

# The July 2020 Newsletter of The GP-TCM Research Association



## Monthly Chinese Materia Medica Highlights

Rice (*Oryza sativa*, Poaceae/Gramineae, 稻 (大米), left) and millet (*Setaria italica*, Poaceae/Gramineae, 粟 (小米), right)



Under the category of *materia dietetica* (nourishing substances), both rice (widely cultivated in tropical and warm temperate areas) and millet (sporadically cultivated worldwide) are important cereals of the international food industry.

In Chinese *materia medica* (medicinal substances), the dried germinated ripe fruit of *Oryza sativa* is known as rice spout (*oryzae fructus germinatus*, 稻芽). As the mainstream commercial medicinal material, it is produced throughout the rice-production regions especially in the southern part of China. Rice spout reduces food stagnation, strengthens the spleen, and improves the appetite. In the regions of the central and upper Yellow River where *Oryza sativa* is not available, the dried germinated ripe fruit of *Setaria italica* is used medicinally and is known as millet spout (*setariae fructus germinatus*, 谷芽). Millet spout has the same functions and indications as those of rice spout.

### 稻 (大米)

江南有稻味甘温  
偶尔相逢日日闻  
踏水寻香知故里  
餐台之上见时频

### 粟 (小米)

田间有粟味甘凉  
自古出生在北方  
偶有随风行远处  
餐时养胃又闻香

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