

# The January 2021 Newsletter of The GP-TCM Research Association



## Monthly Chinese Materia Medica Highlights

Yulan (*Magnolia denudata*, Magnoliaceae, 玉兰, left) and white champak (*Michelia × alba*, Magnoliaceae, 白兰, right)



Native to China and widely cultivated in temperate regions all over the world, yulan is one of the 3 botanical origins of Chinese medicinal xinyi (magnoliae flos). The **flower buds** are harvested in late winter or early spring, cleaned of stems, and dried in the shade. Official in current Chinese Pharmacopeia, magnoliae flos expels wind-cold and unblocks the nasal passages. It is indicated for wind-cold exterior syndrome with nasal congestion, as well as any nasal or sinus condition. Originated from Indonesia, white champak is a hybrid and is widely cultivated (by grafting) in southern China. The **fresh or dried flower** (micheliae albae flos) and **leaf** (micheliae albae folium) are folk medicinals. Micheliae albae flos transforms dampness, regulates qi, and unblocks orifice. It is indicated for abdominal distension, vaginal discharge due to retention of dampness and qi stagnation, and nasal congestion. Micheliae albae folium clears heat, promotes urination, stops coughing, and transforms phlegm. It is indicated for urinary difficulty, coughing and asthma.

Magnoliaceae (around 300 species) is a distinctive family of trees and shrubs often with luxurious flowers. All species are ornamental and some are of medicinal values. They were divided into 17 genera historically. However, based on DNA analysis, many botanists prefer to recognize only 2 genera (*Liriodendron* and *Magnolia*). In this capacity, only 2 species are included in *Liriodendron*, and the rest of species in this family are categorized as *Magnolia*.

### 玉兰

风中独立玉兰花  
朵朵云开枝作涯  
岁岁皆来春望去  
知恩图报痛时夸

### 白兰

白兰花朵最怡人  
秋夏皆来两度春  
叶下幽香颜似雪  
心中有爱是为真

The above colour photographs, English texts and Chinese poems are contributed by Prof **Hubiao Chen** (Hong Kong), Dr **Ping Guo** (Hong Kong) and Prof **Jiqing Liu** (Shenzhen), respectively. This column is advised by Prof **Zhongzhen Zhao** (Hong Kong).