

# The March-April 2021 Newsletter of The GP-TCM Research Association



## Monthly Chinese Materia Medica Highlights

Water chestnut (*Eleocharis dulcis*, Cyperaceae, 荸薺, left) and arrow head (*Sagittaria trifolia* subsp. *leucopetala*, Alismataceae, 慈姑, right)



Both water chestnut and arrow head are aquatic plants of high economic values. Their **corms (swollen and solid underground stems)** can be utilized as food/vegetable and folk Chinese medicinal material.

Widely cultivated in Asia (China, Korea, Japan, Vietnam, and Malaysia), Africa, and Australia, water chestnut is either eaten fresh or used to manufacture water chestnut juice and flour. As a folk Chinese medicinal, water chestnut (*Eleocharitis Dulcis* Rhizoma) clears heat, generates fluids, resolves phlegm, and reduces stagnation. It is indicated for thirst in febrile diseases, sore throat, phlegm-heat coughing, and food stagnation. Simply eating the **fresh sweet corm or drinking its fresh juice** represents a characteristic method of administration in Chinese materia medica.

Commonly cultivated in Asia (China, Korea, and Japan), arrow head is a delicious vegetable that contributes delicacy in some Asian cuisines. The **fresh or dried corm** (*Sagittariae* Rhizoma) is a folk Chinese medicinal that promotes blood circulation, cools blood, stops coughing, frees strangury, dissipates nodules, and resolves toxicity. It is indicated for postpartum disorder, coughing up blood in phlegm, urinary dribbling, furuncles and sores.

### 荸薺

多年草本岸边生  
枣色为寒天作成  
内白清纯才入口  
又闻月下水流声

### 慈姑

多年草本花为白  
箭叶常闻水里来  
历尽千山谁觉苦  
心存热血莫徘徊

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).