

The March 2020 Newsletter of The GP-TCM Research Association



Monthly Chinese Materia Medica Highlights

Rugosa rose (*Rosa rugosa*, Rosaceae, 玫瑰, left) and Chinese rose (*Rosa chinensis*, Rosaceae, 月季, right)



The dried flower bud of rugosa rose (*rosae rugosae flos*) and the dried slightly bloomed flower of Chinese rose (*rosae chinensis flos*) are official Chinese medicinals recorded in Chinese Pharmacopoeia. Sweet and warm in properties, these two Chinese medicinals have similar functions and indications. Slightly bitter and richly aromatic, *rosae rugosae flos* primarily regulates qi and resolves constraint. By contrast, *rosae chinensis flos* primarily invigorates the blood and regulates menstruation.

Rugosa rose (native to China, Japan, Korea, and Far East of Russia) and Chinese rose (native to China) are popular ornamentals with many horticultural forms worldwide. The former is widely used in food and cosmetics industry as well. Both plants may look similar at first glance, but they can be clearly differentiated by their morphological features of hairs, prickles, leaflets, receptacles and the flower parts. The higher content and more constituents in the volatile oil of rugosa rose shall explain that “a rose by any other name would smell as sweet”.

玫瑰

出生即作爱相随
报香枝头去又回
若是丛中花有刺
寒冬未去待春归

月季

一年几度迎春开
岂是邻家送暖来
月下残香常伴客
旁花落尽始登台

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).