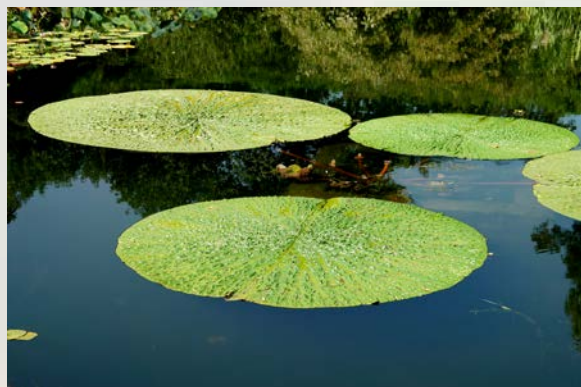


The September 2020 Newsletter of The GP-TCM Research Association



Monthly Chinese Materia Medica Highlights

Prickly waterlily (*Euryale ferox*, Nymphaeaceae, 芡实, left) and
Cherokee rose (*Rosa laevigata*, Rosaceae, 金樱子, right)



In Chinese *materia medica*, the **dried mature seed** of *Euryale ferox* (euryales semen, *qianshi*) and the **dried mature fruit** of *Rosa laevigata* (rosae laevigatae fructus, *jinyingzi*) are common Chinese medicinals that stabilize and bind. Euryales semen tonifies the kidney, secures essence, strengthens the spleen, stops diarrhea, dispels dampness, and relieves vaginal discharge. Rosae laevigatae fructus secures essence, reduces urination, astringes intestines, and stops diarrhea. The combination of euryales semen and rosae laevigatae fructus is well known in Chinese herbal medicine as **Water and Earth Immortals Special Pills** (水陆二仙丹), and is indicated for patients with spermatorrhea or leukorrhea due to kidney deficiency. The name of this formula is based on the fact that prickly waterlily grows in ponds and lakes while Cherokee rose grows on land.

In addition, prickly waterlily seeds and Cherokee rosehips are useful materials in wine and food industries.

芡实

一方绿叶水间生
南北东西未止行
男女常邀家作客
细微之处见真情

金樱子

蔓藤花白话金樱
果实红黄倒卵生
入药何需分男女
同为阻液外循行

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). **This is the 12th issue of Monthly Chinese Materia Medica Highlights that prickly waterlily and Cherokee rose are serving as the 1 year anniversary Chinese medicinal plants of this column.**