

The February 2020 Newsletter of The GP-TCM Research Association



Monthly Chinese Materia Medica Highlights

Wrinkly skinned chaenomeles (*Chaenomeles speciosa*, Rosaceae, 皱皮木瓜, left) and
papaya (*Carica papaya*, Caricaceae, 番木瓜, right)



Native to China, wrinkly skinned chaenomeles is mainly cultivated for medicinal purposes. Its dried nearly ripe fruit is a classic Chinese medicinal that dispels wind-dampness, soothes the tendons, harmonizes the stomach, and improves digestion. Circulated in herbal markets nationwide, superior medicinal materials are produced in Anhui, Hubei and Zhejiang provinces. Wrinkly skinned chaenomeles has been serving as a key ingredient in some renowned ancient and modern Chinese medicinal formulations.

Native to tropical America, papaya is mainly cultivated in the tropical and sub-tropical areas as a source of edible and delicious fruits. However, either fresh or dried papaya fruit is also used medicinally in certain regions. According to local experiences, papaya improves digestion, promotes lactation, eliminates dampness, unblocks collaterals, resolves toxicity, and expels parasites. In this regard, papaya can be defined as a folk Chinese medicinal.

皱皮木瓜

蔷薇落叶猩红花
活络祛风镇痛佳
若是君来携琼璐
桃李为报与木瓜

番木瓜

番木叶阔茎为端
小乔乳黄色花冠
本是祛风兼利水
为何总在远云间

The above photographs, texts and poems are contributed by Prof **Hubiao Chen** (Hong Kong), Dr **Ping Guo** (Hong Kong) and Prof **Jiqing Liu** (Shenzhen), respectively. We thank Prof **Zhongzhen Zhao** (Hong Kong) for advising this column and thank Dr **Qihe Xu** (London) for help with editing.