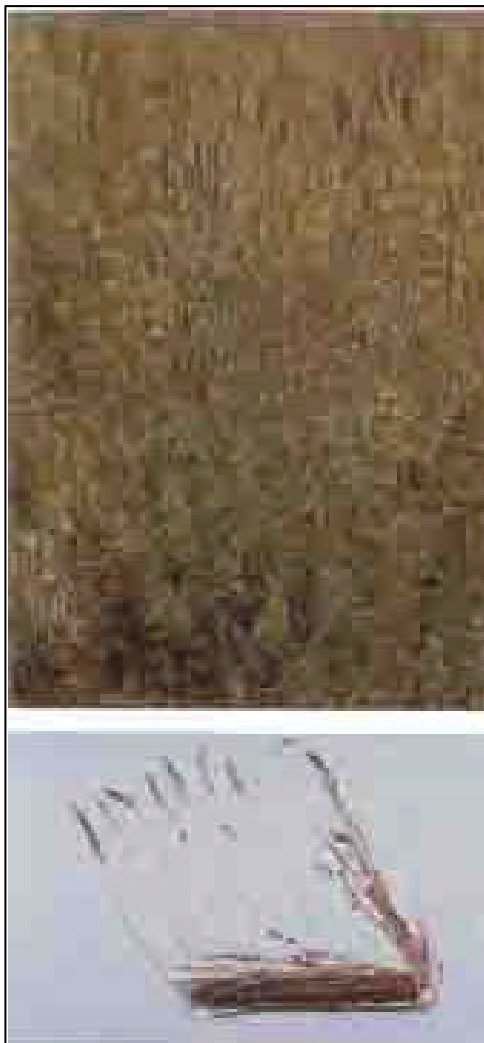
Parts used. Whole plant.

Description. An annual or perennial herb, 15-40 cm high, glabrous. Stem quadrangular and creeping below. Leaves opposite, the lower with short petioles, the upper sessile, blade ovate or lanceolate, obtuse, entire or crenate, 1-3 cm long by 0.5-1.5 cm wide. Flowers from April to October. Spikes 7-14 cm long, bracts quite entire, ovate or lanceolate. Flowers axillary, subsessile or spicate. Calyx and corolla (blue) glabrous or pubescent. Calyx 2-lipped, lips closed on fruit, upper deciduous; tube with a large deciduous shield or pouch opposite the upper lip. Corolla-tube long, usually sharply recurved from the base and erect, not annulate within; upper lip entire or notched, lower broad, 3-lobed. Stamens 4; anthers connivent, ciliate; disc elongate. Ovary oblique; upper style-lobe short. Nutlets very minute, smooth, granulate or hispidulous.

Habitat. On damp, shaded slopes.*Distribution.* China, India, Japan.

Indications. 1. General fatigue, abdominal pain and ascites
2. Pyodermas 3. Snake bites, injuries (external use).

Dosage. 15-30 g.

**134 Siegesbeckia orientalis L.****Compositae***Minyranthus heterophylla* Turcz.

Chinese name : Xixiāncǎo 豨薟(荃)草

English name : Common St. Paul's wort

Parts used. Whole plant.

Description. An annual herb about 50 cm tall. Stem stiff, erect with branches horizontal below and dichotomously branched above; stem and branches tinged with purple, terete, pubescent. Leaves opposite, 5-12.5 cm long by 3-7 cm wide, triangular-ovate, acute or acuminate, deeply and irregularly toothed, the uppermost leaves much smaller and nearly entire, all finely pubescent on both sides; base cuneate, running down wing-like into a somewhat obscure petiole. Flowers in October. Heads small, peduncled, in leafy panicles, flowers yellow, those of the ray red underneath. Involucre bracts in 2 rows, very dissimilar, the 5 outer over 1.3 cm long, linear-spatulate, or clavate, horizontally spreading with recurved margins, the upper surface covered with large viscous glandular hairs; the 5 inner bracts short, boat-shaped, obtuse, glandular-hairy on the back, each bract enclosing one of the ray-flowers. Ray-flowers usually 5, ligulate, the ligules recurved, 3-toothed at the apex. No pappus. Achenes each enclosed in a boat-shaped bract, glabrous, slightly rough, black. The leaves taste slightly bitter.

Habitat. On waste ground and at roadsides.*Distribution.* Cambodia, China, India, Laos, Philippines, Sri Lanka, Viet Nam.*Indications.* 1. Rheumatic arthralgia 2. Fatigue with fever 3. Neurasthenia 5. Ulcers; abscesses; boils (for external use).*Dosage.* 10-30 g.*Notes.* The whole plant of *Siegesbeckia pubescens* Makino is similarly employed.

**135 Sinapis alba L.****Cruciferae**

Chinese name : Báijìèzǐ 白芥子

English name : White mustard; salad mustard

Parts used. Seeds.

Description. An annual or biennial herb, up to 1 m high. Stem stout, the foliage villous-prickly. Leaves alternate, petiolate, lyrate-pinnatifid, with a large terminal lobe, the segments sinuate-dentate. Inflorescence a terminal raceme, the pedicels erect, expanded, and as long as the valves. Flowers in summer, yellow, 8-12 mm wide. Petals 4, unguiculate. Stamens 6. Ovary sessile. Fruit a cylindrical embossed siliqua covered with white hairs, constricted between the seeds; valves with 3 prominent veins; beak compressed; tip attenuate, longer than the valves. Seeds 2-3 in each cell, yellowish-white, globular, 1.5-2 mm in diameter. The odour of the seed is aromatic, the taste very pungent.

Habitat. Mostly cultivated.

Distribution. Asia, Europe, North America.

Indications. 1. Distension in the chest and hypochondrium
2. Dyspnoea due to the accumulation of phlegm
3. Joint pains
4. Neuralgia; bruises; sprains; injuries (external use).

Dosage. 3-10 g.

**136 *Sophora flavescens* Aiton****Leguminosae**

Chinese name : Kūshēn 苦参(参)

English name : Light-yellow sophora

Parts used. Roots.

Description. A shrub, 1.3-3 m high. Stem erect, much branched. Young branches covered with sparse hairs. Leaves alternate, odd-pinnate; leaflets 11-29, oval-elliptic or lanceolate, 3-4 cm long by 1.2-2 cm wide; apex slightly acute or obtuse; base cuneate, entire; the top surface glabrous, the underside tomentose, glaucous. Inflorescence and axillary or terminal cluster, racemed. Flowers in May-July. Calyx campanulate, teeth 5. Petals 5, unguiculate, yellowish, showy. Stamens 10, free. Ovary tomentose. Fruit a siliquaceous pod, constricted between the seeds, 5-12 cm; August-September. The root, used for the drug, is yellowish, exceedingly bitter.

Habitat. On slopes and in grassland.*Distribution.* China.

Indications. 1. Diarrhoea 2. Abdominal pain 3. Trichomonas vaginitis; pruritis vulvae; burns (external use).

Dosage. 4.5-9 g.

**137 *Sophora japonica* L.****Leguminosae**

Chinese name : Huáihuā 槐花

English name : Japanese pagoda-tree; Chinese scholar tree

Parts used . Floral buds (Huaimi); flowers (Huaihua).*Description* . A deciduous, spreading, round-headed tree, 7-15 m high. Leaves alternate, compound-imparipinnate, leaflets 7-13, ovate, 2.5-7.5 cm long by 1.5-3 cm wide; tip acute; base rounded, often oblique; margin entire, glaucous and puberulent on the underside. Inflorescence a loose, terminal panicle, 15-30 cm long. Flowers white, papilionaceous, 1.0-1.5 cm long, June-July. Calyx campanulate; petals shortly unguiculate; stamens 10, free. Fruit a cylindrical pod, 5-8 cm long, glabrous, fleshy, containing 1-6 seeds, contracted in the shape of a rosary.*Habitat* . Often planted in streets as a shade tree.*Distribution* . China, Japan, Korea, Viet Nam.*Indications* . 1. Melaena 2. Haemorrhoids with bleeding
3. Diarrhoea 4. Metrorrhagia.*Dosage* . 4.5-9 g.



138 *Stellaria dichotoma* L.
var *lanceolata* Bunge

Caryophyllaceae

Chinese name : Yínchāihú 銀(銀)柴胡

English name : Lanceolate starwort

Parts used. Roots.

Description. A perennial herb, 20-40 cm high. Stem erect, upper parts divaricate, densely covered with shallow pubescence or glandular hairs, nodes dilated. Leaves opposite, sessile, lanceolate, up to 3 cm long by 4 mm wide; apex acute, base rounded; margin entire; with sparse short hairs or glabrous on top, pubescent underneath. Flowers solitary, in early autumn. Calyx 5, green, lanceolate, with glandular hairs. Petals 5, shorter than the calyx, 2-lobed at the top, oblong. Stamens 10. Ovary superior, subglobose; styles 3, slender. Capsule subglobose, 1-celled. Seeds numerous.

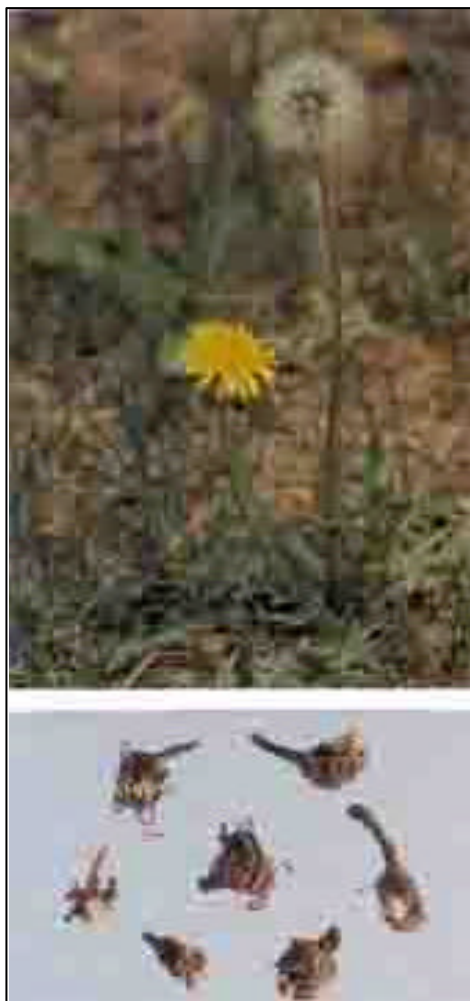
The root, used for the drug, is cylindrical, 15-40 cm long and 1-2.5 cm in diameter, the surface light-yellow or yellowish-white, marked with longitudinally twisted wrinkles and scars from slender side roots. It is crowned with many small warts which are the scars of the stem remains. The root tastes sweet.

Habitat. On dry grassland or in crevices in the mountains.

Distribution. China, Mongolia.

Indications. 1. Hectic fever 2. Infant malnutrition with fever.

Dosage. 3.9 g.



139 *Taraxacum mongolicum* Hand.-Mazz.

Compositae

Chinese name : Pūgōngyīng 蒲公英

English name : Mongolian dandelion

Parts used. Whole plant.

Description. A perennial acaulous herb with latex. Leaves basal, in rosette, hairy, linear-lanceolate, oblanceolate or obovate; apex acute or obtuse; base attenuate, irregular runcinate-pinnatifid; the segments triangular or dentate. Scapes 1-3, hollow, woolly, 10-25 cm high, erect, with one solitary floral head each. Flowers in spring. Involucre campanulate, 1.2-1.8 cm long; bracts herbaceous, ∞-seriate, inner involucre bracts linear, often thickened or clawed at the tip, outer ovate or linear-appressed or the outer reflexed. Flowers yellow, homogamous, all completely ligulate, 1.5-1.8 cm long by 2-2.5 mm wide; apex cuneate, 5-toothed; the lower part tubular. Achene oblanceolate, 4-5 mm long, light yellowish-brown, 10-ribbed; ribs often muricate or echinate; beak often slender at the apex, Pappus white, about 7 mm long.

The dried root is conical, straight or slightly curved, 3-7 cm long; the surface is always dark brown, much shrivelled and wrinkled longitudinally; the taste is slightly bitter.

Habitat. On hillsides, in grasslands and by roadsides.

Distribution. China, Korea, Mongolia, Soviet Union.

Indications. 1. Upper respiratory tract infection; acute tonsillitis; pharyngitis 2. Gastritis 3. Enteritis 4. General fatigue 5. Relief of cholecystitis 6. Abdominal pain 7. Pyoderma; snake bites (for external use, the juice of the fresh plant is applied).

Dosage. 9-15 g.

140 *Terminalia chebula* Retz.

Combretaceae

Myrobalanus chebula Gaertn.

Chinese name : Hēzi 诃(诃)子

English name : Medicine terminalia; inknut tree

Parts used. Fruit.

Description. A tropical shade tree, 15-20 m high. Leaves sub-opposite, ovate, oval-rounded or elliptic; base rounded or somewhat attenuate; apex acute or obtuse, 12-25 cm long by 7-15 cm wide, coriaceous, both faces softly villous, becoming glabrous; petiole 1.5-3 cm long, slightly covered with rust-coloured hairs and often with two glands near its summit. Inflorescence an axillary or terminal panicle. Bracteoles conspicuous in the young spikes, exceeding the flowers, pubescent, but soon deciduous. Flowers all hermaphrodite, yellowish-white, fragrant. Calyx cupuliform, the lobes triangular and shorter than the tube, hairy within. Stamens 10, ovary inferior, 1-celled; disc consisting of 5 pilose glands surrounding the base of the style. Fruit a dry drupe, ellipsoidal, ovoid-oblong or obovoid from a broad base, 3-4 cm long and 22-25 mm in diameter, glabrous, more or less 5-ribbed when dry; pericarp coriaceous, brownish-yellow. The dried drupe is highly astringent.

Habitat. Mostly cultivated in warm regions.

Distribution. Burma, Cambodia, China, India, Laos, Malaysia, Philippines, Thailand, Viet Nam.

Indications. Diarrhoea, enterorrhagia, metrorrhagia, metritis, leukorrhoea.

Dosage. 3-9 g.



141 *Tetrapanax papyrifera* (Hook.) K. Koch **Araliaceae**

Chinese name : Tōngcǎo 通(通)草

English name : Rice-paper tree; pith-paper tree

Parts used. Pith.

Description. A small tree or shrub without spines, the young foliage felted. Stem single, 1-3.5 m high, stout and containing much pith. Leaves alternate, large, cordate or ovoid, deeply palmate, underside tomentose; lobes 5-7, acuminate, dentate, the lateral lobes bilobate, the terminal trilobate; petiole stout, cylindrical, 30-50 cm long; stipules membranous, conical, with dense stellate hairs. Inflorescence consisting of numerous umbels arranged in a large, woolly panicle, terminal, somewhat villous. Flowers greenish. Sepals 4. Petals 4. Receptacle obconical, completely enclosing the 2-celled ovary; styles 2, diverging. Fruit small, bacciform, blackish, striate.

The stem pith is cylindrical, 20-40 cm long and 1-2.5 cm in diameter; its surface is white or light-yellow, usually with longitudinal furrows. Its texture is light and soft. The pith is usually cut into thin slices for medicinal use.

Habitat. On hills and slopes and in thickets or in damp places near ravines.

Distribution. China.

Indications. 1. Oedema; dysuria; urodynia 2. Agalactia; galactostasis.

Dosage. 3-6 g.



**142 *Trachelospermum jasminoides*
(Lindl.) Lem.**

Apocynaceae

Chinese name : Luòshíténg 絡(络)石藤

English name : Chinese star jasmine; confederate jasmine

Parts used. Stem with leaves.

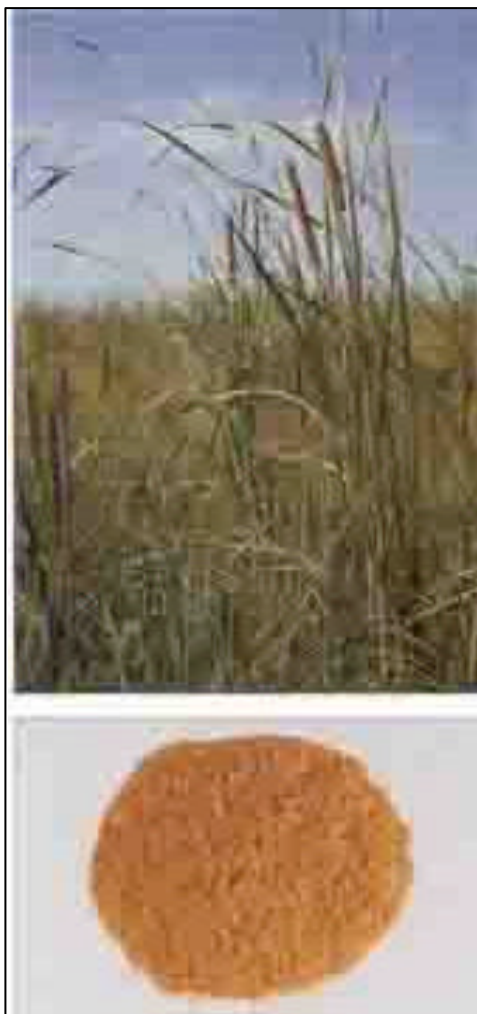
Description. An evergreen high-climbing, woody vine. Stem terete, reddish-brown, many branched; nodes slightly dilated with aerial root. Leaves opposite, briefly petiolate, elliptical to ovate-lanceolate, 5-10 cm long by 2-4.5 cm wide; tip acute or obtuse; margin entire; base cuneate, glabrous or pubescent beneath. Inflorescence a sparse, long-pedunculate cyme; April-May. Flowers white, 2 cm in diameter, very fragrant. Calyx 5-parted. Corolla a short tube, lobes 5, oblong, twisted to the left; stamens 5, inserted on the corolla tube. Fruit consisting of 2 long, slender follicles. The crude drug tastes bitter.

Habitat. Climbing on stone walls and tree trunks.

Distribution. China, Viet Nam.

Indications. 1. Rheumatic pains 2. Muscular spasm 3. Soreness and pain in limbs and knees 4. Pharyngitis 5. Skin inflammation 6. Injuries.

Dosage. 6-12 g.

**143 *Typha angustifolia* L.****Typhaceae**

Chinese name : Pūhuáng 蒲黄(黄)

English name : Narrow-leaved cat's-tail; small reedmace;
narrow-leaved reedmace*Parts used.* Pollen.*Description.* A perennial lake herb, with creeping rhizomes. Stem erect, cylindrical, reaching 3 cm in height. Leaves elongated-linear, 4-8 mm wide, rather thick and spongy. Flowers in very dense superposed cylindrical spikes, the male and female similar, the male above, 20-30 cm long; pollen simple; the female below, 9-28 cm long, reddish-brown; the two sexes remote from each other. Flowers June to September. The pollen, used as a drug, is a fine, golden dust.*Habitat.* Grows at the side of pools.*Distribution.* Cosmopolitan.*Indications.* 1. Dysmenorrhoea; abdominal pain during the puerperium; stomach-ache 2. Contusions and strains 3. Haemoptysis; nosebleeds; haematuria; functional uterine haemorrhage 4. Aphthae; skin inflammation (external use).*Dosage.* 5-10 g.*Notes.* The pollen of several species in this genus are similarly employed.



144 *Uncaria rhynchophylla* (Miq.) Jacks.

Rubiaceae

Chinese name : Gōutēng 钩(钩)藤

English name : Sharpleaved gambir

Parts used. Unciferous branches.

Description. An evergreen climbing shrub up to 10 m long, branches 4-angled, brownish, glabrous, occasionally bearing compressed, curved spines. Leaves opposite, with short petioles, elliptical or ovoid-lanceolate, 6-10 cm long by 3-6.5 cm wide; apex acuminate, base attenuate or rounded, entire, glossy on top, glaucous and puberulous underneath, stipules 2-partite, linear-subulate. Inflorescence an axillary or terminal peduncled solitary head. Flowers yellow. Calyx in 5 segments. Corolla infundibular with 5 lobes, which are much smaller than the tube. Stamens 5. Ovary 2-celled. Fruit a dry capsule.

Habitat. In woods or ravines, on stream banks.

Distribution. China, Japan.

Indications. 1. Infantile convulsions; high fever; night screaming
2. Headache due to colds; neural headache 3. Dizziness and blurred vision due to hypertension.

Dosage. 7-15 g.

Notes. *Uncaria macrophylla* Wallr. is similarly employed.

**145 Viola yedoensis Makino****Violaceae**

Chinese name : Zihuādiding 紫花地丁

English name : Tokyo violet

Parts used. Whole plant.

Description. An annual herb. The whole plant has short white hairs; main root thick, white. Leaves basal, upper part of stalk usually winged; the petiole is often shorter than the blade; limb narrowly lanceolate or ovate-lanceolate; after flowering the limb grows larger and often triangular-lanceolate. Flowers in spring, usually purple, the pedicels shorter than the leaves. Sepals 5. Petals 5, the inferior petal spurred. Stamens 5. Ovary consisting of 3 carpels. Fruit an oblong capsule, 3-celled. Seeds numerous. The taste of the whole plant is bitter.

Habitat. On hills, roadsides, lawns.*Distribution.* China, Japan.

Indications. 1. Skin inflammation; boils 2. Snake-bite 3. Jaundice 4. Genital discharge.

Dosage. 15-30 g (externally use a sufficient amount of crushed herbs for topical application).

Notes. *Gentiana loureiri* Gris. is similarly employed.

**146 *Vitex negundo* L.****Verbenaceae**

Chinese name : Huángjīng 黄(黄)荆

English name : Five-leaved chastetree; negundo chastetree

Parts used. Leaves, fruit, roots and stems.

Description. A large shrub or sometimes a small slender tree; bark thin, grey; branchlets quadrangular, whitish with a fine tomentum. Leaves 3-5 foliolate; leaflets lanceolate, acute; the terminal leaflet 5-10 cm long by 1.6-3.2 cm wide, with a petiolule 1-1.3 cm long; the lateral leaflets smaller with a very short petiolule; all nearly glabrous on top, covered with a fine white tomentum underneath; base acute; common petioles 2.5-3.8 cm long. Flowers in pedunculate branched tomentose cymes, opposite along the quadrangular tomentose rhachis of a large terminal, often compound pyramidal panicle (axillary peduncles sometimes present in the upper axils); bracts 1.5-2.5 mm long, lanceolate, caducous. Calyx 3 mm long, white-tomentose; teeth triangular, 0.8-1 mm long. Corolla 1 cm long, bluish-purple, tomentose outside, hairy inside at the insertion of the stamens; upper lip 2 mm long, divided to the base into 2 obtuse lobes; lower lip large, 5 mm long, with 2 short oblong obtuse lateral lobes 1.5 mm deep, and a large broadly obovate, crenulate terminal lobe 4 mm long. Filaments hairy at the very base. Ovary glabrous; style glabrous; stigma forked. Drupe less than 6 mm in diameter, black when ripe.

Habitat. On slopes and roadsides and in scrubland on village borders.

Distribution. Asia, East Africa and South America.

Indications. Leaves: 1. Common cold 2. Fever 3. Enteritis; diarrhoea 4. Vaginal discharge 5. Eczema 6. Dermatitis. Fruits: 1. Cough; asthma 2. Epigastric pain 3. Dyspepsia 4. Diarrhoea. Roots and stems: 1. Cough due to bronchitis 2. Fever 3. General fatigue.

Dosage. Leaves, roots and stems: 10-30 g; fruit: 3-10 g.

**147 *Xanthium sibiricum* Patr.****Compositae**

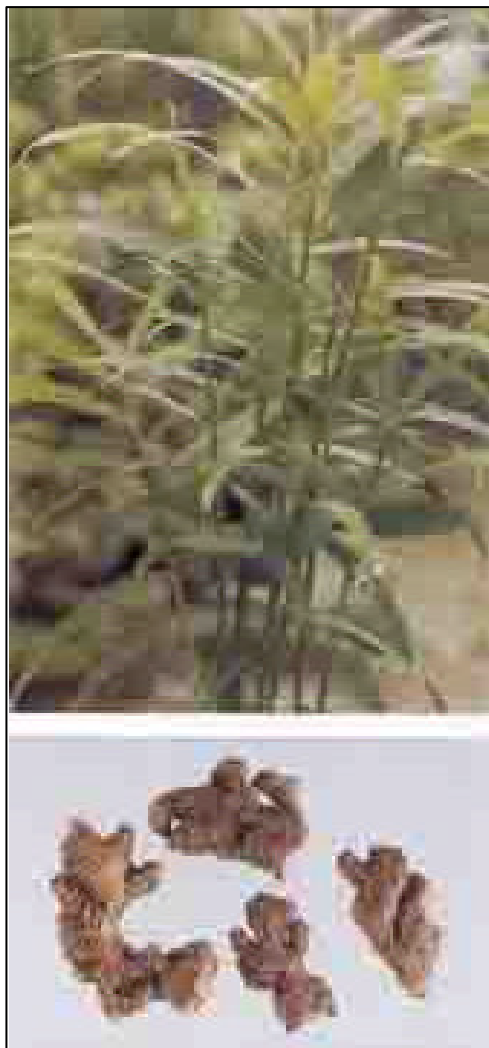
Chinese name : Cāng'ěrzi 蒼(苍)耳子

English name : Siberian cocklebur; Siberian clotbur

Parts used. Fruit.

Description. An annual herb 40-100 cm high. Stem erect, stout, slightly branched, rough with short hairs. Leaves alternate, with long petioles, oval-triangular; lobes 3-5, 4-10 cm long by 5-12 cm wide; base somewhat cordate, coarsely dentate, pubescent. Floral heads monoecious, grouped 2-5; May-June. Male with involucre rather short; corolla tubular, 5-toothed; filaments monadelphous; female heads biflorous; involucre nearly globular, consisting of conical bracts, covered with hooked prickles; corolla none. Fruit and achene enclosed in the persistent involucre, which has become coriaceous, oblong, 1.5 cm long by 7 mm wide, covered with spines; August-September.

Habitat. In villages, on waste ground.*Distribution.* China, Europe, Japan, Soviet Union, Sri Lanka, United States of America, Viet Nam.*Indications.* 1. Common cold 2. Nasal discharge 3. Fever 4. Joint pain 5. Urticaria; pruritus (external use).*Dosage.* 3-9 g.



148 *Zingiber officinale* (Willd.) Roscoe Zingiberaceae

Chinese name : Shēngjiāng 生薑(姜)

English name : Ginger

Parts used. Fresh tubers.

Description. Rhizome stout, tuberous, with erect leafy stems 0.6-1.2 m high, cane-like. Leaves narrow, distichous, subsessile on the sheaths, linear-lanceolate, 20-30 cm long by 1-2 cm wide; tip acute glabrous. Inflorescence a terminal spike; bracts persistent. Flowers irregular, yellowish-green, labium purple with yellow spots. Stamen one, perfect, dark-purple, as long as the tip, rather shorter than the corolla. Ovary 3-celled; style filiform, stigma small, subglobose; summer. Fruit a capsule.

The fresh drug is an irregularly branched tuber, laterally compressed; the tip of each branch sometimes carries a bud; the surface of the rhizome is greyish-white with several light-brownish rings; texture is brittle; the fracture surface fibrous; the smooth cross-sectional surface elliptical with a well-marked endodermis separating the cortex, which may occupy up to one-third of the radius; from the central stele a few traces cross the cortex from bundles in the stele. The greyish vascular bundles are scattered throughout both cortex and stele, being smaller and more numerous near the endodermis; minute yellow points irregularly distributed in the ground tissue are the cells containing the volatile oil. The odour is agreeable and aromatic; the taste is pleasantly pungent.

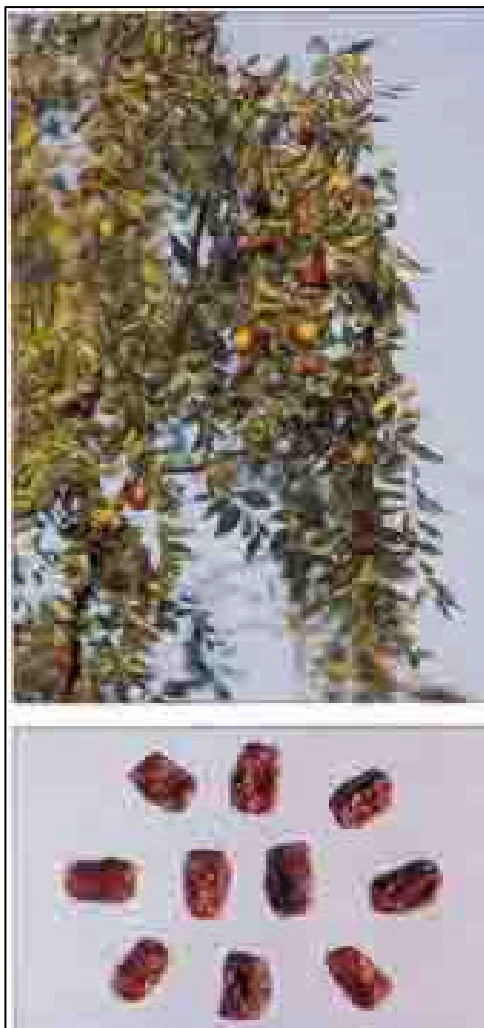
Habitat. Cultivated.

Distribution. Widely cultivated in Cambodia, China, India, Viet Nam and tropical Asia; also cultivated in Africa, Brazil and Jamaica.

Indications. 1. Common cold 2. Vomiting 3. Productive cough.

Dosage. 3-9 g.

Notes. The indications for dried ginger are: 1. Gastralgia due to cold 2. Vomiting and diarrhoea 3. Indistinct pulse and cold extremities.

**149 *Ziziphus jujuba* Mill.****Rhamnaceae**

Chinese name : Dàzǎo 大棗(大枣)

English name : Common jujube; Chinese date

Parts used. Fruit.

Description. A spiny deciduous shrub or a small tree, up to 10 m high. Leaves alternate, ovate to ovoid-lanceolate, 3-7 cm long by 2-3.5 cm wide; apex slightly obtuse; base oblique; margin closely serrulate, 3-veined. Inflorescence an axillary cyme; April-May. Flowers perfect, 7-8 flowers in each cluster, greenish-yellow. Drupe 1.5-5 cm long, ovate to oblong, dark reddish-brown when ripe, containing a single stone surrounded by fleshy pulp; September-October.

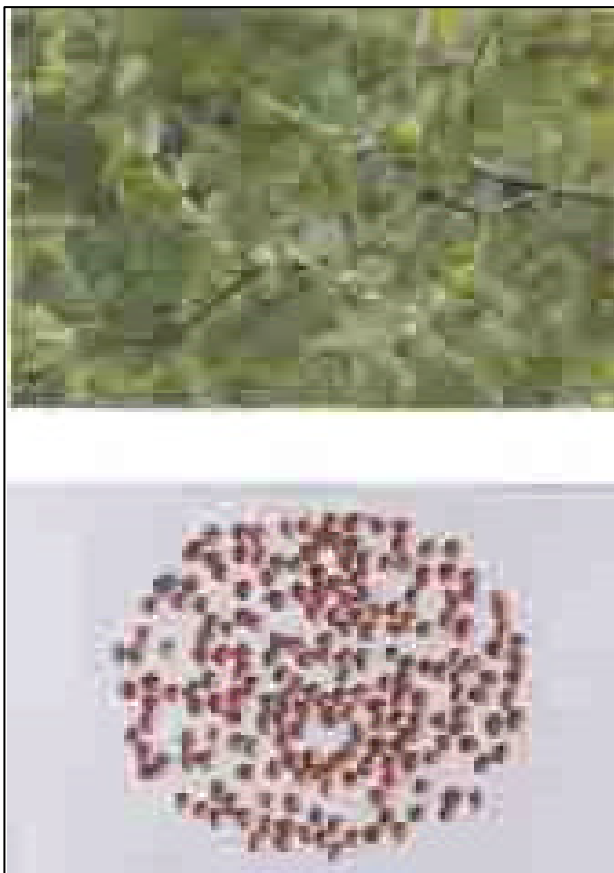
The fruit tastes sweet.

Habitat. Commonly cultivated.

Distribution. Afghanistan, tropical Africa, Australia, China, India, Japan, Malaysia:

Indications. 1. Poor appetite 2. General fatigue; loose bowels 3. Palpitations; insomnia; night sweats 4. Hysteria.

Dosage. 6-15 g.

**150 Ziziphus spinosa Hu****Rhamnaceae***Ziziphus jujuba* Mill. var. *spinosa* Bunge

Chinese name : Suānzǎorén 酸棗(枣)仁

English name : Spiny Chinese date

Parts used. Seeds.

Description. A spiny, deciduous shrub 1-3 m high, leaves alternate, elliptic or ovoid-lanceolate, 2-3.5 cm long by 0.6-1.2 cm wide. Apex obtuse; base rounded, slightly oblique; margin serrulate, 3-veined. Inflorescence an axillary cyme; summer-autumn. Flowers perfect, 2-3 in each cluster. Drupe 1.0-1.5 cm long, oval, dark reddish-brown when mature. The fruit tastes sour. Seed compressed-rounded or compressed-elliptic, 5-9 mm long by 3-7 mm wide and 3 mm in thickness, purplish-red or purplish-brown, smooth and shiny.

Habitat. On dry slopes and hills and by roadsides.

Distribution. China, India, Korea, Mongolia.

Indications. 1. Neurasthenia; insomnia; absentmindedness
2. Palpitations 3. Night sweats.

Dosage. 6-15 g.

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White hyacinth bean **5 7**, 115
White mulberry **9 4**, 189
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White wax tree **7 8**, 157
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Yulan tree **8 7**, 175

CHINESE NAMES

Numbers refer to entries.

47	Bādòu	巴豆
93	Bājìtiān	巴戟(戟)天
57	Báibiǎndòu	白扁(扁)豆
12	Báidòukòu	白豆蔻
28	Báiji	白及
98	Bàijiàngcǎo	敗(败)醬(酱)草
135	Báijièzǐ	白芥子
13	Báiliǎn	白薹(薹)
96	Báisháo	白芍
120	Báitóuwēng	白頭(头)翁(翁)
50	Báiwēi	白薇
16	Báizhī	白芷
25	Báizhú	白朮(术)
81	Bànbīanlián	半邊(边,边)蓮(莲)
133	Bànzhīlián	半枝蓮(莲)
70	Bèishāshēn	北沙参(参)
124	Bímázi	蓖麻子
19	Bīngláng	檳(槟)榔
91	Bòhe	薄荷
118	Bǔgǔzhī	補(补)骨(骨)脂
147	Cāng'ěrzi	蒼(苍)耳子
24	Cāngzhú	蒼(苍)朮(术)
2	Cǎowū	草烏(乌)
108	Cèbǎi	側(侧)柏
30	Cháihú	柴胡
54	Chángshān	常山
107	Chēqiāncǎo	車(车)前草
40	Chénpí	陳(陈)皮
17	Chénxiāng	沉香
14	Chuānxīnlián	穿心蓮(莲)
77	Chuānxiōng	川芎
7	Chūnpí	椿皮

- 149 Dàzǎo 大棗(大 枣)
 126 Dānshēn 丹參(參)
 83 Dànzhúyè 淡竹葉(葉)
 42 Dǎngshēn 黨(黨)參(參)
 123 Dìhuáng 地黃(黃)
 127 Dìyú 地榆(榆)
 89 Dōngkuízi 冬葵子
 63 Dùzhòng 杜仲
 128 Fángfēng 防風(風)
 71 Gāncǎo 甘草
 10 Gāoliángjiāng 高良薑(姜)
 119 Gégēn 葛根
 84 Gǒuqǐ 枸杞
 144 Gōutēng 鈎(鈎)藤
 110 Guǎnghuòxiāng 廣(廣)藿香
 86 Hǎijīnshā 海金沙
 8 Héhuān 合歡(歡)
 114 Héshǒuwū 何首烏(烏)
 140 Hēzi 訶(訶)子
 106 Hēihújiāo 黑胡椒
 31 Hónghuā 紅(紅)花
 88 Hòupò 厚樸(樸)
 137 Huáihuā 槐花
 102 Huángbǎi 黃(黃)柏
 146 Huángjīng 黃(黃)荆
 111 Huángjīng 黃(黃)精(精)
 44 Huánglián 黃(黃)連(連, 連)
 23 Huángqí 黃(黃)耆(芪)
 132 Huángqín 黃(黃)芩
 55 Huángyàozǐ 黃(黃)藥(藥, 藥)子
 5 Huòxiāng 藿香
 34 Jīguānhuā 雞(雞)冠花
 74 Jíxìngzǐ 急性子

- 48 Jiānghuáng 薑(姜)黃(黃)
 109 Jiēgēng 桔梗
 82 Jīnyínhuā 金銀(銀)花
 125 Jīnyīngzǐ 金櫻(櫻)子
 64 Jīngdàjì 京大戟(戟)
 130 Jīngjiè 荆芥
 37 Júhuā 菊花
 32 Juémíngzǐ 決(決)明子
 90 Kǔliǎnpí 苦楝皮
 136 Kǔshēn 苦參(參)
 73 Làngdàngzi 莨菪子
 67 Liánqiào 連(連, 連)翹(翹)
 58 Lǒulú 漏蘆(蘆)
 103 Lúgēn 蘆(蘆)根
 80 Lùlùtōng 路路通(通)
 142 Luòshíténg 絡(絡)石藤
 20 Mǎdōulíng 馬(馬)兜鈴(鈴)
 60 Máhuáng 麻(麻)黃(黃)
 26 Mǎlán 馬(馬)藍(藍)
 95 Màidōng 麥(麥)冬
 59 Mòhànlián 墨旱蓮(蓮)
 92 Mùbiēzi 木鼈(鼈)子
 36 Mùguā 木瓜
 4 Nánshāshēn 南沙參(參)
 18 Niúbāngzǐ 牛蒡子
 1 Niúxī 牛膝
 78 Nǚzhēnzǐ 女貞(貞)子
 62 Pípayè 枇杷葉(葉)
 139 Púgōngyīng 蒲公英
 143 Púhuáng 蒲黃(黃)

- 100 Qiánhú 前胡
 101 Qiānniúzi 牽(牽)牛子
 21 Qīnghāo 青(青)蒿
 33 Qīngxiāngzi 青(青)箱子
 53 Qúmài 瞿麥(麥)
 113 Quánshēn 拳(拳)參(參)
 97 Rénsēn 人參(參)
 39 Ròuguì 肉桂
 94 Sāngbáipí 桑白皮
 56 Shānyào 山藥(藥, 药)
 45 Shānzhūyú 山茱萸
 104 Shānglù 商陸(陆)
 27 Shègān 射干
 148 Shēngjiāng 生薑(姜)
 38 Shēngmá 升麻(麻)
 3 Shíchāngpǔ 石菖蒲
 52 Shíhú 石斛
 122 Shǐjūnzi 使君子
 121 Shíliúpi 石榴皮
 150 Suānzǎorén 酸棗(枣)仁
 117 Tāorén 桃仁
 22 Tiāndōng 天冬
 69 Tiānmá 天麻(麻)
 76 Tīnglǐzi 葶藶(蒬)子
 141 Tōngcǎo 通(通)草
 49 Tūsīzi 菟絲(丝)子
 41 Wēilíngxiān 威靈(靈, 灵)仙
 129 Wúwèizi 五味子
 79 Wūyào 烏(乌)藥(藥, 药)
 65 Wúzhūyú 吳(吴)茱萸
 134 Xīxiāncǎo 豨薟(荃)草
 115 Xiàkūcǎo 夏枯草
 6 Xiānhècǎo 仙鶴(鶴)草

- 66 Xiǎohuáxiāng 小茴香
 35 Xiǎojì 小薊(薊)
 87 Xīnyí 辛夷
 116 Xīngrén 杏仁
 72 Xuāncǎogēn 萱草根
 131 Xuánshēn 玄(玄)參(參)
 29 Yādānzi 鴉(鴉)胆子
 46 Yánhūsuo 延胡索
 51 Yángjīnhuā 洋金花
 75 Yīmǔcǎo 益(益)母草
 43 Yìyǐrén 薏苡仁
 11 Yìzhì 益(益)智
 138 Yíncháihú 銀(银)柴胡
 61 Yínyánghuò 淫羊藿
 112 Yùzhú 玉竹
 85 Zélán 澤(泽)蘭(兰)
 9 Zéxiè 澤(泽)瀉(泻)
 105 Zhǎngyèbànxià 掌葉(叶)半夏
 15 Zhīmǔ 知母
 68 Zhǐzi 梔(梔)子
 145 Zǐhuādìdīng 紫花地丁
 99 Zǐsū 紫蘇(苏)

HAN CHARACTERS

Numbers refer to entries.

二画	1 牛膝	13 白薇
97 人参	38 升麻	13 白薇
97 人参	79 乌药	50 白薇
	126 丹参	131 玄参
	126 丹参	131 玄参
三画	47 巴豆	81 半边莲
149 大枣	93 巴戟天	81 半边莲
149 大枣		81 半边莲
45 山茱萸	五画	133 半枝莲
56 山药	112 玉竹	133 半枝莲
56 山藥	71 甘草	
56 山藥	3 石菖蒲	六画
56 山藥	52 石斛	123 地黄
77 川芎	121 石榴皮	123 地黄
110 广藿香	70 北沙参	127 地榆
78 女贞子	70 北沙参	127 地榆
78 女贞子	6 仙鹤草	39 肉桂
66 小茴香	6 仙鹤草	46 延胡索
35 小薊	89 冬葵子	8 合欢
35 小薊	148 生姜	8 合欢
20 马兜铃	148 生薑	32 决明子
26 马蓝	28 白及	128 防风
	25 白术	128 防风
四画	25 白朮	31 红花
22 天冬	25 白朮	
69 天麻	120 白头翁	七画
36 木瓜	120 白头翁	95 麦冬
92 木鳖子	96 白芍	63 杜仲
92 木鳖子	12 白豆蔻	116 杏仁
129 五味子	16 白芷	107 車前草
107 车前草	135 白芥子	24 苍木
18 牛蒡子	57 白扁豆	
	57 白扁豆	

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|---------|---------|---------|
| 147 苍耳子 | 九画 | 10 高良姜 |
| 107 芦根 | 68 梔子 | 10 高良薑 |
| 67 连翘 | 84 枸杞 | 86 海金沙 |
| 65 吴茱萸 | 130 荆芥 | 75 益母草 |
| 65 吳茱萸 | 4 南沙参 | 75 益母草 |
| 114 何首乌 | 4 南沙參 | 11 益智 |
| 114 何首烏 | 4 草乌 | 11 益智 |
| 87 辛夷 | 2 草烏 | 113 拳参 |
| 17 沉香 | 2 草烏 | 113 拳參 |
| 32 决明子 | 101 牵牛子 | 94 桑白皮 |
| 140 诃子 | 88 厚朴 | 141 通草 |
| 118 补骨脂 | 88 厚樸 | 67 連翹 |
| 40 陈皮 | 41 威灵仙 | 40 陳皮 |
| 34 鸡冠花 | 41 威靈仙 | 20 馬兜鈴 |
| | 41 威靈仙 | 26 馬藍 |
| | 29 鸦胆子 | |
| | 144 钩藤 | 十一画 |
| | 74 急性子 | 49 菟丝子 |
| | 51 洋金花 | 49 菟絲子 |
| | 100 前胡 | 37 菊花 |
| | 14 穿心莲 | 132 黄芩 |
| | 14 穿心蓮 | 23 黃芪 |
| | 48 姜黄 | 44 黃連 |
| | 142 络石藤 | 55 黃葯子 |
| | 31 紅花 | 102 黃柏 |
| | | 146 黃荊 |
| | 十画 | 23 黃耆 |
| | 109 桔梗 | 44 黃連 |
| | 117 桃仁 | 111 黃精 |
| | 73 苡苳子 | 55 黃藥子 |
| | 115 夏枯草 | 67 連翹 |
| | 30 柴胡 | 95 麥冬 |
| | 42 党参 | 68 梔子 |
| | 27 射干 | 54 常山 |
| | 79 烏藥 | 98 敗醬草 |
| | 79 烏藥 | 138 銀柴胡 |

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|--------|---------|--------|
| 108 侧柏 | 十三画 | 十七画以上 |
| 104 商陆 | 7 椿皮 | 48 薑黃 |
| 104 商陸 | 137 槐花 | 53 瞿麥 |
| 60 麻黄 | 124 蓖麻子 | 53 瞿麥 |
| 60 麻黃 | 139 蒲公英 | 5 藿香 |
| 61 淫羊藿 | 143 蒲黄 | 19 檳榔 |
| 83 淡竹叶 | 143 蒲黃 | 42 黨參 |
| 83 淡竹葉 | 80 路路通 | 103 蘆根 |
| 141 通草 | 80 路路通 | 34 雞冠花 |
| | | |
| | 十四画 | |
| | 24 蒼朮 | |
| | 147 蒼耳子 | |
| | 19 檳榔 | |
| | 150 酸棗仁 | |
| | 150 酸棗仁 | |
| | 134 豨莶草 | |
| | 134 豨莶草 | |
| | 138 銀柴胡 | |
| | 58 漏芦 | |
| | 58 漏蘆 | |
| | | |
| | 十五画 | |
| | 29 鴉胆子 | |
| | 59 墨旱蓮 | |
| | 59 墨旱蓮 | |
| | 110 廣藿香 | |
| | | |
| | 十六画 | |
| | 43 薏苡仁 | |
| | 91 薄荷 | |
| | 85 澤蘭 | |
| | 9 澤瀉 | |