

The June 2020 Newsletter of The GP-TCM Research Association



Monthly Chinese Materia Medica Highlights

Chinese agarwood (*Aquilaria sinensis*, Thymelaeaceae, 白木香 (沉香), left) and sandalwood (*Santalum album*, Santalaceae, 檀香, right)



Aquilaria sinensis (endemic to southern China) and *Santalum album* (native to southern Asia) are valuable botanical resources that are widely utilized by pharmaceutical, incense, perfumery, and sculpture industries. Wild species of both plants are vulnerable and are protected by relevant local and international regulations. Great efforts have also been made to develop the cultivation in order to ensure their sustainable utilization.

In Chinese *materia medica*, the **resin-containing heartwood** of *Aquilaria sinensis* and other species outside China from the same genus (*aquilariae lignum resinatum*) and the **heartwood** of *Santalum album* (*santali albi lignum*) have similar functions of regulating qi, relieving pain, warming the middle, and stopping vomiting. However, *aquilariae lignum resinatum* stands out because it also assists the kidney in grasping qi, and calms panting.

白木香 (沉香)

身为千仞气轩昂
万里行舟入内香
纹理通幽寻庙宇
珍稀不比痛时忙

檀香

黄金之树用心材
日日闻香异域来
庙宇楼阁常遇见
痛时仍需共灶台

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).