

Medicinal Plants in Viet Nam



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in Viet Nam**

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CONTENTS

Part I :	<i>Page</i>
Preface	XI
Acknowledgements	XIII
Authors' note	XV
Introduction	XVII
I. Scientific research on medicinal plants	
II. Inventory, exploitation and utilization of medicinal plants	
III. The drying, processing and storage of medicinal plants	
Notice	XXX
Part II :	
Medicinal plants	
1. <i>Abrus precatorius</i> L.	3
2. <i>Abutilon indicum</i> (L.) Sweet	5
3. <i>Acanthopanax trifoliatum</i> (L.) Merr.	7
4. <i>Achyranthes aspera</i> L.	9
5. <i>Achyranthes bidentata</i> Blume	11
6. <i>Aconitum fortunei</i> Hemsl.	13
7. <i>Acorus gramineus</i> Solander	15
8. <i>Acronychia laurifolia</i> Blume	17
9. <i>Adenosma indianum</i> (Lour.) Merr.	19
10. <i>Ageratum conyzoides</i> L.	21
11. <i>Alisma plantago - aquatica</i> L.	23
12. <i>Allium fistulosum</i> L.	25
13. <i>Allium odorum</i> L.	27

14.	<i>Allium sativum</i> L.	29
15.	<i>Alocasia macrorrhiza</i> (L.) Schott	31
16.	<i>Alpinia galanga</i> (L.) Willd.	33
17.	<i>Alstonia scholaris</i> (L.) R.Br.	35
18.	<i>Amomum aromaticum</i> L.	37
19.	<i>Amomum villosum</i> Lour.	39
20.	<i>Andrographis paniculata</i> (Burm.f.) Nees	41
21.	<i>Angelica dahurica</i> (Fisch. ex Hoffm.) Benth. et Hook.f.	43
22.	<i>Angelica sinensis</i> (Oliv.) Diels	45
23.	<i>Areca catechu</i> L.	47
24.	<i>Aristolochia roxburghiana</i> Klotsch	49
25.	<i>Armeniaca vulgaris</i> Lam.	51
26.	<i>Artemisia vulgaris</i> L.	53
27.	<i>Asarum maximum</i> Hemsl.	55
28.	<i>Asparagus cochinchinensis</i> (Lour.) Merr.	57
29.	<i>Atractylodes macrocephala</i> Koidz.	59
30.	<i>Baeckea frutescens</i> L.	61
31.	<i>Belamcanda chinensis</i> (L.) DC.	63
32.	<i>Berberis wallichiana</i> DC.	65
33.	<i>Biota orientalis</i> (L.) Endl.	67
34.	<i>Bischofia javanica</i> Blume	69
35.	<i>Blumea balsamifera</i> (L.) DC.	71
36.	<i>Boehmeria nivea</i> (L.) Gaud.	73
37.	<i>Brucea javanica</i> (L.) Merr.	75
38.	<i>Caesalpinia sappan</i> L.	77
39.	<i>Capsella bursa - pastoris</i> (L.) Medik.	79
40.	<i>Cassia alata</i> L.	81
41.	<i>Cassia tora</i> L.	83

42.	<i>Catharanthus roseus</i> (L.) G. Don	85
43.	<i>Centella asiatica</i> (L.) Urban	87
44.	<i>Cerbera manghas</i> L.	89
45.	<i>Chenopodium ambrosioides</i> L.	91
46.	<i>Chrysanthemum indicum</i> L.	93
47.	<i>Cibotium barometz</i> (L.) J. Sm.	95
48.	<i>Cinnamomum camphora</i> (L.) Presl	97
49.	<i>Cinnamomum cassia</i> Blume	99
50.	<i>Citrus grandis</i> (L.) Osbeck	101
51.	<i>Citrus japonica</i> Thunb.	103
52.	<i>Citrus limonia</i> Osbeck	105
53.	<i>Citrus reticulata</i> Blanco	107
54.	<i>Clerodendrum fragrans</i> (Vent.) Willd.	109
55.	<i>Clerodendrum squamatum</i> Vahl	111
56.	<i>Codonopsis javanica</i> (Blume) Hook. f.	113
57.	<i>Coix lachryma-jobi</i> L.	115
58.	<i>Coleus amboinicus</i> Lour.	117
59.	<i>Combretum quadrangulare</i> Kurz	119
60.	<i>Coscinium fenestratum</i> (Gaertn.) Colebr.	121
61.	<i>Costus speciosus</i> (Koenig) Smith	123
62.	<i>Crinum asiaticum</i> L.	125
63.	<i>Croton tiglium</i> L.	127
64.	<i>Croton tonkinensis</i> Gagnep.	129
65.	<i>Curcuma domestica</i> Valet.	131
66.	<i>Curcuma zedoaria</i> (Berg.) Rosc.	133
67.	<i>Cymbopogon citratus</i> (DC.) Stapf	135
68.	<i>Cyperus rotundus</i> L.	137
69.	<i>Datura metel</i> L.	139

70.	<i>Dendrobium nobile</i> Lindl.	141
71.	<i>Desmodium triangulare</i> (Retz.) Merr.	143
72.	<i>Dichroa febrifuga</i> Lour.	145
73.	<i>Dioscorea persimilis</i> Prain et Burkill	147
74.	<i>Dioscorea zingiberensis</i> C.H.Wright	149
75.	<i>Dipsacus japonicus</i> Miq.	151
76.	<i>Disporopsis aspera</i> (Hua) Engl. ex Krause	153
77.	<i>Disporopsis longifolia</i> Craib	155
78.	<i>Dolichos lablab</i> L.	157
79.	<i>Dracaena cambodiana</i> Pierre ex Gagnep.	159
80.	<i>Drynaria fortunei</i> (Kze) J.Sm.	161
81.	<i>Eclipta alba</i> (L.) Hassk.	163
82.	<i>Eleusine indica</i> (L.) Gaertn.	165
83.	<i>Eleutherine subaphylla</i> Gagnep.	167
84.	<i>Elsholtzia ciliata</i> (Thunb.) Hyland.	169
85.	<i>Eriobotrya japonica</i> (Thunb.) Lindl.	171
86.	<i>Erythrina variegata</i> L. var. <i>orientalis</i> (L.) Merr.	173
87.	<i>Eucommia ulmoides</i> Oliver	175
88.	<i>Eupatorium staechadosmum</i> Hance	177
89.	<i>Euphorbia thymifolia</i> L.	179
90.	<i>Euphoria longan</i> (Lour.) Steud.	181
91.	<i>Fibraurea recisa</i> Pierre	183
92.	<i>Ficus pumila</i> L.	185
93.	<i>Gardenia jasminoides</i> Ellis	187
94.	<i>Gomphandra tonkinensis</i> Gagnep.	189
95.	<i>Hedyotis capitellata</i> Wall. ex G.Don var. <i>mollis</i> Pierre ex Pit. .	191
96.	<i>Hemerocallis fulva</i> L.	193
97.	<i>Heterosmilax erythrantha</i> Baill.	195

98.	<i>Hibiscus mutabilis</i> L.	197
99.	<i>Hibiscus sagittifolius</i> Kurz var. <i>quinquelobus</i> Gagnep.	199
100.	<i>Holarrhena antidysenterica</i> (Roxb. ex Flem.) A.DC.	201
101.	<i>Homalomena occulta</i> (Lour.) Schott	203
102.	<i>Houttuynia cordata</i> Thunb.	205
103.	<i>Hovenia dulcis</i> Thunb.	207
104.	<i>Hydnocarpus anthelmintica</i> Pierre	209
105.	<i>Illicium verum</i> Hook.f.	211
106.	<i>Imperata cylindrica</i> (L.) P. Beauv.	213
107.	<i>Jasminum subtriplinerve</i> Blume	215
108.	<i>Kaempferia galanga</i> L.	217
109.	<i>Kalanchoe pinnata</i> (Lam.) Pers.	219
110.	<i>Lactuca indica</i> L.	221
111.	<i>Leonurus artemisia</i> (Lour.) S.Y.Hu	223
112.	<i>Leucaena leucocephala</i> (Lam.) De Wit	225
113.	<i>Lilium brownii</i> F. E. Brown var. <i>colchesteri</i> Wilson	227
114.	<i>Lonicera japonica</i> Thunb.	229
115.	<i>Ludwigia adscendens</i> (L.) Hara	231
116.	<i>Lycium chinense</i> Mill.	233
117.	<i>Maclura cochinchinensis</i> (Lour.) Corner	235
118.	<i>Malus doumeri</i> (Bois.) A.Chev.	237
119.	<i>Melaleuca leucadendra</i> (L.) L.	239
120.	<i>Melia azedarach</i> L.	241
121.	<i>Mentha arvensis</i> L.	243
122.	<i>Millettia speciosa</i> Champ.	245
123.	<i>Momordica cochinchinensis</i> (Lour.) Spreng	247
124.	<i>Morinda citrifolia</i> L.	249
125.	<i>Morinda officinalis</i> How	251

126.	<i>Morus acidosa</i> Griff.	253
127.	<i>Murraya glabra</i> Guill.	255
128.	<i>Nelumbo nucifera</i> Gaertn.	257
129.	<i>Nerium odorum</i> Soland.	259
130.	<i>Nervilia fordii</i> (Hance) Schltr.	261
131.	<i>Ocimum gratissimum</i> L.	263
132.	<i>Ocimum sanctum</i> L.	265
133.	<i>Ophiopogon japonicus</i> (L.f.) Ker.- Gawl.	267
134.	<i>Oroxylum indicum</i> (L.) Vent.	269
135.	<i>Orthosiphon aristatus</i> (Blume) Miq.	271
136.	<i>Paederia foetida</i> L.	273
137.	<i>Panax bipinnatifidus</i> Seem.	275
138.	<i>Panax pseudo-ginseng</i> Wall.	277
139.	<i>Papaver somniferum</i> L.	279
140.	<i>Passiflora foetida</i> L.	281
141.	<i>Perilla frutescens</i> (L.) Britton	283
142.	<i>Phellodendron amurense</i> Rupr.	285
143.	<i>Phyllanthus urinaria</i> L.	287
144.	<i>Piper betle</i> L.	289
145.	<i>Piper lolot</i> C.DC.	291
146.	<i>Piper nigrum</i> L.	293
147.	<i>Plantago major</i> L.	295
148.	<i>Platycodon grandiflorum</i> (Jacq.) A.DC.	297
149.	<i>Pluchea indica</i> (L.) Less.	299
150.	<i>Plumeria rubra</i> L. var. <i>acutifolia</i> (Poir.) Bailey	301
151.	<i>Pogostemon cablin</i> (Blanco) Bentham	303
152.	<i>Polygonatum kingianum</i> Coll. et Hemsl.	305
153.	<i>Polygonum chinense</i> L.	307

154.	<i>Polygonum multiflorum</i> Thunb.	309
155.	<i>Portulaca oleracea</i> L.	311
156.	<i>Premna integrifolia</i> Roxb.	313
157.	<i>Prunella vulgaris</i> L.	315
158.	<i>Prunus persica</i> (L.) Batsch	317
159.	<i>Pueraria thomsonii</i> Benth.	319
160.	<i>Punica granatum</i> L.	321
161.	<i>Quisqualis indica</i> L.	323
162.	<i>Rauvolfia cambodiana</i> Pierre ex Pitard	325
163.	<i>Rehmannia glutinosa</i> (Gaertner) Libosch.	327
164.	<i>Rhodomyrtus tomentosa</i> (Ait.) Hassk.	329
165.	<i>Ricinus communis</i> L.	331
166.	<i>Rosa laevigata</i> Michaux	333
167.	<i>Rumex chinensis</i> Campd.	335
168.	<i>Sauropus androgynus</i> (L.) Merr.	337
169.	<i>Schefflera octophylla</i> (Lour.) Harms	339
170.	<i>Scoparia dulcis</i> L.	341
171.	<i>Scrophularia ningpoensis</i> Hemsl.	343
172.	<i>Siegesbeckia orientalis</i> L.	345
173.	<i>Smilax glabra</i> Roxb.	347
174.	<i>Solanum hainanense</i> Hance	349
175.	<i>Solanum verbascifolium</i> L.	351
176.	<i>Sophora japonica</i> L.	353
177.	<i>Stemona tuberosa</i> Lour.	355
178.	<i>Stephania</i> sp.	357
179.	<i>Streptocaulon juvenas</i> (Lour.) Merr.	359
180.	<i>Strobilanthes cusia</i> (Nees) Imlay	361
181.	<i>Strophanthus divaricatus</i> (Lour.) Hook. et Arn.	363

182.	<i>Strychnos nux-vomica</i> L.	365
183.	<i>Strychnos wallichiana</i> Steud. ex DC.	367
184.	<i>Tacca chantrieri</i> André	369
185.	<i>Tacca plantaginea</i> (Hance) Drenth	371
186.	<i>Talinum patens</i> (L.) Willd.	373
187.	<i>Terminalia nigrovenulosa</i> Pierre ex Laness.	375
188.	<i>Thevetia peruviana</i> (Pers.) K.Schum.	377
189.	<i>Thunbergia grandiflora</i> (Roxb. ex Rottle) Roxb.	379
190.	<i>Tieghemopanax fruticosus</i> Vig.	381
191.	<i>Tinospora capillipes</i> Gagnep.	383
192.	<i>Typhonium trilobatum</i> Schott	385
193.	<i>Vitex trifolia</i> L.f.	387
194.	<i>Wedelia calendulacea</i> Less.	389
195.	<i>Wikstroemia indica</i> (L.) C.A.Mey.	391
196.	<i>Xanthium strumarium</i> L.	393
197.	<i>Zanthoxylum nitidum</i> (Roxb.) DC.	395
198.	<i>Zea mays</i> L.	397
199.	<i>Zingiber officinale</i> Rosc.	399
200.	<i>Zizyphus mauritiana</i> Lam.	401

Part III :

Index of scientific names	402
Index of Vietnamese names	404
Index of English names	406

P R E F A C E

VIET NAM is a tropical country with different climatic and geographical features in its various regions. It has an abundance of diverse natural resources. Eighty per cent of the population live and work in the countryside; a large number of minority ethnical groups are scattered in the forest highlands. The inhabitants in these places have certain difficulties in gaining access to modern medicines. However, Viet Nam possesses an age-old traditional system of medicine - a precious heritage handed down from times immemorial. Medicinal plants and herbal drugs have made a tremendous contribution to national health and development from the very beginning. For a very long time, the Vietnamese people, especially in the countryside and the mountains, have used locally available medicinal plants for medical treatment and have eaten certain vegetables and spices for health protection as well as sustenance.

The aim of this publication is to help the reader identify medicinal plants easily and thereby to be able to pass on information about the common medicinal plants available locally to those interested in their collection and use. It also aims at informing the reader as to how medicinal plants can be used for treating common diseases and complaints, in an attempt to enhance primary health care and achieve the objective of health for all by the year 2000 in a simple, economical way.

It is our conviction that the 200 medicinal plants presented in this volume will be helpful to our colleagues in the public-health sector and to ordinary readers in Viet Nam in their studies and in the practical use of medicinal plants.

The original version of this book was published in Vietnamese. It is our fervent wish that this English version will contribute to the exchange of information on the use of medicinal plants between Viet Nam and other parts of the world, particularly those countries where the same flora can be found.

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