

4. 本草綱目
Ben Cao Gang Mu
Chapters 47 - 52
Translation.

本草綱目
Ben cao gang mu
禽部目錄
Section Fowl, Contents
第四十七卷
Chapter 47

李時珍曰：二足而羽曰禽。師曠禽經云：羽蟲三百六十，毛協四時，色合五方。山禽岩棲，原鳥地處。林鳥朝嘲，水鳥夜唼。山禽喙短而尾修，水禽喙長而尾促。其交也，或以尾膠，或以睛睨，或以聲音，或合異類。雉、孔與蛇交之類。其生也，或以翼孚卵，或以同氣變，鷹化鳩之類。或以異類化，田鼠化鴛之類。或變入無情。雀入水爲蛤之類。噫！物理萬殊若此，學者其可不致知乎？五鳩、九扈，少皞取以名官；雄雉、鷓鴣，詩人得之觀感。厥旨微矣。不妖夭，不覆巢，不殪卵，而庖人供六禽，選音翹氏攻猛鳥，碧蕨覆天鳥之巢。聖人之於物也，用舍仁殺之意，夫豈徒然哉？記曰：天產作陽。羽類則陽中之陽，大抵多養陽。於是集其可供庖藥及毒惡當知者，爲禽部，凡七十七種。分爲四類：曰水，曰原，曰林，曰山。舊本禽部三品，共五十六種。今併入一種，自獸部移入一種，蟲部移。

[Li] Shizhen: [Creatures] with two legs and feathers are called fowl. Shi Kuang in his *Qin jing* states: There are 360 creatures with feathers. Their fur corresponds to the four seasons; their colors correspond to the five cardinal directions. Mountain fowl live in rock caves. Fowl of the open country live on the ground. Forest fowl sing in the morning; water fowl cry at night. Mountain fowl have a short trunk and a

long tail. Water birds have a long trunk and a short tail. When they mate, some do so by shaking their tails, some do so by glancing at each other, and some do so by making sounds. Some mate with other kinds [of animals. For example,] pheasants and peacocks mate with snakes. When [fowl] reproduce, some may hatch their eggs under their wings. Or their qi, because they are identical, undergo a change, such as when a goshawk transforms into a turtledove. It may also be that some other type [of animals] transforms [into a bird], such as when a field mouse transforms into a quail. It may also be that [a bird] transforms into some being without feelings, such as when a sparrow enters water and becomes a clam. Wow! The structure of things assumes a myriad appearances like that. Is this not something a learned person must know? Five kinds of turtledoves and nine kinds of *tu* birds were used by Shao Hao to designate official ranks. Male pheasants and owls have inspired poets. This is so subtle! [There were requirements] not to molest the young [of certain birds], not to overturn a nest [of certain birds], not to break open the eggs [of certain birds. On the other hand], a cook may offer six birds [for food. The] *chi* 翬, read *chi* 翹, *shi* [officials of Zhou times were ordered to] attack ferocious birds. And the [official designated as] “collector of nests” overturned the nests of those birds that indicated early death. That is, the attitude of the Sages toward things was to use them and to leave them, to keep them alive and to kill them - how could all this be meaningless! It is recorded: What heaven brings forth is yang. Feathered kinds [of animals], then, are yang in yang. That is, they basically serve to nourish the yang. Here now are collected data that must be known no matter whether [the birds] are offered to the cook or for medical use, or whether they are poisonous and malign. This is the section of fowl, including 77 items, divided in four groups: water [fowl], open country [fowl], forest [fowl], mountain [fowl]. In the [materia medica] volumes of former times, the section of fowl included three ranks with altogether 56 items. Here now one item was added. One item was moved here from the section of wild animals. One item was moved here from the section of worms/bugs. One item was moved here from the section of those that are known but are not in use.

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

Shen nong ben cao jing 神農本草經: 5 items, annotated by Tao Hongjing 陶弘景 during Liang 梁.

Ming yi bie lu 名醫別錄: 11 items, annotated by Tao Hongjing 陶弘景 during Liang 梁.

Tang ben cao 唐本草: 2 items, by Su Gong 蘇恭 during Tang 唐.

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

Shi liao ben cao 食療本草: 2 items, by Meng Shen 孟詵 and Zhang Ding 張鼎 during Tang 唐.

Kai bao ben cao 開寶本草: 1 item, by Ma Zhi 馬志, during Song 宋.

Jia you ben cao 嘉祐本草: 1 item, by Zhang Yuxi 掌禹錫, during Song 宋.

Rihua ben cao 日華本草: 1 item, by Da Ming 大明, a Song person 宋人.

Tu jing ben cao 圖經本草: 1 item, by Su Song 蘇頌, during Song 宋.

Shi wu ben cao 食物本草: 10 items, by Wang Ying 汪穎, during Ming 明.

Ben cao gang mu 本草綱目: 5 items, by Li Shizhen 李時珍, during Ming 明.

【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 [dynasty]:

Xu Zhicai 徐之才, *Yao dui* 藥對

Tang 唐 [dynasty]:

Zhen Quan 甄權, *Yao xing* 藥性

Xiao Bing 蕭炳, *Si sheng* 四聲

Tang 唐 [dynasty]:

Li Xun 李珣, *Hai yao* 海藥

Sun Simiao 孫思邈, *Qian jin* 千金

Yang Sunzhi 楊損之, *Shan fan* 刪繁

Nan Tang 南唐 [dynasty]:

Chen Shiliang 陳士良, *Shi xing* 食性

Shu 蜀 [dynasty]:

Han Baosheng 韓保昇, *Chong zhu* 重注

Song 宋 [dynasty]:

Kou Zongshi 寇宗奭, *Yan yi* 衍義

Tang Shenwei 唐慎微, *Zheng lei* 證類

Chen Cheng 陳承, *Bie shuo* 別說

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

Wu Rui 吳瑞, *Ri yong* 日用

Zhu Zhenheng 朱震亨, *Bu yi* 補遺

Ming 明 [dynasty]:

Xu Yongcheng 徐用誠, *Fa hui* 發揮

Ning Yuan 寧源, *Shi jian* 食鹽

Wang Ji 汪機, *Hui bian* 會編

Chen Jiamo 陳嘉謨, *Meng quan* 蒙筌

禽之一

Fowl, I

水禽類二十三種

Water Fowl: 23 kinds.

47-01 *He* 鶴, red crowned crane. FE *Jia you* 嘉祐

47-01-01 *Ai he xue* 白鶴血, white crane's blood.

47-01-02 *Nao* 腦, [crane] brain.

47-01-03 *Luan* 卵, [crane] egg.

47-01-04 *Gu* 骨, [crane] bone.

47-01-05 *Zhun zhong sha shi zi* 肫中砂石子, sand found in the [crane's] gizzard

47-02 *Guan* 鶴, white stork. FE *Bie lu* 別錄

47-02-01 *Gu* 骨, [stork] bone.

47-02-02 *Jiao gu ji zui* 脚骨及嘴, leg bone and beak [of storks].

47-02-03 *Luan* 卵, [stork] egg.

47-02-04 *Shi* 屎, [stork] droppings.

- 47-03 *Cang ji* 鶇鷄, gray crane. FE *Shi wu* 食物
 47-03-01 *Rou* 肉, meat [of a grey crane].
 47-03-A01 *Su shuang* 鸛鷄
- 47-04 *Yang niao* 陽鳥, yang bird. FE *Shi yi* 拾遺
 47-04-01 *Zui* 嘴, [yang bird] beak.
- 47-05 *Tu qiu* 鵠鷺, lesser adjutant. FE *Shi wu* 食物
 47-05-01 *Rou* 肉, meat [of the lesser adjutant].
 47-05-02 *Sui* 髓, marrow [of the lesser adjutant].
 47-05-03 *Hui* 喙, beak [of the lesser adjutant].
 47-05-04 *Mao* 毛, feathers [of the lesser adjutant].
- 47-06 *Meng tong* 鵞鶩, *meng tong*, FE *Gang mu* 綱目
 47-06-01 *Fen* 糞, droppings [of *meng tong*].
- 47-07 *Ti hu* 鶇鷁, pelican. FE *Jia you* 嘉祐; i.e. *tao e* 淘鵝
 47-07-01 *Zhi you* 脂油, [pelican] oil.
 47-07-02 *Zui* 嘴, [pelican] beak.
 47-07-03 *She* 舌, [pelican] tongue.
 47-07-04 *Mao pi* 毛皮, [pelican] feathers and skin.
- 47-08 *E* 鵞, oriental swan goose. Fe *Bie lu* 別錄
 47-08-01 *Bai e gao* 白鵞膏, fat of white geese.
 47-08-02 *Rou* 肉, [oriental swan goose] meat.
 47-08-03 *Cui* 膠, [oriental swan goose] tail meat.
 47-08-04 *Xue* 血, [oriental swan goose] blood.
 47-08-05 *Dan* 膽, gallbladder/bile [of the Oriental swan goose].
 47-08-06 *Luan* 卵, [oriental swan goose] egg.
 47-08-07 *Xian* 涎, [oriental swan goose] saliva.
 47-08-08 *Mao* 毛, [oriental swan goose] feather.
 47-08-09 *Zhang shang huang pi* 掌上黃皮, yellow skin from the sole of [an Oriental swan goose] foot.
 47-08-10 *Shi* 屎, [oriental swan goose] droppings.
- 47-09 *Yan* 雁, wild goose. FE *Ben jing* 本經
 47-09-01 *Yan fang* 雁肪, fat of wild geese.
 47-09-02 *Rou* 肉, meat [of wild geese].
 47-09-03 *Gu* 骨, bone [of a wild goose].
 47-09-04 *Mao* 毛, feather [of a wild goose].
 47-09-05 *Shi bai* 屎白, white droppings [of a wild goose].
- 47-10 *Hu* 鵠, whooper swan. FE *Shi wu* 食物, i.e., *tian e* 天鵝
 47-10-01 *Rou* 肉, [swan] meat.
 47-10-02 *You* 油, [swan] oil.