

肘後備急方

葛洪

Ge Hong's Treatment of Abscesses

A Translated Excerpt From His Work, *“Emergency Formulas to Keep Up Your Sleeve”*



Ursa Shapla

2020

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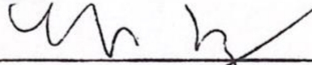
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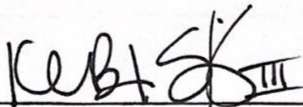
*A Project Report submitted to the faculty of the National College of Natural Medicine in partial fulfillment of the requirements for the degree of **Doctor of Science in Oriental Medicine***

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Dedication

This capstone is dedicated to my dearest husband, Roman, who never complains about sharing our marriage with Chinese medicine.

Introduction

Ge Hong (283-343 C.E.) was born into an aristocratic family in Northern Yangzhou, China. However, after the death of his father when Ge Hong was only 12 years old, the family endured great financial ruin. By the time he was 15, he had become a disciple of Zheng Yin, which began his foray into the world of Daoist transcendence and elixir-making. In 318, Ge Hong began studying with Bao Jing, an expert in Daoist texts. Ge Hong later married his daughter, Bao Gu, who became the first known female acupuncturist in China. She was considered an expert in moxibustion, many scholars believe it is possible that the excerpts from this book which include moxibustion treatments are her own findings.¹

Also known as Baopuzi, Ge Hong is mostly known for the book by that name which depicts his discoveries in Daoist alchemy. However, his short manual on emergency prescriptions, of which, the methods for treating abscess are translated below, likely manifested from his days in military service, where he conquered rebellion armies and regained his position within the aristocracy.²

His book on Emergency Prescriptions has inspired advances to modern medicine even within the past decade. Professor Tu Youyou developed an anti-malarial drug that won her the 2015 Nobel Prize in medicine. She made this breakthrough by following Ge Hong's *paozhi* (medicinal preparations) of *Artemisia annua* as detailed in his book, *Emergency Prescriptions to Keep up One's Sleeve*.³ This book details every malady he encountered. It is the first book to document cases of small pox in the world, although he was not able to cure it. It is also the first

¹ Zhonghua Y, Bao Gu, *The Distinguished Woman Physician of the Jin Dynasty*

² Campany RF, *To Live as Long as Heaven and Earth*, pp13-17

³ Su, XZ. The discovery of Artemisinin and the Nobel Prize in Physiology or Medicine.

recorded use of fecal transplants in the world. He prescribed his ‘yellow soup’ to those suffering from food poisoning or diarrhea.⁴

⁴ Stripling, J. Current Evidence in Delivery and Therapeutic Uses of Fecal Microbiota Transplantation in Human Diseases-Clostridium difficile Disease and Beyond.

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治癰疽妬乳諸毒腫方第三十六

Treating Welling and Flat Abscesses, Stone Hard Breast,⁵ And All Toxic Swellings, Chapter 36

《隱居効方》治羊疽瘡，有蟲癢

The Hermit's Effective Methods: Treatment of sheep abscess sores, with parasites and itching

附子八分，藜蘆二分，末，傅之，蟲自然出。

Fùzǐ 8 fen, Lílú 2 fen. Powder the herbs and apply topically, the parasites will spontaneously leave.

《葛氏》療妳發，諸癰疽發背及乳方比灸其上百壯。

Master Ge: Formulas to Treat Breast Eruptions: All Welling and Flat-Headed Abscesses That Erupt From the Back and Spread to the Breast, Use Moxibustion Over It. Apply 100 Cones of Moxa Onto the Abscess.

⁵ Literally, 妬乳 means 'jealous breast'. It refers to excess milk accumulating in the breast, causing it to become hard like stone.

又方⁶：熬粢粉令黑，雞子白和之，塗練上以貼癰，小穿練上，作小口泄毒氣，燥易之，神秘。

Another method: Dry-fry millet powder until blackened, mix with chicken egg whites and spread onto silk to apply on the abscesses. Make small holes in the silk to vent the pestilence, change it out when it dries. This is a miraculous secret!

又方：釜底上搗，以雞子中黃和塗之。加少豉，彌良。

Another method: Using the bottom of a cooking pan, crush clay into chicken yolk and then crush in a few fermented soybeans. Cover (the abscess) completely.

又方：搗黃檗末，篩，雞子白和，厚塗之，乾復易，差。

Another method: Pound Huángbó into powder, sift into chicken egg whites and spread it in a thick layer (over the abscess). Change it once it has dried.

又方：燒鹿角，搗末，以苦酒和塗，佳。

Another method: Char Lùjiǎo, crush into powder, combine with vinegar and spread it onto the skin, the results will be pleasing.

又方：於石上水磨鹿角，取濁汁塗癰上，乾復易，隨手消。

Another method: Wet grind Lùjiǎo, retain the turbid fluid and spread it onto the abscess, change it once it has dried, in doing so, it will dissolve.

⁶ 又方- This refers to “Another method” within the book which is cited in the preceding heading in bold.

又方：末半夏，雞子白和塗之。水磨，傅，並良。

Another method: mix powdered Bànxià into chicken egg whites and spread onto the abscess.

Wet grinding and applying it (the Banxia) is equally good. This is another option.

又方：醋和茱萸，或搗薑或小蒜傅之，並良。

Another method: Combine vinegar with Zhūyú,⁷ or crush [Zhūyú] with Shēngjiāng or Xiǎosuàn and apply it. It is even better if you combine the two together.

一切惡毒腫

All Malignant and Toxic Swellings

蔓菁根一大握（無，以龍葵根代之），乳頭香一兩（光明者）黃連一兩（宣州者）杏仁四十九枚（去尖用），柳木取三四錢（白色者）。各細剉，搗三二百杵，團作餅子，厚三四分，可腫處大小貼之，乾復易，立散。別貼膏藥治瘡處，佳。

Mànjīnggēn, one large handful (if you don't have this, use Lóngkuíngēn), Rǔtóuxiāng 1 liang (bright and pure) Huánglián 1 liang (from Xuanzhou) 49 pieces of Xīng rén (Removing the tips), Liǔmù, select 3-4 qian (white color). Pound each ingredient into tiny fragments in a mortar 2-300 times with a pestle, roll out into discs 3-4 fen thick, making it the size of the swelling, and affix this to the tumor/swelling. Change it once dry, it will disperse right away. Apply this medicinal ointment to treat the site of the sore, good results will be had.

⁷ wúzhūyú

《葛氏》療癰發數十處方

Master Ge: Methods for Treating Welling Abscesses That Erupt in Several Tens of Places.

取牛矢燒，搗末，以雞子白和塗之，乾復易，神效。

Take ox feces and fire roast/calcine it. Pound it to powder. Mix with egg white and smear it on.

Change it once it has dried. Wondrous efficacy!

又方：用鹿角、桂·雞屎，別搗，燒，合和，雞子白和塗，乾復上。

Another prescription: Use Lùjiǎo and Guì. Separately, take chicken droppings, divide and pound, roast it and blend [with the Lùjiǎo and Guì]. Mix into chicken egg white and smear it on, repeating once dry.

又·癰已有膿·當使壞方

Another: Methods for Breaking Open Abscesses That Have Pus

取白雞兩翅羽肢各一枚，燒服之，即穿。姚同。

Take a feather from each wing of a white chicken, char them and eat them, afterwards, the abscess will break open. Yao (another formula book) has the same method that is said here.

又方：吞薏苡子一枚勿多。

Another method: Swallow Yìyǐzi, one seed and no more.

又方：以苦酒和雀矢，塗癰頭上、如小豆

Another method: use vinegar combined with sparrow feces, and smear onto the head of the abscess, the size of Xiǎodòu.

《葛氏》若已結癰，使聚不更長，方

Master Ge: Methods for Treating Bound Abscesses That Cause Gatherings Without an Increase of Swelling.

小豆，末，塗。若雞子白和尤佳，即差。

Mix powdered Xiǎodòu with chicken egg whites and smear it onto the abscess. There will be a prompt recovery.

又方：芫花，末，膠汁和貼上，燥復易，化爲水。

Another method: Take Yuánhuā, powder, mix with glue, apply to the abscess. Change it once dry until the abscess has transformed and becomes watery.

若潰後，膿血不止，急痛。取生白楸葉，十重貼上，布帛寬縛之。

If after the abscess ulcerates, there is incessant pus and blood and acute pain, take fresh white Qiūyè leaves, ten layers thick and apply to the abscess, wrap and bind in woven fabric.

乳腫

Swellings on the Breasts

桂心、甘草各二分，烏頭一分（炮）。搗為末，和苦酒塗，紙覆之，膿化為水，則神効。
Guìxīn, Gāncǎo, 2 parts each, 1 part Wūtóu (blast-fried). Pound into a powder, mix with vinegar and smear onto paper and cover the suppuration. Once the pus transforms into clear fluid, it will marvelously effective.

《葛氏》婦女乳癰妬腫

Master Ge: Female Mammary Welling Abscess and Stone Hard Breast [Due to Excess Milk Accumulating in the Breast and Becoming Hard]

削柳根皮，熟搗，火溫，帛囊貯熨之，冷更易，大良。

Scrape Liǔgēnpí root to get the peel [inner root bark], cook and pound, place over fire until warm, then place into a silk bag. Replace with a new bag once it cools, very good treatment.

又方：取研米槌煮令沸，絮中覆乳，以熨上，當用二枚互熨之，數十迴止。姚云：神効。

Another method: Boil a rice-grinding mallet until the water is bubbling. Cover the breast with cotton wadding, press with a mallet over the cotton wadding. Alternately use two mallets on it [when one cools off]. Do this several tens of times, then stop. Yao says it has miraculous efficacy.

乳癰方

Breast Abscess Formulas

大黃，罔草，伏龍肝（竈下黃土也）、生薑各二分。先以三物，搗篩，又合生薑搗，以醋和塗，乳痛則止，極驗。

Dàhuáng, Wǎngcǎo, Fúlónggān (the yellow soil from below the kitchen stove), Shēngjiāng, 2 parts each. Crush and sift the first 3 substances, and combine with the Shēngjiāng (pounded), then combine with vinegar and smear onto the area of the breast that is painful. This will bring great relief.

《劉涓子》不用生薑, 用生[乾]薑，四分分等。余比見用鯽魚立驗。此方《小品》，佳。

Liu Juan Zi : Don't use Shēngjiāng, although this book uses it. Instead, use Shēngjiāng [Ganjiang]. Also, use 4 parts. Compared to what I've seen when using jì, with this method <<from the *Xiao Pin*>>, you will get instant results.

《姚氏》乳癰

Yao Shi: Breast Abscess

大黃、鼠糞（濕者）、黃連各一分。二物為末，鼠矢更搗，以黍米粥清和傅乳四邊，痛即止，愈。無黍米，用粳米並得。

Dàhuáng, rat feces (still moist), and Huánglián each one part. Grind the two herbs into powder, add rat feces and again crush, use the clear liquid from Shǔmǐ congee, combine and spread over the breast on all sides; the pain will stop and there will be recovery. Without Shǔmǐ, use Jīngmǐ/rice, both are appropriate.

又方：牛馬矢傳，並佳，此並消去。

Another method: Niúmǎshǐ (ox or horse feces) spread over the breast, both equally effective to eliminate the abscess.

《小品》妬方

***Xiao Pin*: Method for Stone Hard Breast [Due to Excess Milk Accumulating in the Breast and Becoming Hard]**

黃芩、白斂、芍藥分等。末，篩，漿服一錢匕，日五服。若右乳結者，將左乳汁服；左乳結者，將右乳汁服。散消根。姚同此方，必愈。

Huángqín, Báiliàn, and Sháoyào in equal measure. Powder and sift, take with broth, one qian spoon five times a day. If there are right breast nodes, ingest left-sided breast milk. If there are left-sided breast nodes, ingest right breast milk. The knots will dissipate and dissolve. Yao's method [the next one], together with this formula will certainly cure it.

姚方，搗生地黄，傳之，熱則易。小豆亦佳。

Yao's method: pound Shēngdìhuáng and spread it over the mastitis. When it becomes hot, change it. Xiǎodòu also good effect used this way.

又云：二三百眾療不差但堅紫色者。

Another Method [From Yao]: After Two or Three Hundred Treatments, If the Swelling Hasn't Gone Down, and There Is a Hard, Swollen Mass That Is Purple in Color.

用前柳根皮云。雲熬令温，熨腫·一宿愈。

First use the above Liǔgēnpí method. Simmer to make it warm. Iron the swelling [with the Liǔgēnpí], it will be cured in one night.

凡乳汁不得泄，內結，名妬乳，乃急於癰。

In general, if breast milk is unable to express, there is internal binding, this is called duru (stone hard breast). This is more tight and compact than a yong abscess.

《徐玉》療乳中癰癰起痛，方

Xú Yù: Methods to Treat Mammary Scrofula That Engender Pain.

大黃、黃連各三兩，水五升，煮取一升二合，分三服，得下，即愈。

Dàhuáng, Huánglián, each three liang. Cook in five sheng of water, until 1 sheng, 2 ge of water remains, divide into 3 doses, the results will be an immediate cure.

《葛氏》卒毒腫起急痛，方

Master Ge: Methods for Toxic Swellings Which Emerge Suddenly With Pain.

蕪菁根（大者），削去上皮，熟搗，苦酒和如泥，煮三沸，急攪之出，傅腫，帛裹上。

日再三易，用子亦良。

Wújīnggen (a big one), pare off the outer peel, cook and pound, blend with vinegar into a paste, boil for three boils, rapidly mixing it until it rises in volume, apply to the swellings, cover with silk. Change it three times a day. Using the seed is also good.

又方：燒牛矢，末，苦酒和，傅上，乾復易。

Another method: Burn Niúshǐ and pulverize, mix with vinegar, apply over the swelling, change it once it has dried.

又方：水和石灰封上，又苦酒磨升麻若青木香或紫檀，以磨傅上。良。

Another method: Mix water with Shíhuī and mound over [the swelling], then vinegar-grind Shēngmá, or similarly Qingmuxiang or Zítán, ground it up and applied onto the swelling, there will be good results.

又方：取水中萍子草，熟搗，以傅上。

Another method: Get Píngzicǎo from the water, pound until its mashed (like lentils), apply it onto the swellings.

又，已入腹者

Another, [Pathogen] Has Already Entered the Belly

麝香、薰陸香、青木香，雞舌香各一兩。以水四升，煮取二升，分為再服。

Shèxiāng, Xūnlùxiāng, Qīngmùxiāng, Jīshéxiāng, 1 liang each. Add to 4 sheng of water. Boil down to 2 sheng, divide into two doses.

若惡核腫結不肯散者

Maligned Nodes, Swellings, and Bindings

吳茱萸、小蒜分等，合搗傅之。丹蒜亦得。

Wúzhūyú, and Xiǎosuàn, equal parts, combine and pound and apply it. Dān and Suàn are also appropriate.

又方：搗鯽魚以傅之。

Another method: pound Jiyú, apply.

若風腫多癢，按之隨手起，或隱疹方

Methods for Wind-Swellings With a Lot of Itching. When Pressure Is Applied With the Hand It Appears; Or Dormant Rashes.

但令痛以手摩捫抑按，日數度，自消。

If you press deeply enough to cause pain, and use your hands to scrape, rub, and compress frequently every day, it will dissipate.

又方：以苦酒磨桂若獨活，數傅之，良。

Another method: use vinegar to powder [wet-grind] Guì, or Dúhuó, apply it frequently for good results.

身體頭面忽有暴腫處如吹。方

Method for When the Body, Head, and Face Suddenly Have Burning Hot Swellings That Occur as If Being Blown Outward From Within.

巴豆三十枚，連皮碎，水五升，煮取三升，去滓，綿沾以拭腫上，趁手消，勿近口。

Take 30 pieces Bādòu, crush without removing the skin. Boil in 5 sheng of water until three sheng of water remain. Remove the dregs. Moisten cotton in the liquid and wipe (only on) the swellings. Use your hand (to massage it in) to dissipate the swellings and do not let any enter the mouth.

皮肉卒腫起，狹長赤痛名膈。

Swellings Suddenly Appear on the Skin and Flesh That Are Long and Narrow, Red, and Painful, Named (Subcutaneous Swellings That Resemble Braided Rope).

鹿角五兩，白斂一兩，牡蠣四兩，附子一兩。搗篩和苦酒，塗帛上，燥復易。

Lùjiǎo 5 liang, Báiliǎn 1 liang, Mǔlì, oyster shell 4 liang, Fùzǐ 1 liang. Powder, sift, and mix with vinegar to make a paste. Apply, cover with fabric and change it once dry.

《小品》癰結腫堅如石，或如大核，色不變，或作石癰不消

Xiao Pin: Abscesses That Are Knotted, Swollen, Hard Like Stone, in Some Cases Like a Large Fruit Pit, the Color Doesn't Change, Sometimes Producing Stone Abscesses That Do Not Dissolve.

鹿角八兩（燒作灰），白斂二兩（麤理黃色）磨石一斤（燒令赤）。三物搗作末，以苦酒和泥，厚塗癰上，燥更塗，取消止。內服連翹湯下之。姚方云：燒石令極赤，內五升苦酒中；復燒，又內苦酒中，令減半止，搗石和藥。先用所餘苦酒，不足，添上用。

Lùjiǎo 8 liang (charred to ash), Báiliǎn 2 liang (coarse texture and yellow color), Móshí (millstone) 1 jin (heated until red-hot). Pound the three substances until powdered, blend with vinegar to make a paste and apply in a thick layer onto the abscess. When dry, repeat the application until the stone abscess has dissolved completely. For internal consumption, down this powder with Liánqiào tea and [needle] xià zhī sān lǐ [Spleen 6]. Mr. Yao says to burn the millstone until it is red hot and drop it into 5 sheng vinegar, repeat burning and dropping in vinegar until the vinegar has dissipated by half. Mortar the millstone together with other ingredients and first utilize the leftover vinegar, if that isn't enough, top it off with more vinegar.

《姚方》若發腫至堅，而有根者，名曰石癰

Yao's method: If an Extremely Hard Swelling That Has a Root Erupts, Stone Abscess.

當上灸百壯，石子當碎出。不出者，可益壯、癰、石癰、結筋、癰癰，皆不可就針角。針角者，少有不及禍者也。

One should perform moxibustion on top of the lesion, one hundred cones, the “stone’s” seed will crack and emerge. If it doesn’t emerge, it is feasible to increase the number of cones. Abscess, stone abscess, knotted fascia, scrofula, none of these can be needled or fire cupped, if they are needled or fire cupped, it is usually disastrous.

又，癰未潰方

Another Method to Treat Abscesses That Haven't Ulcerated Yet.

茵草末，和雞子白，塗紙令厚，貼上，燥復易，得痛，自差。

Powder Wāngcǎo and combine with chicken egg white. Thickly spread onto paper, affix over the affected area. Once dry, repeat the application. Once it causes pain, then the issue will resolve.

癰腫振掀不可帳方

Methods to Treat Abscess Swellings That Has Not Ulcerated, With Fasciculations and Inability to Stretch.

大黃，搗篩，以苦酒和，貼腫上，燥易，不過三，即差減，不復作，膿自消除，甚神驗也。

Pound and sift Dàhuáng, mix with vinegar and apply onto the swellings, change it once dry, no more than three times will be necessary, and the issue will decrease. Don't repeat the application at this time, since the remaining pus will resolve itself. Truly amazing indeed.

癰腫未成膿

Abscess Swellings That Have Not yet Ulcerated

取牛耳垢封之，即愈。

Take Niuěrgòu, ox ear wax and mound it over the abscess for full recovery.

若惡肉不盡者，食肉藥食去，以膏塗之，則愈。食肉方

Eating the Flesh Formula: If There Is Incessant and Malignant Flesh (Fleshy Growth That Is Red Like a Cock's Crest), Flesh-Eating Medicine Will Eat the Flesh Away, When [This Kind of Medicine] Is Applied to the Malign Flesh in Paste Form, the Condition Will Be Resolved.

取白炭灰、荻灰等分，煎令如膏（此不宜預作）。十日則歇。并可與去黑子。此大毒。若用効驗，本方用法。

Take Báitàn, white charcoal ash and ashes of dí, combine in equal portions, cook in fats (this can't be made in advance). Take a break after 10 days. This can also remove black moles. This remedy is highly toxic. To be effective, use it as above.

凡癰腫用

All Abscess Swellings That Have Not Ulcerated Yet

栝萸根、赤小豆，皆當內苦酒中，五宿出，熬之畢，搗爲散，以苦酒和，塗紙上，貼腫，驗。

Take equal parts of Guālógēn and Chìxiǎodòu, simmer in vinegar for five nights, strain. Once the simmering is complete, pound until powdered, mix with [the strained] vinegar and spread onto paper and affix over the swelling, this really works!

§ This is a method for making lye. The Foxfire Book of Simple Living: Celebrating Fifty Years of Listenin', Laughin', and Learnin'. (2016). Anchor Books

《隱居効方》消癰腫

The Hermit's Effective Methods: Dissolve Abscess Swellings That Have Not Ulcerated Yet

白斂二分，藜蘆一分，爲末，酒和如泥貼上，日三，大良。

Báiliǎn 2 parts, Lílú 1 part, powder and mix into vinegar 9 to make a paste and affix over the abscess, three times a day, good results will be had.

疽瘡骨出

Abscess Sores Emerging From the Bone

黃連、牡蠣各二分，爲末，先鹽酒洗，後傅。

Huánglián and Mǔlì each 2 fen, powder them. First wash the lesion in salted wine, then apply the powder while wet.

《葛氏》忽得爛疽著手足肩，累累如米豆，刮汁出，急療之

Master Ge: A Quick-Healing Remedy for Sudden Flaming-Heat Abscess Appearing on the Hands, Feet, and Shoulders, in Clusters That Look Like Mǐdòu (Vignae Umbellatae), Rice Beans; When Scraped, Liquid Comes Out.

9外臺秘要 Wài Tái Mì Yào chapter 24 suggests that this should be “苦酒”

熬蕪菁，熟搗，裹，以展轉其上，日夜勿止。

Boil Wújīng until cooked and then pound it. Wrap it up and apply repeatedly over the abscesses.

Continue the treatment day and night.

若發疽於十指端，及色赤黑，甚難療，宜按大方，非單方所及。

With eruptions and flat headed abscesses, appearing on the tips of the 10 fingers or toes that go from red to black; this is extremely difficult to cure. It is appropriate to refer to a major formula, not a simple formula on the location of the abscess.

若骨疽積年，一捏一汁出，不差

Methods for a Bone Abscess That Has Been Chronic for Many Years, Each Pinch Causes Liquid to Come Out, Without Recovery.

熬末膠飴，勃瘡上，乃破生鯉魚以搗之，如炊頃，刮視有小蟲出，更洗傅藥，蟲盡，則便止，差。

Cook powdered Jiāoyí and apply onto the sore. Then split open a fresh carp and crush it. Apply it to the abscess for the amount of time it would take to prepare a meal. Scrape it until you see tiny insects coming out. Again wash and apply the medicine. Once the insects are exterminated then treatment can stop, and the patient will recover.

姚方云：燹疽者，肉中忽生一黧子，如豆粟，劇者如梅李大，或赤，或黑，或白，或青，其屬有核，核有深根，應心小久，四面悉腫疱，黯黹紫黑色，能爛壞筋骨，毒入臟腑，殺人。南方人名爲滄著毒。

Yao's Method Says: As for Biāojū, Flaming-Heat Abscesses, One Dark and Small Bruise Will Suddenly Emerge From the Inner Flesh, the Size of a Bean or Millet, Then It Will Become More Severe Until It Is the Size of a Large Plum, in Some Cases Red, in Some Cases Black, in Some Cases It Will Be White, in Some Cases It Can Be Blue-Green. It Will Be a Blemish With a Kernel, and a Deep Root. the Heart Will Be Afflicted in a Brief Amount of Time, on All Four Sides It Will Be Completely Swollen With Blisters, Dark Spots Purple-Black in Color. If It Is Able to Soften and Collapse the Muscle and Bones, Poison Can Then Enter the Zàngfǔ Organs and Will Kill the Person. Southern People Call This Zháodú, Inflamed Toxins.

著厚肉處，皆割之，亦燒鐵令赤，烙赤三上，令焦如炭。亦灸黯炮上，百壯為佳。早春酸摹葉，薄其四面，防其長也。飲葵根汁、犀角汁、升麻汁折其熱。內外療依丹毒法也。

Where there is inflamed thick flesh, always cut it, also burn it with a hot iron until it is red, cauterize over the red area three times, causing a burn that turns to coal. Also use moxibustion on it until it is dark and scorched, 100 cones for good results. In early Spring, it is sour like leaves, and you must press it on all sides, to hold back its growth. Drink the juiced root of kuí, xījiǎo, grind into powder and mix with cold water, or shēngmá juice to reduce the heat. Like cinnabar toxin, you must treat it inside and out.

《劉涓子》療癰疽發壞，出膿血、生肉，黃耆膏

Liú Juānzǐ: Huángqí Ointment to Treat Welling and Flat-Headed Abscesses That Express and Collapse, Exude Pus and Blood, and Engender Flesh.

黃耆、芍藥、大黃、當歸、芎藭、獨活、白芷、薤白各一兩，生地黄三兩。九物，切，豬膏二升半，煎三上三下，膏成，絞去滓，傅充瘡中，摩左右，日三。

Huángqí, Sháoyào, Dàhuáng, Dāngguī, Xiōngqióng, Dúhuó, Báizhǐ, Xièbái, each 1 liang; Shēngdihuáng 3 liang; cut up all nine ingredients into 2.5 sheng pork lard. Bring to a boil, remove from the heat and cool, then return to the heat until boiling (repeat, for a total of three times) once the ointment is complete, extrude the oil and discard the sediment, apply, filling the entire abscess, massage side to side, three times a day.

又，丹癰疽始發，浸淫進長，并少小丹掬方

Another, Cinnabar Welling and Flat-Headed Abscesses That Start Effusing, Seep, Ooze, and Eventually Swell, Also Children's Cinnabar Method.

升麻，黃連，大黃，芎藭各二兩，黃芩，芒消各三兩，當歸，甘草（炙），羚羊角各一兩。九物，吩咀，水一斗三升，煮取五升，去滓，還內鑊中，芒消上杖攪，令成膏。適冷熱，貼帛搗腫上，數度，便隨手消散。王練甘林所秘方，慎不可近陰。

Shēngmá, Huánglián, Dàhuáng, Xiōngqióng, each 2 liang; Huánglíng (Huángqín), Mángxiāo, each 3 liang; Dāngguī, Zhìgāncǎo, Língyángjiǎo, each 1 liang. Break all nine ingredients into small pieces together, add to 1 dou and 3 sheng of water, boil until 5 sheng remains, remove the dregs, return to a small cookpot with Mángxiāo and stir vigorously, complete the ointment by cooling it to a comfortable temperature, affix to fabric and rub it over the swelling several times,

while doing this, it will dissolve and dissipate. This is Wang Lian of Gan Lin's secret recipe, use caution when using near genitalia.

又，爛瘡，浸淫多汁，日就浸大，胡粉散

Another, Húfěn Powder for Flaming-Heat Sores That Seep and Ooze a Lot of Fluid, in a Day It Produces Great Seepage.

胡粉(熬)，甘草(炙)，藺茹，黃連各二分。四物，搗散，篩，以粉瘡，日三，極驗。

Dry roasted Húfěn, Zhìgāncǎo, Lírú, Huánglián, each 2 parts. Pound the four ingredients into powder and sift. Use the powder on the sores three times a day for extremely good results.

諸疽瘡膏方

A Medicinal Plaster for Abscess Sores

蠟、亂髮、礬石、松脂各一兩，豬膏四兩。五物，先下髮，髮消下礬石，礬石消下松脂，松脂消下蠟，蠟消下豬膏，塗瘡上。

Là (beeswax), Luànfà (hair of the head), Fánshí (alum), Sōngzhī (pine rosin), each 1 liang, 4 liang pork lard. Take the five ingredients, proceeding with the hair of the head. Once the hair of the head has dissolved, next add the alum, once the alum has dissolved, next add the pine rosin, once the pine rosin has dissolved, next add the beeswax, once the beeswax has dissolved, next add the pork lard. Smear onto the sore.

赤龍皮湯，洗諸敗爛瘡方

Red Dragon Skin Decoction, to Wash All Decaying Rotting Sores

槲樹皮（切）三升，以水一斗，煮取五升，春夏冷用，秋冬温用，洗乳瘡，及諸敗瘡，洗了則傅膏。

Húshù bark (sliced) 3 sheng, use one dou water, boil until 5 sheng remains. In the spring and summer, use this remedy cold. In the autumn and winter, use this remedy warm. Wash the breast sore, as well as all decaying sores. When you have finished washing them, apply an ointment.

發背上初欲瘡，便服此大黃湯

For Eruptions on the Back Caused by Chilblain, Relief Is at Hand With Dàhuáng Tāng

大黃，甘草（炙），黃芩各二兩，升麻二兩，梔子一百枚。五物，以水九升，煮取三升半，服得快下數行便止，不下則更服。

Dàhuáng, Zhìgāncǎo, Huángqín, each 2 liang, Shēngmá 2 liang, Zhīzǐ 100 pieces. Add 9 sheng of water to these five ingredients, boil until 3.5 sheng remain. Once taken, it will quickly purge the bowels many times and stop. If you don't achieve a bowel movement, take the medicine again.

療發背，及婦人發乳，及腸癰，木占斯散

Mùzhànsī San for Treatment of Eruptions on the Back as Well as the Female Breast, as Well as Welling Abscess Within the Intestines.

木占斯、厚朴（炙）、甘草（炙）、細辛、栝樓、防風、乾薑、人參、桔梗、敗醬各一兩。十物，搗為散，酒服方寸匕，晝七夜四，以多為善。病在上常吐，在下膿血。此謂腸癰之屬，其癰腫即不痛，長服，療諸疽痔。若瘡已潰，便早愈。

Mùzhànsī,¹⁰ Zhìhòupò, Zhìgāncǎo, Xìxīn, Guālóu, Fángfēng, Gānjiāng, Rénshēn, Jiégěng, Bàijiàng, each 1 liang. Powder the ten ingredients and take with wine, 7 square qian spoons in the day and 4 at night, use copiously for best advantage. The disease involves frequent vomiting, and pus and blood [in the stool]. This is called *cháng yōng*, welling abscess of the intestine. If the abscess is swelling and is not painful, prolong the timeframe of taking the medicine. This remedy will cure all flat-headed abscesses and hemorrhoids. For sores that have already ulcerated, they will recover early.

發背無有不療，不覺腫去，時長服，去敗醬多療。多療婦人發乳、諸產、癥瘕，益良。並劉涓子方。

Liu Juānzǐ's Method for Eruptions on the Back Not Cured by This Formula: The Patient Doesn't Experience Swelling at First, Then It Periodically Swells, so the Patient Takes Medicine and It Subsides, Remove Bǎijiàng to Improve the Treatment. This Is Effective on Abscesses of the Breasts, Various Childbirth Related Abscesses, Concretions (Intestinal Obstructions) and Conglomerations (Severe Fetal Movements), This Formula Has Increased Benefit.

¹⁰ Mùzhànsī aka liangwuji, Tanpi. Identification of this herb is unknown. According to the Bencao Gangmu, it is a bark that looks like houpo with vertical and horizontal veins. This formula appears in Liu Juanzi's Gui Yi Fang, volume 4. Bitter, warm, nontoxic.

《劉涓子》療癰消膿，木占斯散方

Liu Juanzi's Method: Mùzhànsī San for Abscess With Pus

木占斯，桂心，人參，細辛，敗醬，乾薑，厚朴（炙），甘草（炙），防風，桔梗各一兩。十物，為散，服方寸匕，入咽覺流入瘡中。若癰疽灸不發壞者，可服之，瘡未壞，去敗醬。此藥或時有癰令成水者。

Mùzhànsī, Guìxīn, Rénshēn, Xìxīn, Bàijiàng, Gānjiāng, Zhìhòupò, Zhìgāncǎo, Fángfēng, Jiégěng, each 1 liang. Powder the 10 ingredients, swallow a square qian spoon of the powder. When [the medicine] enters the throat, one will perceive it flowing into the sores. If it is a swelling and flat-headed abscess that does not effuse for a long time with spoiled [flesh], one can take this orally. If the sores are not yet spoiled, remove the Bàijiàng. This formula sometimes makes the abscess turn to water.

癰腫瘰癧，核不消，白蔞薄方

Báixiānbó Formula for Swollen Abscesses That Haven't Ulcerated, or Scrofula Where the Nodes Haven't Dissipated.

白蔞、黃連、大黃、黃芩、茵草、赤石脂、吳茱萸、芍藥各四分。八物，搗篩，以雞子白和如泥，塗故帛上，薄之。開小口，乾即易之，差。

Báixiān, Huánglián, Dàhuáng, Huángqín, Wǎngcǎo, Chishízhī, Wúzhūyú, Sháoyào, each 4 parts. Pound and sift these 8 ingredients, mix with chicken egg whites to make a paste, apply it onto

old silk and press onto the abscess. Make a little opening [in the cloth], change it when dry.
They will recover.

發背欲死者

As for Abscesses on the Back Where the Patient Is on the Verge of Death

取冬瓜，截去頭，合瘡上，瓜當爛，截去更合之，瓜未盡，瘡已斂小矣，即用膏養之。
Take Dōngguā, cut away the top, fit it over the abscess. When the melon decays, cut off [the decayed part] and put it back on. Once the melon is used up, [the opening of] the sore will contract and get smaller. Then use ointment to nourish it.

又方：伏龍肝，末之，以酒調，厚傅其瘡口乾即易，不日平復。

Another method: powdered Fúlónggān, blend with vinegar,¹¹ apply it in a thick layer over the opening of the sore. Once the paste dries, immediately remove and replace with fresh paste. In a few days, it will be healed.

又方：取梧桐子葉，鍤(鑿)上搏成灰，絹羅，蜜調傅之，乾即易之。

¹¹ Although this says alcohol, vinegar would most likely be used in this application.

Another method: take the seed and leaf of Wútóng, press into the bottom of a hot iron griddle until it has turned to ash, tie it up into gauze, mix with honey and apply it onto the abscess, when dry, replace it with a fresh bundle.

《癰腫雜効方》療熱腫

Methods for Swollen Abscesses That Haven't Ulcerated Yet: Treatments for Hot Swellings With Various Efficacies.

以家芥子并柏葉，搗，傅之，無不愈，大驗。得山芥更妙。又，搗小芥子末，醋和作餅子，貼腫及癰癧，數着，消即止，恐損肉。此療馬附骨，良。

Use Jièzǐ, domestic mustard seed along with Bǎiyè, pound and apply it, invariably there will be recovery, this has proven success. If you get mountain Jièzǐ, even better. Once more, pound the small seeds into powder, mix with vinegar and roll into a disk, affix to the swellings as well as scrofula, apply frequently, once the swelling subsides, immediately stop, for fear it will damage the flesh. This treatment is also effective for bone-clinging flat abscesses on horses.

又方：燒人糞作灰，頭醋和如泥，塗腫處，乾數易，大驗。

Another method: roast human feces to ash, mix with the top of vinegar into a paste, apply onto the swelling, once dry, repeatedly change it, great results will be had.

又方：取黃色雄黃、雌黃色石，燒熱令赤。以大醋沃之，更燒醋沃，其石即軟如泥，刮取塗腫。若乾，醋和，此大秘要耳。灸腫令消法取獨顆蒜，橫截厚一分，安腫頭上，炷如梧桐子大，灸蒜上百壯。不覺消，數數灸，唯多為善，勿令大熱。但覺痛即擎起蒜，蒜焦，

更換用新者，不用灸損皮肉。如有體乾，不須灸。余嘗小腹下患大腫，灸即差，每用之，則可大効也。

Another method: take Xiónghuáng that is yellow in color, Cīhuáng (yellow colored stone), roast over heat until red. Use a lot of vinegar to moisten it, again roast and moisten with vinegar, once the stone becomes soft like dough, apply the paste onto the swelling. If it is too dry, mix with vinegar, this is an essential secret. Moxibustion on swellings is a method for dispersion. Take a single-cloved garlic¹² and cut a horizontal slice 1 fen thick from it, place over the swelling, roll the moxa into cones the size of Wútóngzǐ¹³ seed, burn 100 cones of moxa on the garlic. If you don't notice the swelling disperse, do moxa more frequently but don't let it get too hot. Remove the garlic only when the patient feels pain (from the heat of the moxa), when the garlic becomes scorched/dry, replace it with a fresh slice, there is no need to damage the skin or flesh with moxa. If their body is dry, one must not apply moxibustion. In the past I have suffered large swellings on my lower abdomen. They recovered when I applied moxibustion. Every time it is used, it is greatly effective.

又方：生參□□□頭上核。又，磁石，末，和醋，傅之。

又方：甘草□□□塗此，蕉子不中食。

These lines have lost characters and thus were not translated.

又方：雞腸草傅。

¹² This is a type of garlic indigenous to China, it grows as a single clove/bulb.

¹³ wútóngzǐ seeds are about 5mm

Another method: apply Jīchángcǎo.

又方：白蔞，末，傅，並良。

Another method: Powder Báiliǎn. Apply over abscess, equally good results.

又，熱腫癰疔膠數塗，一日十數度，即差。療小兒癰疔子，尤良。每用神効。

Another: Hot swellings, and boils, melt (融) glue/jiao and apply several times, a dozen or more in one day for recovery. An exceptional cure for infant's boils, with miraculous results every time.

一切毒腫，疼痛不可忍者

All Toxic Swellings, With Pain That Is Insufferable

搜麵團腫頭如錢大，滿中安椒，以麩餅子蓋頭上，灸令徹，痛即立止。

Blend a dough from wheat flour and place over the swellings the size of a coin, filling the center with jiāo, use wheat flour to make flat disks and cover the head of the sore with the cake, perform moxibustion to penetrate through, the pain will then stop.

又方：搗草麻人，傅之，立差。

Another method: crush Bīmárén, apply it, instant recovery.

手脚心，風毒腫

Wind Toxin Swellings Affecting the Heart of the Hands and Feet (Palms and Soles).

生椒（末）鹽（末）等分，以醋和，傅，立差。

Mix powdered Shēngjiāo and powdered salt, both in equal portions, into vinegar and apply, instant recovery.

癰疽生臭惡肉者

Treatments for Welling and Flat-Headed Abscesses With Malodorous and Maligned Flesh.

以白藺茹散傅之，看肉盡便停。但傅諸膏藥，若不生肉，傅黃耆散（藺茹、黃耆），止一切惡肉。仍不盡者，可以七頭赤皮藺茹為散，用半錢匕，和白藺茹散三錢匕。以傅之。此姚方差。

Apply Báilǚrú¹⁴ powder to the affected area, watch for the flesh to erode away and quickly stop the treatment. Only apply various herbal plasters if the flesh is not engendered, apply Huángqí san (Lǚrú, Huángqí), to stop all types of maligned flesh. If the maligned flesh is incessant after this treatment, one can use powdered seven-headed red skinned Lǚrú. Use half a qian spoon of this, blended with 3 qian spoons of Báilǚrú powder. Apply the powder onto the affected area.

This is Yao's treatment.

惡脉病，身中忽有赤絡脉起如蚓狀，此由春冬惡風入絡脉之中，其血瘀所作

¹⁴ This herb is likely *Euphorbia ebracteolata* Hayata, known as cǎolǚrú in more modern times. The Bencao Gangmu mentions that cǎolǚrú is white, which may explain why it was called báilǚrú, or white lǚrú.

Maligned Vessels Disease: The Body [Surface] Suddenly Emerges as Red, With Reddish Luò Mài (Spider Veins) Which Rise to the Surface and Look Like Earthworms, This Pertains to Springtime or Winter When Evil Wind Enters the Luò Mài, Producing Stagnant Blood.

宜服之五香連翹，鑱去血，傅丹參膏，積日乃差。

It is appropriate to consume Wǔxiāng, Liánqiào [tang], prick the sites until they bleed, apply Dānshēn plaster, in several days there will be recovery.

余度山嶺即患。常服五香湯，傅小豆得消。以下並姚方。

I got this illness after crossing over a mountain ridge, to protect myself I took Wǔxiāng tāng, and applied Xiǎodòu, which dispersed it. What follows is Yao's methods.

惡核病者，肉中忽有核如梅李，小者如豆粒。皮中慘痛，左右走，身中壯熱，癩惡寒是也。此病卒然如起，有毒入腹殺人，南方多有此患

In Maligned Node Disease, the Inner Flesh Suddenly Has Nodes the Size of Plums, or Small Like Beans or Rice. There Is Agonizing Pain Inside the Skin, the Nodes Can Be Moved Side to Side, There Is a High Fever in the Body, There Is Jaw Clenching and Aversion to Cold. This Is Deadly If Not Treated, If Toxins Enter the Abdomen They Will Kill the Person, This Mostly Occurs in the South.

宜服五香連翹湯，以小豆傅之，立消。若餘核，亦得傅丹參膏。

It is appropriate to take Wǔxiāng Liánqiào tang, apply Xiǎodòu onto the affected area, the nodes will instantly dissolve. If there are lingering nodes, you should apply Dānshēn ointment.

惡肉病者，身中忽有肉，如赤小豆粒突出，便長如牛馬乳，亦如雞冠狀

Maligned Flesh Disease Where There Is a Fleshy Growth, Like Chìxiǎodòu Protruding out From the Body, Then They Readily Grow to the Size of a Beast of Burden's Teat, or Sometimes Look Like Cockscomb.

亦宜服漏蘆湯，外可以燒鐵烙之。日三烙，令稍燠以升麻膏傅之。

It is appropriate to take Lòulú tang, externally you can burn with an iron to cauterize it. Three times a day, cauterize the malign flesh and then apply Shēngmá ointment to the area.

氣痛之病，身中忽有一處如打撲之狀，不可堪耐，而左右走身中，發作有時，痛靜時，便覺其處冷如霜雪所加。此皆由冬溫至春暴寒傷之

In Qi Pain Disease, There Is Suddenly a Spot That Looks Like They Have Been Punched or Beaten. It Is Unbearable and Can Move From One Side of the Body to the Other. It Manifests in a Certain Time, Then the Pain Is Latent for a Time, Then It Arises With Cold, Like Frost and Snow Has Been Placed Upon It. This Is Due to a Winter Warm Disease That Later Arises in the Springtime, It Emerges From Violent Cold Damage.

宜先服五香連翹數劑，又以白酒煮楊柳皮暖熨之，有赤點點處，宜鑱去血也。

It is appropriate to first give Wǔxiāng Liánqiào [tang], in frequent doses, also use báijiǔ liquor boiled with Yángliǔ bark, warm press it. If there are specks at the site, it is appropriate to use a chan needle to bleed it.

五香連翹湯，療惡肉、惡脉、惡核、癰癤、風結、腫氣痛。

Wǔxiāng Liánqiào Tang, Treat Maligned Flesh, Maligned Vessels, Maligned Nodes, Scrofula, Wind Knots, Swelling Qi Pain.

木香，沉香，雞舌香各二兩，麝香半兩，薰陸一兩，夜干，紫葛，升麻，獨活，寄生，甘草（炙），連翹各二兩，大黃三兩，淡竹瀝三升，十三物，以水九升，煮減半，內竹瀝取三升，分三服，大良。

Mùxiāng, Chénxiāng, Jīshéxiāng, each 2 liang, Shèxiāng, 1/2 Liang, Xūnlù, 1 liang, Yègān, Zǐgé, Shēngmá, Dúhuó, Jīshēng, Zhìgāncǎo, Liánqiào each 2 liang, Dàhuáng 3 liang, Dànzhúli 3 sheng, boil the first 13 ingredients in 9 sheng water and reduce by half, then add the Dànzhúli. Strain through bamboo, divide into three doses.

漏蘆湯，療癰疽、丹痧、毒腫、惡肉

Lòulú Tang to Treat Welling and Flat-Headed Abscesses, Cinnabar Rash, Toxic Swellings, and Maligned Flesh.

漏蘆，白斂，黃芩，白薇，枳實（炙），升麻，甘草（炙），芍藥，麻黃（去節）各二兩，大黃三兩。十物，以水一斗，煮取三升。若無藥，用大黃下之，佳。其丹毒，須針鑱去血。

Lòulú, Báiliǎn Huánglíng (Huángqín), Báiwēi, Zhìzhǐshí, Shēngmá, Zhìgāncǎo, Sháoyào, Máhuáng, (remove the nodes), each 2 liang, Dàhuáng, 3 liang. Boil the 10 ingredients in 1 dou of water until 3 sheng remains. If you don't have these herbs, using Dàhuáng to induce a bowel movement is good. If it is cinnabar rash, you must use a needle to prick-bleed.

丹參膏，療惡肉，惡核，癰癤，風結，諸脉腫

Dānshēn Ointment to Treat Maligned Flesh, Maligned Nodes, Scrofula, Wind Knots, and All Vessel Swellings.

丹參，葫藿各二兩，秦膠，獨活，烏頭，白及，牛膝，菊花，防風各一兩，茵草葉，躑躅花，蜀椒各半兩。十二物，切，以苦酒二升，漬之一宿，豬膏四斤，俱煎之，令酒竭，勿過焦，去滓，以塗諸疾上，日五度，塗故布上貼之。此膏亦可服，得大行，即須少少服。

《小品》同。

Dānshēn, Shuòdiào, each 2 liang, Qínjiāo, Dúhuó, Wūtóu, Báijí, Niúxī, Júhuā, Fángfēng, each 1 liang. Wǎngcǎo leaf, Zhìzhúhuā, Shǔjiāo, each half liang. Slice the 12 ingredients and steep in 2 sheng vinegar for one night. Add 4 jin Pork lard and cook altogether until the vinegar has cooked off and do not allow it to burn. Remove the dregs and spread on old cloth and apply it. Repeat five times a day, keeping it covered with cloth. This ointment can also be taken

internally, there will be a bowel movement, promptly after taking the medicine. This is also in the Xiǎo Pīn formulary.

升麻膏，療丹毒腫熱瘡

Shēngmá ointment to treat cinnabar toxic swollen heat sores

升麻、白斂、漏蘆、芒消各二兩，黃芩、枳實、鯽、蠟各三兩，梔子二十枚，蒴藿根四兩。十物，舂令細，納器中。以水三升，漬半日，以豬脂五升，煎令水竭，去滓，傅之，日五度，若急合，即水煎，極驗方。

Shēngmá, Báiliǎn, Lòulú, Mángxiāo, each 2 liang, Huánglíng (Huángqín), Zhǐshí, Zéi, Jié, each 3 liang, Zhīzǐ 20 pieces, Shuòdiàoɡēn 4 liang. Grind the 10 ingredients vigorously until fine, pour into a vessel, add three sheng water and steep for half a day. Boil in 5 sheng pork lard until the water is cooked off. Remove the dregs, and apply it five times a day. If urgently needed, decoct with water, this is an extremely effective method.

《葛氏》療卒毒腫起急痛

Master Ge: Treatment of Sudden Toxic Swellings That Arise Quickly With Pain.

柳白皮，酒煮令熱，熨上，痛止。

Liǔbáipí, cook in liquor/wine until hot, press it. The pain will stop.

Appendix 1: Types of abscesses discussed

癰- yōng. Welling abscess

癰疽- yōng jū. Welling and flat-headed abscesses. These are deep, affecting the flesh, sinew, and bone.

疽- jū. Abscess without a head, flat abscess.

妬- dù. Stone hard breast mastitis

毒腫- dú zhǒng. Toxic swellings

惡毒腫- èdú zhǒng. Malignant and toxic swellings

瘡- chuāng . Generic term for sores (tumor, boil, wound)

疹- zhěn. A rash; scaling, itching, elevated, associated with wind damp heat, tinea, ringworm, measles

骨疽 gǔ jū- bone clinging flat abscess. Osteoma. Ch 76 lingshu. chronic suppurative osteomyelitis

癤- jiē. Boils, carbuncles. An infection of the hair follicle, often requiring being lanced.

膿- nóng. Pus and suppuration

爛疽- biāo jū- flaming-heat abscess; aka 著毒 zhádú, in the south. Pyogenic infection of the pad of a finger or toe, secondarily they might occur on the shoulder or back, according to the Bèi jí qiān jīn yào fāng by Sūn Sī-Miǎo, where it was written with the disease radical, 癩疽.

腸癰- cháng yōng— welling abscess of the intestines. Attributed to congealing blood that stems from damp heat or from general qi and blood stagnation. Appendicitis.

疽瘡- jū chuāng. Abscess sores

癰腫 Yōng zhǒng: is an abscess swelling that has not ulcerated/festered

Appendix 2: Formularies and other Doctors Referenced

Xiao Pin Fang. 小品方. Written by Chen Yan Zhi in the 8th century¹⁵

Yīnjū Xiào Fāng. 隱居効方. Aka 必效方 from the 外臺秘要, Certainly Effective Recipes,

Lost medical recipe book¹⁶ *The Hermit's Effective Methods*

Liu Juanzi Gui Yi Fang. 劉涓子鬼遺方 Liu Juanzi's Remedies Left Over By Ghosts. Liu Juan

Zi is believed to be China's first surgeon. Southern Song Dynasty¹⁷.

Unable to identify:

Xú Yù. 徐玉.

Yao Shi. 姚氏.

¹⁵ Hiroshi K. An Introductory Study on the Xiao Pin Fang

¹⁶ Wang Z. History and Development in Traditional Chinese Medicine

¹⁷ Wang Z. History and Development in Traditional Chinese Medicine

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Appendix 4: Herbs used in the treatment of abscesses

Pinyin	Latin	Common English Names	Part Used
bādòu	<i>Croton tiglium</i>	croton	fruit
báijí	<i>Bletilla striata</i>		rhizome
bàijiàng	<i>Patrinia scabiosifolia</i>	patrinia	aerial portion
báiliàn	<i>Ampelopsis japonica</i>	ampelopsis	root
báilúrú	<i>Euphorbia ebracteolata</i> Hayata		root
báitàn		white charcoal	
báixiān	<i>Anisomoles indica</i>	Indian catmint	aerial portion
bǎiyè	<i>Platycladus orientalis</i>	arborvitae, biota	leaf
báizhǐ	<i>Angelica dahurica</i>		root
bànxìà	<i>Pinellia ternata</i>	pinellia	rhizome
bìmárén	<i>Ricinus communis</i>	castor bean plant	seed
chénxiāng	<i>Aquilaria agallocha</i> ; <i>Aquilaria sinensis</i>	aloeswood	wood
chìshízhī	<i>Halloysitum Rubrum</i>	halloysite	
chìxiǎodòu	<i>Phaseolus calcaratus</i>	adzuki bean	seed
cīhuáng	arsenic trisulfide	orpiment	
dàhuáng	<i>Rheum palmatum</i>	Chinese rhubarb	rhizome
dān	Minium	cinnabar, red lead	
dāngguī	<i>Angelica sinensis</i>		root
dānshēn	<i>Salvia miltiorrhiza</i>	salvia	root
dànzhúli	<i>Phyllostachys nigra</i>	black bamboo	leaf
dí	<i>Miscanthus sacchariflorus</i>	Amur silvergrass	ash of grass
dōngguā	<i>Benincasa hispida</i>	wax gourd	fruit
dúhuó	<i>Angelica pubescens</i>		root
fángfēng	<i>Saposhnikovia divaricata</i>	siler	root
fánshí	Alum		
fúlónggān		Furnace soil	
fúzi	<i>Aconitum carmichaeli</i>	aconite, monkshood	accessory root
gāncǎo	<i>Glycyrrhizae uralensis</i> , <i>G. inflata</i> , <i>G. glabra</i>	licorice	root
gānjiāng	<i>Zingiber officinalis</i>	ginger	dried root
guālógēn	<i>Trichosanthes kirilowii</i>		root
guì	<i>Cinnamomum cassia</i> , <i>C. pedunculatum</i>	cinnamon	unspecified

guòxīn	Cinnamomum cassia, C. pedunculatum	cinnamon	cortex, shaved bark
huángbó	Phellodendron amurense	cork-tree bark	bark
huánglián	Coptis chinensis	coptis	rhizome
huánglíng	(huángqín) Scutellaria baicalensis	baikal skullcap	root
huángqí	Astragalus membranaceus	astragalus	root
huángqín	Scutellaria baicalensis	baikal skullcap	root
húfēn	Galenitum Praeparatum	processed galenite	
húshù	Quercus dentata	Mongolian Oak	bark
jì	Cyprinus auratus	carp	
jiāo	Zanthoxylum bungeanum	Sichuan peppercorn	fruit
jiāoyí		gelatin maltose	
jīchángcǎo	Gallium verum	Lady's Bedstraw	aerial portion
jié	Potentilla chinensis	Chinese cinquefoil	aerial portion
jiégěng	Platycodon grandiflora	balloon flower	root
jièzǐ	Brassicae juncea	domestic mustard	seed
jīngmǐ	Oryza sativa	rice	seed
jìshēng	Taxillus chinensis	mulberry mistletoe	entire plant
jìshéxiāng	Eugenia caryophyllata	clove, chicken tongue incense	female flower
jìyú	Carassii aurati caro	carp	
júhuā	Chrysanthemum morifolium	Chrysanthemum	flower
kuí	Malva spp		
là		beeswax	
liánqiào	Forsythia suspensa	forsythia	fruit
lílú	Veratrum nigrum L.; Veratrum schindleri Loes	veratrum, hellebore	rhizome
língyángjiǎo	Saigae Tataricae Cornu	antelope horn	
liǔbáipí	Salix babylonica	Willow	root bark
liǔgēnpí	Salix alba	willow	root bark
liǔmù	Salix spp	willow	branch
lóngkuíngēn	Solanum nigrum	black nightshade	root
lòulú	Rhaponticum uniflorum	rhaponticum	root
luànfa		hair of the head	

lùjiǎo	Cervi Cornu	deer antler	
lúró	E.ebracteolata Hayata		root
máhuáng	Ephedra sinica	ephedra	aerial portion, nodes removed
mángxiāo	sodium sulfate decahydrate	glauber's salt, mirabilite	
mànjīng, wújīng	Brassicae rapae	turnip root	tuber
móshí		mill stone	
mǔlì	Ostrea rivularis	oyster shell	
mùzhànsī	unknown		
niú'ěrgòu		ox ear wax	
niúshǐ, mǎshǐ		ox feces, horse feces	
niúxī	Achyranthes bidentata	ox knee	
píngzicǎo	Lemna minor	duckweed	whole plant
qīngmùxiāng	Aucklandia lappa	costus, saussurea	root
qínjiāo	Gentianae macrophyllae	gentian	root
qiūyè	Catalpae bungei	catalpa	leaf
rénshēn	Panax ginseng	ginseng	root
rǔtóuxiāng	Boswellia carterii	frankincense, gum Olibanum	oleo gum resin
shānjìè	Brassica juncea	mountain mustard (wild)	seed
sháoyào	Paeonia lactiflora	white peony	root
shēngdìhuáng	Rehmannia glutinosa	rehmannia	unprepared root
shēngjiāng	Zingiber officinale	fresh ginger	rhizome
shēngjiāo	Zanthoxylum bungeanum	Sichuan peppercorn	fruit
shēngmá	Cimicifuga heracleifolia	black cohosh	rhizome
shèxiāng	Moschus berezovskii	musk	
shíhuī	Calcium oxide	limestone	
shǔjiāo	Zanthoxylum schinifolium	prickly ash peel	husk
shǔmǐ	Panici miliacei	broomcorn millet	seed
shuòdiào	Sambucus javanica	Chinese elder	leaf
shuòdiàogēn	Sambucus javanica	Chinese elder	root
shǔshǐ	Cornus officinalis	cornelian cherry	fruit
sōngzhī	Pinus tabulaeformis, P. massoniana	pine rosin	rosin

suàn	<i>Allium sativum</i>	garlic	bulb
wǎngcǎo	<i>Beckmannia syzigachne</i>	sloughgrass	aerial portion
wútóng	<i>Firmiana platanifolia</i>	Chinese parasol tree	seed
wūtóu	<i>Aconitum carmichaeli</i>	aconite, monkshood	main root
wǔxiāng	<i>Aucklandia lappa</i>	costus, saussurea	root
wúzhūyú	<i>Evodia rutaecarpa</i>	evodia	fruit
xiǎodòu	<i>Phaseolus calcaratus</i>	adzuki bean	seed
xiǎosuàn	<i>Allii Scorodoprasii</i>		bulb
xiǎosuàn	<i>Allium scorodoprasum</i>	rocambol	bulb
xièbái	<i>Allium macrostemon</i>	garlic chives	bulb
xījiǎo	<i>Rhinoceros unicornis</i>		
xìngrén	<i>Prunus armeniaca</i>	apricot kernel	seed
xiónguáng		realgar	
xiōngqióng	<i>Ligusticum chuanxiong</i>	Sichuan lovage	root
xìxīn	<i>Asarum heterotropoides, A. sieboldii</i>	Chinese wild ginger, asarum	root
xūnlù	<i>Boswellia serrata</i>	Indian frankincense	oleo gum resin
xūnlùxiāng	<i>Boswellia serrata</i>	Indian frankincense	oleo gum resin
yángliǔ	<i>Salix babylonica</i>	willow	bark
yègān	<i>Belamcanda chinensis</i>	blackberry lily	bulb
yìyǐzi	<i>Coix lacryma</i>	Job's tears	seed
yuánhuā	<i>Daphne genkwa</i>	daphne, genkwa	flower
zéi	<i>Sepiida</i>	cuttlefish	
zhìgāncǎo	<i>Glycyrrhiza uralensis</i>	licorice	honey-fried root
zhìhòupò	<i>Magnolia officinalis</i>	magnolia bark	mix-fried bark
zhǐshí	<i>Citrus aurantium, C. sinensis</i>	unripe bitter orange	fruit
zhìzhǐshí	<i>Citrus aurantium</i>	bitter orange	mix-fried fruit
zhízhúhuā	<i>Rhododendron Mollis</i>	yellow azalea	flower
zhǐzǐ	<i>Gardenia jasminoides</i>		
zhǐzǐ	<i>Gardenia jasminoides</i>	gardenia	fruit
zhūyú	<i>Evodia rutaecarpa</i>	evodia	fruit
zī	<i>Panicum miliaceum</i>	millet	seed

zǐgé	Vitis coignetiae	crimson glory vine	aerial portion
zītán	Pterocarpus indicus	rosewood	wood

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