

雌雄何首乌本草考证

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摘要 从药材名称、原植物形态、药材性状及功用几个方面对中药何首乌有雌雄一说进行了考证。通过比较分析认为萝藦科植物大根牛皮消的块根即中药白首乌 *Cynanchum bungei* Decne. 就是雌首乌, 蓼科植物何首乌 *Polygonum muleiflorum* Thunb. 的块根为雄首乌, 同时也对这种说法产生的历史原因作了简单的阐述。

关键词 萝藦科 白首乌 蓼科 何首乌 单叶互生

何首乌有雌雄一说由来已久, 至今仍盛传不衰, 更有唯利是图者, 利用现代栽培技术把何首乌或别种植物的块根刻意培育成男女人形谎称首乌精现世。为此, 笔者查阅了大量典籍对雌雄何首乌一说进行了考证。

何首乌在我国医药宝库中占有重要位置, 很多医药经典对其功用都有非常详细的记载。但受历史的局限, 这么多的典籍中对何首乌药材性状以及原植物形态的描述却很少。

《纲目》曰: 何首乌, 春生苗、蔓延竹木墙壁间, 茎紫色, 叶叶相对如薯蓣而不光泽, 夏秋开黄白花如葛勒花(即蔊草花), 结子有棱, 似荞麦而细小, 才如粟大, 秋冬取根, 大者如拳, 各有5棱瓣, 似小甜瓜(引自本草图经), 又: 何首乌生必相对, 根大如拳, 有赤、白2种, 赤者雄, 白者雌(引自开宝本草)^[1]。

《中国高等植物图鉴》及《中药大辞典》对何首乌的描述: 何首乌为蓼科植物, 多年生缠绕草本, 单叶互生, 叶片狭卵形或心形, 两面均光滑无毛, 花小, 花被绿白色密集成大形圆锥花序, 花期10月, 瘦果椭圆形, 有3棱, 长2~3.5mm, 黑色光亮, 外包干花被, 花被成明显的3翅^[2]。根细长, 末端成肥大的块根, 外表红褐色至暗褐色, 横断面淡红棕色或淡黄棕色^[3]。把古今两文作一比较可以发现, 《纲目》的描述与《图鉴》基本一致, 但在两个地方有出入。一是叶叶相对, 这显然与何首乌单叶互生的事实不符。如果说这只是今古文字叙述形式不同的话, 可叶叶相对后面又举了个例子如薯蓣, 单叶对生, 很明显《纲目》对何首乌原植物的叶序的描述是错误的。这一点也可以从《纲目》附图上得以佐证(图)。二是何首乌有雌雄2种, 白者雌、赤者雄。何首乌在植物学上为双子叶植物, 花两性, 植物个体无雌雄之分。其块根药材无论是生首乌还是制首乌, 无论是表皮还是横断面均无白色性状的迹象, 显然《纲目》在何首乌有雌有雄的描述与客观情况不符。

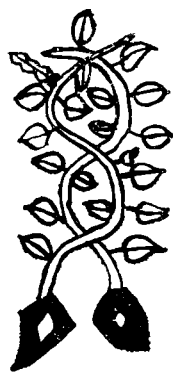


图 《纲目》何首乌图

古时不可能把每一种植物的生长全过程了解的象今天这样详细和透彻, 合二为一, 张冠李戴的现象在所难免, 也在情理之中。具体到何首乌来讲, 很可能就是把类似的植物或者把2种功效相近的药材再或者是把具有相同名字的药物混在一起了。如果我们推论正确的话, 这个叶叶相对被称作雌首乌的植物是萝藦科植物大根牛皮消。

首先, 该植物的块根也有个与何首乌相近的名字叫白首乌, 它在全国各地均有分布, 以山东、河北为主,

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山东又称它为泰山何首乌,白首乌的药材性状与何首乌相似,呈长卵形或类球形,但白首乌的表面呈黄褐色或黄白色,栓皮极易脱落而露出类白色的皮部,其横断面也呈黄白色,这与《纲目》中“白者为雌”的描述是吻合的。再者,白首乌与何首乌分属2类植物科别,植物形态从整体上看差异很大,但是两者在苗期甚至花前期均十分相似,两者均为蔓生草质藤本,茎青紫色,唯白首乌叶叶相对如薯蓣而不光泽^[4],如非专业人员很难把两者分别开来,《纲目》把何首乌描述成叶叶相对如薯蓣很可能就是这个原因。

另外,古代人对药材的采收季节特别注重,认为根类药材以早春采收为最佳,因此时的药材在秋收之后漫长的冬天里经过大地的温润化育,性纯味厚,早春之季,生命的精华将注入禾苗而未宣泄。何首乌与白首乌均属块根,采集季节都以早春为佳,又生境分布相同,而此时两者的地上部分十分相似,根却一个赤一个白,难免出现雌雄何首乌之说。

白首乌与何首乌的功用主治简直是同功异曲,均能滋补强壮,补血敛气,乌须黑发,益寿延年。但两者也有区别,何首乌以补肝肾养阴血见长,白首乌以滋补强壮,敛精益气为胜^[5],这种差异恰恰与《纲目》对雌雄何首乌功效差异的描述一致,即白者入气分,赤者入血分。

综上所述可以这样认为,何首乌本身无雌雄,通常人们所说的雌雄何首乌,雌者为萝藦科植物白首乌*Cynanchum bungei* Decne.,雄者为蓼科植物何首乌*Polygonum multiflorum* Thunb.

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purified with the method of SDS- phenol and their amounts were measured with UV-VIS spectrophotometry. The results showed that the mean testes weight in the experimental groups was significantly higher than that in the control group ($P < 0.01$ or 0.05). The amount of RNA and DNA in the experimental groups, especially in the medium dose Xuanju compound treated group, Xuanju water extract group and Chinese traditional medicine group were more than that in the control group.

(Original article on page 416)

Pharmacognostical Studies on the Two Ploidy Level of Indigowoad (*Isatis indigotica*)

Qiao Chuanzhuo, Dai Fubao, Cui Xi, et al

Morphological and histological characteristics of the root (Banlamgon) and leaf (Daqingye) of *Isatis indigotica* Fort. derived from the autotetraploid ($2n=28$) and its parent diploid ($2n=14$) were compared macroscopically and microscopically. Results showed that expression of polyploidy giantism resulting from chromosome duplication were evident not only among organs but also among tissues of the same organ. Leaves of the tetraploid contained $1.79\sim 3.11\mu\text{g}/\text{mg}$ more indigo than the diploid near the harvest time. Increase of indirubin was also obvious. Polysaccharide in the leaf showed no much difference but that in the root was doubled and total amino acid was increased by 4.8%.

(Original article on page 423)

Distinction of Several Pairs of Easily Confusable Herbal Seeds Under Scanning Electron Microscope

Zhang Shuhua, Wang Li, et al

Easily confusable seed of *Ziziphus jujuba* var. *spinosa* (Bunge) Hu and *Hovenia acerba* Lindl.; *Allium tuberosum* Rottl. ex Spreng. and *A. fistulosum*; *Sinapis alba* L. and *Brassica campestris* L. were examined under scanning electron microscope. Results showed that, 1.) irregular nests were present on the surface of semen *Z. jujuba* var. *spinosa*, while papillae appeared on the surface of semen *H. acerba* Lindl.; 2.) Cells of seed coat of semen *A. tuberosum* were irregularly shaped or polygonic with protruding cutin on its peridium, while that of semen *A. fistulosum* were polygonic with connecting fibers between cells; 3.) cells of semen *S. alba* L. were similarly polygonic, with thick and protruding vertical perine, while that of semen *B. campestris* L. were also polygonic, but its vertical perine were thinner and less protruding, its peridium shrunk in side and was covered with cutinous nets veins.

(Original article on page 427)

Herbological Studies on "Male" and "Female" Heshouwu

Zhan Xuefeng

The saying that the herbal Heshouwu were present in "male" and "female" forms was studied as for its trivial name, pharmacognosy and drug action. Results of the study showed that the so-called "female" Heshouwu is actually *Cynanchum bungei* Decne and the "male" form is *Polygonum multiflorum*. Coincidentally, the historical origin of such saying was briefly discussed.

(Original article on page 431)