

The December 2019 Newsletter of
The GP-TCM Research Association
The Christmas & New Year Special Edition



Monthly Chinese Materia Medica Highlights

Cornus (*Cornus officinalis*, Cornaceae, 山茱萸, left) and
evodia (*Euodia rutaecarpa*, Rutaceae, 吴茱萸, right)



The dried flesh of the ripe (red) cornus fruit and the dried nearly mature (indehiscent) evodia fruit are classic Chinese medicinals. Stabilizing and binding, cornus augments the liver and kidney. Warming the interior, evodia disperses cold, stops vomiting, alleviates pain, assists *yang*, and relieves diarrhea. In traditional Chinese medicine (TCM) practice, cornus and evodia are common ingredients of series of TCM formulations and proprietary products. Standard plantation sites have been established in order to ensure their sustainable utilization.

Attention should be paid that *Euodia rutaecarpa* (also in the variant spelling form of *Evodia rutaecarpa*) is now treated as a synonym of *Tetradium ruticarpum*. Both botanically and medicinally minded professionals need to address cases of nomenclature confusion of medicinal plants.

山茱萸

山深乔灌树临风
核果浆状色为红
散落人间不辞苦
一路汗水伴君行

吴茱萸

小乔灌木嫩枝红
蒴果略为状五棱
漫步林间鸣翠鸟
寒时未语暖香浓

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