李時珍曰: 水者，坎之象也。其文横則為☵，縱則為☶。其體純陰，其用純陽。上則為雨露霜雪，下則為海河泉井。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。蓋水為萬化之源，土為萬物之母。飲資于水，食資于土。飲食者，人之命脈也，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。今集水之關于藥食者，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* 名醫别録: 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* 藥録
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 潛水, 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 霆, 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 别録
水之二
Waters II
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 纲目
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 纲目
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 粱罌中水, 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 纲目
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 藥水, water used to prepare preserved vegetables, FE Gang mu 纲目
05-33 Jiang shui 浆水, fermented water of foxtail millet, FE Shi yi 拾遺
Zeng qi shui 甄氣水, water [condensed] from qi rising from a steamer, FE Shi yi 拾遺
Tong hu di lou shui 銅壺滴漏水, water from a copper clepsydra, FE Gang mu 綱目
San jia xi wan shui 三家洗盤水, water used to rinse the dishes of three households, FE Shi yi 拾遺
Mo dao shui 磨刀水, water used to sharpen knives, FE Gang mu 綱目
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
Zhu cao zhong shui 猪槽中水, water in a pig trough, FE Shi yi 拾遺
Shi men niao kang shui 市門溺坑水, water from public urinary pits, FE Shi yi 拾遺
Xi shou zu shui 洗手足水, water used to wash hands and feet, FE Gang mu 綱目
Xi er tang 洗兒湯, hot water in which a child was bathed, FE Gang mu 綱目
Zhu shui you du 諸水有毒, all types of water that are poisonous, FE Shi yi 拾遺

Recipes added to the entries above:
18 of old. 47 newly [recorded]

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 漬麻湯, water in which sesame was soaked.
mian shui 米泔水, water that was used to wash rice.
jiu 酒, wine.
cu 醋, vinegar.
xing tang 餳餻, malt-sugar.