

4. 本草綱目
Ben Cao Gang Mu
Chapters 5 - II
Translation

本草綱目
Ben cao gang mu
水部目錄
Section Waters, Contents,
第五卷
Chapter 5

李時珍曰：水者，坎之象也。其文橫則爲☵，縱則爲☵。其體純陰，其用純陽。上則爲雨露霜雪，下則爲海河泉井。流止寒溫、氣之所鍾既異；甘淡鹹苦、味之所入不同。是以昔人分別九州水土，以辨人之美惡壽夭。蓋水爲萬化之源，土爲萬物之母。飲資于水，食資于土。飲食者，人之命脉也，而營衛賴之。故曰：水去則營竭，穀去則衛亡。然則水之性味，尤慎疾衛生者之所當潛心也。今集水之關於藥食者，凡四十三種，分爲二類：曰天，曰地。舊本水類共三十二種，散見玉石部。

Li Shizhen: Water is the reflection of [the trigram] *kan*. In a horizontal display, its line design is ☵. Its vertical display is ☵. Its body is pure yin; its function is pure yang. Above it constitutes rain, dew, frost and snow. Below it constitutes the sea, rivers, fountains and wells. [Water] may flow or be stagnant, it may be cold or warm, and these [conditions] are [the results of] different concentrations of [its] qi. [Water] may be sweet, bland, salty or bitter, and hence the flavor that have entered it are not the same. This is why the ancients distinguished between the [characteristics of local] waters and soils in the nine regions [of China] to discriminate between the good and malign [character of] the people and whether they may enjoy a long life or die early. The fact is, water is the origin of a myriad transformations; soil is

the mother of the myriad items. The natural endowment acquired through drinking is that of water; the natural endowment acquired through eating is that of soil. Eating and drinking are the life vessels of man; the camp and guardian [qi] depend on them. Hence it is said: Once the water is gone, the camp [qi] will be exhausted. Once the grain is gone, the guardian [qi] will be lost. As it is, in the prevention of illness and the protection of life the nature and the flavor of water are to be taken into consideration. Here now, the waters that are brought together as relevant for [the preparation of] medications and food comprise 43 kinds, separated in two groups, namely [waters of] heaven and [waters of the] soil. In older versions [of *ben cao* works] the group of waters included altogether 32 kinds, and they appeared scattered in the section on jade and stones/minerals.

[The items recorded below are adopted from the following sources:]

Ming yi bie lu 名醫別錄: 1 item, during Liang 梁.

Ben cao shi yi 本草拾遺: 26 items, during Tang 唐, by Chen Cangqi 陳藏器.

Jia you ben cao 嘉祐本草: 4 items, during Song 宋, by Zhang Yuxi 掌禹錫.

Ben cao gang mu 本草綱目: 11 items, during Ming 明, by Li Shizhen 李時珍.

【附註】：

Additional comments [are based on the following sources]:

Wei 魏 [dynasty]:

Li Dangzhi 李當之, *Yao lu* 藥錄

Wu Pu 吳普, 本草 *Ben cao*

Song 宋 [dynasty]:

Lei Xiao 雷斅, *Pao zhi* 炮炙

Qi 齊 [dynasty]:

Xu Zhicai 徐之才, *Yao dui* 藥對

Tang 唐 [dynasty]:

Su Gong 蘇恭, *Ben cao* 本草

Sun Simiao 孫思邈, *Qian jin* 千金

Tang 唐 [dynasty]:

Li Xun 李珣, *Hai yao* 海藥

Zhen Quan 甄權, *Yao xing* 藥性

Yang Sunzhi 楊損之, *Shan fan* 刪繁

Song 宋 [dynasty]

Ma Zhi 馬志, *Kai bao* 開寶

Su Song 蘇頌, *Tu jing* 圖經

Tang Shenwei 唐慎微, *Zheng lei* 證類

Kou Zongshi 寇宗奭, *Yan yi* 衍義

Da Ming, Rihua 大明日華

Jin 金 [dynasty]

Zhang Yuansu 張元素, *Zhen zhu nang* 珍珠囊

Yuan 元 [dynasty]:

Li Gao 李杲, *Fa xiang* 法象

Wang Haogu 王好古, *Tang ye* 湯液

Zhu Zhenheng 朱震亨, *Bu yi* 補遺

Ming 明 [dynasty]:

Wang Ying 汪穎, *Shi wu* 食物

Wang Ji 汪機, *Hui bian* 會編

Wang Lun 王綸, *Ji yao* 集要

水之一

Waters I

天水類一十三種

Waters of Heaven Group, 13 kinds

- 05-01 *Yu shui* 雨水, rain water, FE *Shi yi* 拾遺
- 05-02 *Liao shui* 潦水, puddle water, FE *Shi yi* 拾遺
- 05-03 *Lu shui* 露水, dew water, FE *Shi yi* 拾遺
- 05-04 *Gan lu* 甘露, sweet dew, FE *Shi yi* 拾遺
- 05-05 *Gan lu mi* 甘露蜜, sweet dew honey, FE *Shi yi* 拾遺
- 05-06 *Ming shui* 明水, luminous water, FE *Shi yi* 拾遺
- 05-07 *Dong shuang* 冬霜, winter frost, FE *Shi yi* 拾遺
- 05-08 *La xue* 臘雪, snow of the 12th month, FE *Jia you* 嘉祐
- 05-09 *Pao* 雹, hail, FE *Shi yi* 拾遺
- 05-10 *Xia bing* 夏冰, summer ice, FE *Shi yi* 拾遺
- 05-11 *Shen shui* 神水, divine water, FE *Gang mu* 綱目
- 05-12 *Ban tian he* 半天河, river [water] halfway toward heaven, FE *Bie lu* 別錄

05-13 *Wu lou shui* 屋漏水, water leaking in a house/room, FE *Shi yi* 拾遺

右附方舊一，新三。

Recipes added to the entries above:

One of old. Three newly [recorded]

水之二

Waters II

地水類三十種

Waters of the Earth Group, 30 kinds.

- 05-14 *Liu shui* 流水, flowing water, FE *Shi yi* 拾遺
- 05-15 *Jing quan shui* 井泉水, water from wells and springs, FE *Jia you* 嘉祐
- 05-16 *Jie qi shui* 節氣水, water endowed with seasonal qi, FE *Gang mu* 綱目
- 05-17 *Li quan* 醴泉, sweet-wine spring, FE *Shi yi* 拾遺
- 05-18 *Yu jing shui* 玉井水, water from jade wells, FE *Shi yi* 拾遺
- 05-19 *Ru xue shui* 乳穴水, water from a stalactite cave, FE *Shi yi* 拾遺
- 05-20 *Wen tang* 溫湯, warm and hot water, FE *Shi yi* 拾遺
- 05-21 *Bi hai shui* 碧海水, bluish-green sea water, FE *Shi yi* 拾遺
- 05-22 *Yan dan shui* 鹽膽水, bittern, FE *Shi yi* 拾遺
- 05-23 *E jing shui* 阿井水, water from the E well, FE *Gang mu* 綱目
- 05-24 *Shan yan quan shui* 山岩泉水, water of mountain cliff springs, FE *Shi yi* 拾遺
- 05-25 *Gu zhong zhong shui* 古冢中水, water in an ancient tomb, FE *Shi yi* 拾遺
- 05-26 *Liang ying zhong shui* 糧罌中水, water in a food jar, FE *Shi yi* 拾遺
- 05-27 *Chi long xi shui* 赤龍浴水, bathwater of a red dragon, FE *Shi yi* 拾遺
- 05-28 *Che zhe zhong shui* 車轍水, water from a cart rut, FE *Gang mu* 綱目
- 05-29 *Di jiang* 地漿, earth broth, FE *Bie lu* 別錄
- 05-30 *Re tang* 熱湯, hot, boiling water, FE *Jia you* 嘉祐
- 05-31 *Sheng re tang* 生熟湯, fresh and processed hot water, FE *Shi yi* 拾遺
- 05-32 *Ji shui* 藷水, water used to prepare preserved vegetables, FE *Gang mu* 綱目
- 05-33 *Jiang shui* 漿水, fermented water of foxtail millet, FE *Shi yi* 拾遺

- 05-34 *Zeng qi shui* 甃氣水, water [condensed] from qi rising from a steamer, FE *Shi yi* 拾遺
- 05-35 *Tong hu di lou shui* 銅壺滴漏水, water from a copper clepsydra, FE *Gang mu* 綱目
- 05-36 *San jia xi wan shui* 三家洗盥水, water used to rinse the dishes of three households, FE *Shi yi* 拾遺
- 05-37 *Mo dao shui* 磨刀水, water used to sharpen knives, FE *Gang mu* 綱目
- 05-38 *Jin lan shui* 浸藍水, water in which fabrics have been immersed [to be dyed with] Chinese indigo plant [water], FE *Gang mu* 綱目
- 05-39 *Zhu cao zhong shui* 猪槽中水, water in a pig trough, FE *Shi yi* 拾遺
- 05-40 *Shi men niao kang shui* 市門溺坑水, water from public urinary pits, FE *Shi yi* 拾遺
- 05-41 *Xi shou zu shui* 洗手足水, water used to wash hands and feet, FE *Gang mu* 綱目
- 05-42 *Xi er tang* 洗兒湯, hot water in which a child was bathed, FE *Gang mu* 綱目
- 05-43 *Zhu shui you du* 諸水有毒, all types of water that are poisonous, FE *Shi yi* 拾遺

右附方舊一十八，新四十七。

Recipes added to the entries above:

18 of old. 47 newly [recorded]

【互攷】

[Substances] referred to [elsewhere in detail]

tie jiang 鐵漿, iron broth.

cui tie shui 淬鐵水, water used to temper iron.

yu quan 玉泉, jade spring.

shi nao you 石腦油, naphta.

ju tan shui 菊潭水, water in which a chrysanthemum was soaked.

shi zhong huang shui 石中黃水, yellow water in stones/minerals.

ou ma tang 漚麻湯, water in which sesame was soaked.

mi gan shui 米泔水, water that was used to wash rice.

jiu 酒, wine.

cu 醋, vinegar.

xing tang 餈糖, malt-sugar.