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# 广西龙胜红瑶传统药用植物的民族植物学知识

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**摘要:** 瑶族是一个拥有悠久历史和灿烂文化的民族, 红瑶是其中一个分支, 因妇女服饰上的花纹图案以大红色为主而得名, 其生活习俗饱含民族特色, 对植物尤其是药用植物的利用方式, 与其他民族不同。该研究采用经典的民族植物学理论和方法, 访问调查了广西龙胜红瑶传统药用植物种类, 根据植物拉丁名、中文名、当地名、用途、用法及药用部位, 对其进行民族植物学编目, 并与《中国药典》作了比较。结果表明: 共记录到药用植物 95 种, 隶属于 57 科 83 属, 其中蔷薇科、百合科种类最多, 分别含有 7 种, 显示龙胜红瑶传统药用植物资源的多样性; 全株入药的植物种类 41 种, 占总数的 43.16%; 根入药的种类为 23 种, 占总数的 24.21%; 叶入药的种类为 13 种, 占总数的 13.68%。药用植物的药用部位以全株、根及叶为主; 治疗风湿类疾病的药物比重最大, 为 23.47%, 推测与其生活的环境有关; 与《中国药典》比较, 发现 71 种植物未被其收录, 另有 17 种虽被收录但主治功效不同, 有 7 种被收录且主治功效大致相同, 为新型中药的研发提供了借鉴。同时, 还探讨了龙胜红瑶传统药用植物的药用价值、资源现状及文化传承的问题。

**关键词:** 传统药用植物, 红瑶, 龙胜, 民族植物学

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## Ethnobotany knowledge of traditional medicinal plants among Hong-Yao in Longsheng, Guangxi

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**Abstract:** Yao nationality has a long history and splendid culture, which is distributed in provinces and regions such as Guangxi, Hunan, Guizhou, Yunnan Provinces. Hong-Yao is a branch of the Yao nationality, named for many bright red

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patterns on women clothing. Its distinctive natural cognition enriches our traditional cultural knowledge base. Their living customs are full of national characteristics, and their use of plants, especially medicinal plants, is different from those of other nationalities. An classical ethnobotanical investigation on traditional knowledge of medicinal plants was implemented among Hong-Yao communities in Longsheng, Guangxi. The inventory was given based on their scientific name, Chinese name, local name, usage and using parts. And traditional medicinal plants were compared with that in Chinese Pharmacopoeia. The results showed that a total of 95 medicinal plant species belonging to 83 genera and 57 families are recorded. Rosaceae and Liliaceae are the most species, which contain seven species respectively. That reveals the diversity of traditional medicinal plants. There are 41 plants belong to the whole herb medicine, accounting for 43.16% of the total. Twenty-three species are the root medicine, accounting for 24.21% of the total, and 13 plants are leaf medicine, accounting for 13.68%. Part used is given priority to with whole plants and roots. Rheumatic drugs are the largest proportion, up to 23.47%. This may be related to their living environment. Compared with Chinese Pharmacopoeia, there are 71 plant species which not be included in the Chinese Pharmacopoeia, and 17 species are included but have different effects, seven species are included and have similar effects. This provides a reference for the research and development of new Chinese Medicine. The discussion on medicinal value, resource situation and cultural heritage about traditional medicinal plants is shown at the end.

**Key words:** traditional medicinal plants, Hong-Yao, Longsheng, ethnobotany

瑶族是一个拥有悠久历史和灿烂文化的民族,其极具特色的自然认知丰富了我国传统文化知识库(费孝通和王同惠,1988)。我国瑶族总人口约263万,分布于广西、湖南、贵州、云南等省(区)。其中以广西最多,占全国瑶族总人口的62%(曹明等,2016),主要分布在金秀、巴马、都安等6个瑶族自治县,其余散居在龙胜、灌阳、三江等地。

红瑶(Hong-Yao)是瑶族的一个分支,他们自称“尤念”“尤诺”,因妇女服饰上的花纹图案以大红色为主而得名;而云南金平县的红头瑶(Red-headed Yao)则是因妇女以红色锥形头布包头而得名。红瑶与红头瑶是瑶族的不同分支。广西桂林市龙胜县红瑶总人口约1.3万人(粟卫宏,2008),早在东汉初年,红瑶先民就生活在这块偏远山地上,迄今已有1900多年历史(李粟坤,2012)。悠久的历史传承造就了他们饱含民族特色的生活习俗,对植物尤其是药用植物的利用方式,也与其他民族不同。

药用植物是我国传统医药中最重要的物质基础,其重要性不可低估(裴盛基和淮虎银,2007)。有关瑶族药用植物知识的报道较少,对其研究也较晚,最早的是罗金裕等人于1985年报道的广西

瑶族民间常用且首次记载的药用植物23种(罗金裕等,1985),之后又于1991年补充了8种(罗金裕等,1991)。芮雯等(2005)报道抗肝炎类瑶族药33科47种;赵冰清等(2006)报道了瑶药白首乌的研究进展;樊溪源等(2015)对瑶药铜砧做了质量标准研究。但是,关于红瑶的民族植物学研究少有报道。本研究为新药物开发、植物保护和利用以及文化传承奠定科学基础。

## 1 研究区域与研究方法

### 1.1 研究区概况

龙胜各族自治县位于广西壮族自治区桂林市西北部,总面积2538 km<sup>2</sup>, 109°43'—110°21' E, 25°29'—26°12' N,东、南、北三面高而西部低,最低海拔至最高海拔垂直高差1777 m,山峰与山坡常呈阶梯状倾斜。境内皆山,属越城岭山系,为南岭山脉的一部分,该山脉是长江水系与珠江水系的分水岭,南北植物区系在这里交汇、过渡、分化,生物资源极其丰富(陈涛和张宏达,1994),为红瑶传统药用植物知识的积累和发展提供了重要的物质基础。主要自然植被类型包括亚热带常绿阔叶林、常绿落叶阔叶混交林等。瑶、苗、侗、壮、汉5

个兄弟民族聚居此地。本研究选取具有代表性的泗水乡细门村孟山屯作为调查地点, 村民常去的县城作为补充调查点, 用于完善调查资料。

## 1.2 研究方法

查阅、收集和整理调查对象的文化、历史背景, 了解当地的风土人情(席世丽等, 2011; Alan, 2013); 从文献记载中获取第二手资料也是民族植物学研究的一个重要途径, 其中包括地方志、药物志、生物类期刊等。在调查过程中, 还采用随机访问和关键人物访谈、证据标本采集与描述等, 包括“提问法”, 即“5W+1H”法(王洁如和龙春林, 1995)。记录药用植物的中文名、当地名、用途、用法、药用部位等信息, 同时记录标本地标、生境、采集地点等用于室内标本的制作、整理、鉴定和编目。凭证标本存放于广西植物研究所植物资源与植物地理学研究中心 120 室。

在编目的基础上, 将龙胜红瑶传统药用植物与 2015 年版《中华人民共和国药典》(国家药典编委会, 2015)(以下称《中国药典》)进行比较分析并在编目表中备注, 被《中国药典》收录且功效大致相同的记为“收录, 类同”, 功效不同的记为“收录, 不同”, 未收录记为“未收录”。

## 2 结果与分析

### 2.1 传统药用植物命名特点

红瑶人用瑶话命名传统药用植物, 记录到的 95 种植物多为草本, 木本及藤本植物较少。草本植物一般被称为某某草(tao), 例如称芒萁(*Dicranopteris pedata*)为“Gěi nǐ tao”; 藤本植物被称为某某藤(dèng), 如称石松(*Lycopodium japonicum*)为“Bing biu dèng”; 但存在特例, 如光叶海桐(*Pittosporum glabratum*)是灌木, 却称其为“Pán yáo fēng tao”。红瑶传统药用植物命名中, “草(tao)”与汉字“草”发音类似, “藤(dèng)”与汉字“藤”发音类似, “花(fa)”与汉字“花”发音类似, 受到汉语的影响较大。

### 2.2 传统药用植物种类组成

调查结果显示, 龙胜红瑶的药用植物有 95 种, 隶属于 57 科 83 属。其中, 蔷薇科(Rosaceae)、

百合科(Liliaceae)、菊科(Compositae)的植物种类相对较多, 分别含有 7 种、7 种、6 种; 另外, 蓼科(Polygonaceae) 4 种, 忍冬科(Caprifoliaceae) 4 种, 木兰科(Magnoliaceae)、禾本科(Gramineae)、野牡丹科(Melastomataceae)各 3 种。含 2 种以上的科共有 17 科, 占到总科数的 28.07%, 这些科所包含的种数占到总种数的 57.89%。其余 40 科各含 1 种, 详见表 1。

### 2.3 传统药用植物药用部位划分

如图 1 所示, 调查到的 95 种药用植物按照药用部位可以分为全株、根、叶、茎和叶、茎、果、叶和果、叶和根、花等 9 大类。其中全株入药的种类最多, 共有 41 种, 占总数的 43.16%; 其次是根入药的种类, 为 23 种, 占总数的 24.21%; 再次是叶入药的种类, 为 13 种, 占总数的 13.68%。这三类药用植物的数量较多, 所占比例之和为 81.05%, 其余种类较少。这说明龙胜红瑶传统药用植物的入药部位以全株、根及叶为主, 其余部位利用相对较少。

### 2.4 传统药用植物治疗的疾病类型

同种药用植物的不同部位入药可以治疗不同的疾病, 这类药材包括 3 种。如茶(*Camellia sinensis*), 叶子可以治疗拉肚子、腹痛, 而果可以治疗感冒、肌肉酸痛; 空心泡(*Rubus rosaefolius*)全株可以治疗皮肤中毒(无名毒), 单独用叶则可以治疗眼睛流泪; 鱼腥草(*Houttuynia cordata*)也可以治疗两种病症, 茎叶同用可以治疗发热, 单独用叶可以治疗疖子。

对植物治疗的疾病种类进行统计, 针对同种植物的不同药用部位, 治疗不同的疾病, 则该植物治疗的疾病种类将叠加统计(图 2)。将治疗的疾病分为六大类, 分别为风湿类、皮肤类、风寒类、胃肠类、补药类及其它类。其中, 治疗风湿类疾病的药用植物种类最多共 23 种, 占总数的 23.47%; 其次是治疗皮肤病的药用植物共 18 种, 占比 18.37%; 再次是治疗风寒的药用植物共 15 种, 占比 15.31%。其它类药用植物虽然占到总数的 28.57%, 但因所包含的疾病种类繁多, 如治疗便秘、小儿疝气、解蛇毒等, 所以单独计算到每种疾病的药物种类就相对较少了。

龙胜红瑶对药用植物知识的认识和使用与其

表 1 广西龙胜红瑶传统药用植物编目

Table 1 Inventory of traditional medicinal plants of Hong-Yao communities in Longsheng, Guangxi

物种 Species	当地名 Local name	用途 Purpose	用法 Method	药用部位 Part used	中国药典比较 Comparison with Chinese Pharmacopoeia	标本号 Specimen code
风轮菜 <i>Clinopodium chinense</i>	Niu shi tao	皮肤红肿 Toxicoderma	捣碎,敷于患处 Mashed, apply to the affected area	叶 Leaf	未收录 Be not included	—
半边莲 <i>Lobelia chinensis</i>	Suī tóu lián	退热 Fever	揉碎,用米汤水泡,一起服下 Mashed and put in rice water for eating	全株 Whole plant	收录,类同 Be included, similar	MS0021
苞舌兰 <i>Spathoglottis pubescens</i>	—	泻肚子 Diarrhea	煮水喝 Boiled for drinking	根 Root	未收录 Be not included	MS0033
茶 <i>Camellia sinensis</i>	—	拉肚子、腹痛 Diarrhea, bellyache	将茶叶煮开(茶叶多水少), 捞出,加入鸡蛋,同服 Boiled tea (with much tea and little water), take out the tea, put in egg, and have them together eggs in	叶 Leaf	未收录 Be not included	—
		感冒、肌肉酸痛 Cold, muscular soreness	煨烧,开水冲开喝水 Burned and put in boiled water for drinking	果 Fruit		
翅果菊 <i>Pterocypsela indica</i>	Kū mā tai	止痒 Itch	揉碎,擦患处 Mashed and applied to the affected area	叶 Leaf	未收录 Be not included	MS0016
楸木 <i>Aralia chinensis</i>	Zhū jiāo ti	生疮 Sore	煮水喝 Boiled for drinking	根 Root	未收录 Be not included	MS0053
丛枝蓼 <i>Polygonum posumbu</i>	Yā liú tao	小儿感冒 Children's cold	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0017
臭牡丹 <i>Clerodendrum bungei</i>	Dǎi chou gen	补血 Enriching the blood	煮肉 Cooked with meat	根 Root	未收录 Be not included	MS0051
厚叶悬钩子 <i>Rubus crassifolius</i>	Bāng kē qí	皮肤中毒 Toxicoderma	煮水洗凉 Boiled for bath	全株 Whole plants	未收录 Be not included	MS0039
粗叶悬钩子 <i>R. alceaefolius</i>	Bāng kē qí	皮肤中毒 Toxicoderma	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	—
大车前 <i>Plantago major</i>	Zhū dié tài	退热 Fever	与鱼腥草、灯芯草同煮喝水 Boiled with <i>Houttuymia cordata</i> and <i>Juncus effusus</i> for drinking	全株 Whole plant	未收录 Be not included	MS0013
灯心草 <i>Juncus effusus</i>	Dēng tao	退热 Fever	与鱼腥草、大车前同煮喝水 Boiled with <i>Houttuymia cordata</i> and <i>Plantago major</i> for drinking	根 Root	收录,不同 Be included, different	MS0018
地苣 <i>Melastoma dodecandrum</i>	Dōng diǎng dì	肝炎、肌肉酸痛、 结石 Hepatitis, muscular soreness, lithiasis	煮水喝 Boiled for drinking	全株 Whole plant	未收录 Be not included	MS0010
枫香 <i>Liquidambar formosana</i>	Hóng sōng	风湿、拉肚子 Rheumatism, diarrhea	煮水喝,制作黑色饭 Boiled for drinking and used to make colourful rice	叶 Leaf	收录,不同 Be included, different	MS0035
杠板归 <i>Polygonum perfoliatum</i>	Jié bǐu ti	风湿、发热、消无名毒 Rheumatism, fever, toxicoderma	煮水洗凉 Boiled for bath	全株 Whole plant	收录,类同 Be included, similar	MS0012
狗牙根 <i>Cynodon dactylon</i>	Chān zǐ tao	虫牙、牙痛 Decayed teeth, toothache	与芒萁同煮,将水含入口中 Keeping the water in the mouth which is boiled with <i>Dicranopteris pedata</i>	全株 Whole plant	未收录 Be not included	MS0007

续表 1

物种 Species	当地名 Local name	用途 Purpose	用法 Method	药用部位 Part used	中国药典比较 Comparison with Chinese Pharmacopoeia	标本号 Specimen code
光叶海桐 <i>Pittosporum glabratum</i>	Pán yáo fēng tao	风湿 Rheumatism	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0029
海金沙 <i>Lygodium japonicum</i>	Dì gū dēng	止痒, 风湿 Itch, Rheumatism	煮水洗凉 Boiled for bath	茎、叶 Stem and leaf	收录, 不同 Be included, different	MS0014
何首乌 <i>Fallopia multiflora</i>	—	风湿 Rheumatism	煮水洗凉 Boiled for bath	茎、叶 Stem and leaf	收录, 不同 Be included, different	MS0015
黑老虎 <i>Kadsura coccinea</i>	Dūi cong dèng	通筋活血 Relaxing the muscles and stimulating the blood circulation	煮水喝 Boiled for drinking	根 Root	未收录 Be not included	MS0048
茴茴蒜 <i>Ranunculus chinensis</i>	Ya jiao tao	小儿口内白疮 Children's mouth ulcer	用纸包起放到胸前 Packed by paper and put in front of your chest	叶 Leaf	未收录 Be not included	MS0046
鸡冠花 <i>Celosia cristata</i>	Gēi gōng fā	流鼻血, 女人月经过多 Nosebleed, menorrhagia	切碎, 煮水后捞出, 加入鸡蛋, 服下 Minced and boiled, drink the soup with eggs	花 Flower	收录, 类同 Be included, similar	MS0025
积雪草 <i>Centella asiatica</i>	—	发热 Fever	与香茅草根同煮, 洗澡 Boiled with <i>Cymbopogon citratus</i> for bath	全株 Whole plant	未收录 Be not included	MS0009
菊 <i>Cirsium japonicum</i>	—	感冒发烧、中毒 Fever, toxicoderma	泡水喝 Soaked for drinking	根 Root	未收录 Be not included	MS0072
剪刀股 <i>Ixeris japonica</i>	—	伤口 Wound	揉碎, 敷于伤口上 Mashed and applied to the affected area	全株 Whole plant	未收录 Be not included	MS0031
金樱子 <i>Rosa laevigata</i>	Sha duáng tí	补血、养颜 Enriching the blood	泡酒喝 Soaked in the wine for drinking	果 Fruit	收录, 不同 Be included, different	MS0069
空心泡 <i>Rubus rosaefolius</i>	Sān yuán féng	眼睛流泪 Runny eyes	叶烤软, 敷于眼脸上 Baked until soft, and put it on the eyelid	叶 Leaf	未收录 Be not included	MS0024
		皮肤中毒 Toxicoderma	煮水洗凉 Boiled for bath	全株 Whole plant		
宽叶韭 <i>Allium hookeri</i>	Sún	肠炎、胃病 Enteritis, gastritis	与鱼腥草剁碎, 加盐, 隔天 食用 Minced with <i>Houttuynia cordata</i> and salt for eating	叶 Leaf	未收录 Be not included	MS0034
龙芽草 <i>Agrimonia pilosa</i>	Liōng a tāo	拉肚子、腹痛 Abdominal pain	生吃 Eat rawroot	根 Root	未收录 Be not included	MS0055
鱗片水麻 <i>Debregeasia squamata</i>	Ma yē	疖子、化脓 Furuncle, fester	煨热, 捣碎外敷 Baked and mashed, applied to the affected area	根 Root	未收录 Be not included	MS0047
蚂蝗七 <i>Chirita fimbripala</i>	Shi shān tao	胃痛 Stomachache	切碎, 泡水喝 Minced, soaked for drinking	根 Root	未收录 Be not included	—
芒萁 <i>Dicranopteris pedata</i>	Gēi nǐ tao	虫牙、牙痛 Decayed teeth, toothache	与狗牙根同煮, 将水含入口中 Keeping the water in the mouth which is boiled with <i>Cynodon dactylon</i>	全株 Whole plant	未收录 Be not included	MS0005
绵毛猕猴桃 <i>Actinidia fulvicoma</i> var. <i>lanata</i>	—	皮肤中毒 Toxicoderma	煮水洗凉 Boiled for bath	叶 Leaf	未收录 Be not included	MS0043

续表 1

物种 Species	当地名 Local name	用途 Purpose	用法 Method	药用部位 Part used	中国药典比较 Comparison with Chinese Pharmacopoeia	标本号 Specimen code
节节草 <i>Equisetum ramosissimum</i>	Tōng gūn tao	风湿、通血脉 Toxicoderma, promoting blood circulation	温水喝 Boiled for drinking	全株 Whole plant	收录,不同 Be included, different	—
牛膝 <i>Achyranthes bidentata</i>	Hōng bēi tāo	补血 Enriching the blood	与瘦肉、猪脚同煮 Cooked with lean meat and petti- toes	根 Root	收录,不同 Be included, different	MS0011
枇杷 <i>Eriobotrya japonica</i>	Bī bā	感冒 Cold	与大蒜、蜂蜜、陈皮、生姜煮 水喝 Boiled for drinking, with garlic, honey, tangerine peel and ginger	叶 Leaf	收录,不同 Be included, different	—
七星莲 <i>Viola diffusa</i>	—	伤口 Wound	揉碎,敷于伤口上 Mashed and applied to the affected area	全株 Whole plant	未收录 Be not included	MS0027
金线吊乌龟 <i>Stephania cepharantha</i>	Chēng zhēn deng	风湿 Rheumatism	泡酒 Soaked in the wine for drinking	根 Root	未收录 Be not included	—
千里光 <i>Senecio scandens</i>	Yōng fā tao	风湿 Rheumatism	煮水洗澡(坐月子用) Boiled for bath	茎、叶 Stem and leaf	未收录 Be not included	MS0019
珊瑚树 <i>Viburnum odoratissimum</i>	—	皮肤中毒 Toxicoderma	煮水洗凉 Boiled for bath	茎、叶 Stem and leaf	未收录 Be not included	MS0026
商陆 <i>Phytolacca acinosa</i>	Hōng tōng tao	便秘 Astriction	煮水喝 Boiled for drinking	叶、根 Leaf and root	收录,类同 Be included, similar	MS0001
蛇含委陵菜 <i>Potentilla kleiniana</i>	Méi fa tao	下巴生水泡 Blister on jaw	捣碎,敷于患处 Mashed and applied to the affected area	全株 Whole plant	未收录 Be not included	MS0036
石松 <i>Lycopodium japonicum</i>	Bing biu dèng	浮肿 Swelling	煮水洗凉,煮水喝 Boiled for drinking and bath	全株 Whole plant	未收录 Be not included	MS0022
石菖蒲 <i>Acorus tatarinowii</i>	Shan jiang zi	风湿、清凉、 润肺养颜 Rheumatism, beautifying	煮水喝 Boiled for drinking	全株 Whole plant	收录,不同 Be included, different	—
石韦 <i>Pyrrosia lingua</i>	Tóu dǎo ré	退高烧、清凉润肺 Fever, moistening lung	煮水喝 Boiled for drinking	全株 Whole plant	收录,不同 Be included, different	MS0020
单叶双盖蕨 <i>Diplazium subsinuatum</i>	Tóu dǎo ré	退高烧、清凉润肺 Fever, moistening lung	煮水喝 Boiled for drinking	全株 Whole plant	未收录 Be not included	MS0097
水蓼 <i>Polygonum hydropiper</i>	Lǜi tao	感冒 Cold	与柠檬草、天胡荽同煮,用水 洗澡 Boiled with <i>Cymbopogon citratus</i> and <i>Hydrocotyle sibthorpioides</i> for bath	全株 Whole plant	未收录 Be not included	MS0017
蒜* <i>Allium sativum</i>	Shùn tái	胃病 Gastrosis	与鱼腥草剁碎,加盐,隔天 服下 Minced with <i>Houttuynia cordata</i> and salt for eating	茎、叶 Stem and leaf	未收录 Be not included	—
天胡荽 <i>Hydrocotyle sibthorpioides</i>	—	发热 Fever	与柠檬草根同煮,洗澡 Boiled with <i>Cymbopogon citratus</i> for bath	全株 Whole plant	未收录 Be not included	MS0038
铜锤玉带草 <i>Pratia nummularia</i>	—	生疮、水泡 Sore, blister	捣碎,加茶油,和匀,敷于患处 Mashed and applied to the affected area with camellia oil	全株 Whole plant	未收录 Be not included	MS0028
乌蕨 <i>Sphenomeris chinensis</i>	Yǔ gēi mì	无名毒、疖子 Toxicoderma, furuncle	捣碎,外敷 Mashed and applied to the affected area	叶 Leaf	未收录 Be not included	MS0006

续表 1

物种 Species	当地名 Local name	用途 Purpose	用法 Method	药用部位 Part used	中国药典比较 Comparison with Chinese Pharmacopoeia	标本号 Specimen code
吴茱萸 <i>Tetradium ruticarpum</i>	Chōu te	消无名毒 Toxicoderma	用火烤至 30 度以下, 捣碎, 敷于患处 Baked until soft, then mashed and applied to the affected area	叶 Leaf	收录, 不同 Be included, different	MS0032
蜈蚣草 <i>Pteris vittata</i>	Miāo dǒu tao	退热、消毒 Fever, toxicoderma	煮水洗凉 Boiled for bath	根 Root	未收录 Be not included	MS0003
香叶树 <i>Lindera communis</i>	Men dāo sū	风湿 Rheumatism	煮水洗凉 Boiled for bath	茎、叶 Stems and leaf	未收录 Be not included	MS0050
香茅(柠檬草) <i>Cymbopogon citratus</i>	Xī mǎo tōu	感冒 Cold	与天胡荽、水蓼同煮, 洗澡 Boiled with <i>Hydrocotyle sibthorpioides</i> and <i>Polygonum hydropiper</i> for bath	全株 Whole plant	未收录 Be not included	MS0008
香青 <i>Anaphalis sinica</i>	Liào	关节炎 Arthritis	涂于患处 Mashed and applied to the affected area	茎、叶 Stems and leaf	未收录 Be not included	MS0045
菝葜 <i>Smilax china</i>	Jīn gāng dāo	酒钥 For rice wine fermentation	剁碎晒干, 磨粉 Dried and ground into a powder	根 Root	收录, 不同 Be included, different	MS0002
黑果菝葜 <i>S. glauco-china</i>	Jīn gāng dāo	酒钥 For rice wine fermentation	剁碎晒干, 磨粉 Dried and ground into a powder	根 Root	未收录 Be not included	—
盐肤木 <i>Rhus chinensis</i>	Ni bēi sū	耳朵化脓 Fester in ears	焙干磨粉, 用细管吹入耳中 Dried and ground into a powder, then will be put in ears	果 Fruit	未收录 Be not included	—
野含笑 <i>Michelia skinneriana</i>	Sū niyāo	内伤、淤血 Blood stasis	泡酒喝 Soaked in the wine for drinking	叶 Leaf	未收录 Be not included	MS0049
野牡丹 <i>Melastoma candidum</i>	Dǎi dong diǎng	坐月子风湿 Rheumatism when childbirth	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0023
薏仁米 <i>Coix lacryma-jobi</i> var. <i>ma-yuen</i>	Tiān zī dì	蛔虫(猪) Ascaris in pig	根煮水配饲料, 茎叶直接作饲料 Eaten by pigs as fodder (the roots need to be boiled)	全株 Whole plant	收录, 不同 Be included, different	MS0004
鱼腥草(蕺菜) <i>Houttuynia cordata</i>	Hōng bēi nōng	退热 Fever	与车前、灯芯草同煮喝水 Boiled with <i>Plantago major</i> and <i>Juncus effusus</i> for drinking	茎、叶 Stem and leaf	收录, 类同 Be included, similar	MS0073
		疖子 Furuncle	叶子烤软敷于疖子上 Baked until soft, then applied to the affected area	叶 Leaf		
毡毛马兰 <i>Kalimeris shimadai</i>	—	补血 Enriching the blood	煮鸡、煮肉 Cooked with chicken and meat	全株 Whole plant	未收录 Be not included	MS0042
硃砂根 <i>Ardisia crenata</i>	Sòng huan dī	发烧、喉咙痛 Fever, sore throat	煮水喝 Boiled for drinking	根 Root	未收录 Be not included	MS0052
南五味子 <i>Kadsura longipedunculata</i>	Dǎi cōng dèng	通筋活血 Rrelaxing the muscles and stimulating the blood circulation	煮水喝 Boiled for drinking	根 Root	未收录 Be not included	MS0056
草珊瑚 <i>Sarcandra glabra</i>	Xīe lan	喉咙痛 Sore throat	煮水喝 Boiled for drinking	全株 Whole plant	未收录 Be not included	MS0057
流苏子 <i>Coptosapelta diffusa</i>	Jié xī táo	生疮(痒) Sore	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0058

续表 1

物种 Species	当地名 Local name	用途 Purpose	用法 Method	药用部位 Part used	中国药典比较 Comparison with Chinese Pharmacopoeia	标本号 Specimen code
双蝴蝶 <i>Tripterospermum chinense</i>	Diu tián héng	风湿 Rheumatism	煮水洗凉,煮水喝 Boiled for drinking and bath	全株 Whole plant	未收录 Be not included	MS0059
常春藤 <i>Hedera nepalensis</i> var. <i>sinensis</i>	San ge hóng	风湿 Rheumatism	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0060
川续断 <i>Dipsacus asper</i>	Ya jiē lǎo ba	补药、通筋活血 Tonic, rrelaxing the muscles and stimulating the blood circulation	泡酒 Soaked in the wine for drinking	根 Root	未收录 Be not included	MS0061
淡红忍冬 <i>Lonicera acuminata</i>	Gōu guo dèng	小儿疝气 Children's hernia	煮水喝 Boiled for drinking	根 Root	未收录 Be not include	MS0062
金灯藤 <i>Cuscuta japonica</i>	Wu gen tao	水肿 Edema	煮水蒸 Steaming	全株 Whole plant	未收录 Be not included	MS0063
滇白珠 <i>Gaultheria leucocarpa</i> var. <i>crenulata</i>	Chōu bi di	通筋活血 Rrelaxing the muscles and stimulating the blood circulation	煮水喝 Boiled for drinking	全株 Whole plant	未收录 Be not included	MS0064
大明常山 <i>Dichroa daimingshanensis</i>	—	解蛇毒 Snake venom	煮水喝 Boiled for drinking	全株 Whole plant	未收录 Be not included	MS0065
细辛 <i>Asarum sieboldii</i>	Ma jiāo tao	风湿 Rheumatism	煮水洗凉 Boiled for bath	全株 Whole plant	收录,不同 Be included, different	MS0066
薄叶鼠李 <i>Rhamnus leptophylla</i>	Hōng sāi ti	补药、心痛病 Tonic, angina pectoris	温水煮猪心 Cooked with pig heart.	茎 (枝刺) Tree spikes	未收录 Be not included	MS0070
接骨草 <i>Sambucus chinensis</i>	Niu tōng di	皮肤生疤 Skin scar	捣碎,与茶油同煮,擦于患处 Mashed, boiled with tea-seed oil, applying the affected area	叶 Leaf	未收录 Be not included	MS0068
薜荔 <i>Ficus pumila</i>	Qīāng dou ye	风湿 Rheumatism	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0002
皱叶忍冬 <i>Lonicera rhytidophylla</i>	Gēn yín fa	风湿、退烧 Rheumatism, fever	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0073
四川轮环藤 <i>Cyclea sutchuenensis</i>	Tiǎn dǎng	风湿 Rheumatism	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0076
锦香草 <i>Phyllagathis cavaleriei</i>	Niu jiāo tao	风湿 Rheumatism	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0078
黄花倒水莲 <i>Polygala fallax</i>	Ma ling an	补身子 Tonic	煮肉 Cooked with meat	根 Root	未收录 Be not included	MS0081
开口箭 <i>Tupistra chinensis</i>	Pān you bi	腰疼 Lumbago	烤热,敷到腰上 Calcined, applying to the waist	叶 Leaf	未收录 Be not included	MS0083
钩藤 <i>Uncaria rhynchophylla</i>	Gōu dèng	舒筋活血 Rrelaxing the muscles and stimulating the blood circulation	煮水洗凉 Boiled for bath	根 Root	收录,不同 Be included, different	MS0085
博落回 <i>Macleaya cordata</i>	Bōng tōng ye	皮肤病、癣 Tinea	捣碎擦拭,煮水洗 Mashed, boiled for bath	叶	未收录 Be not included	MS0086

续表 1

物种 Species	当地名 Local name	用途 Purpose	用法 Method	药用部位 Part used	中国药典比较 Comparison with Chinese Pharmacopoeia	标本号 Specimen code
金耳环 <i>Asarum insigne</i>	Ma jiāo tao	风湿 Rheumatism	煮水洗凉 Boiled for bath	全株 Whole plant	未收录 Be not included	MS0088
常山 <i>Dichroa febrifuga</i>	—	解蛇毒 Snake venom	煮水喝 Boiled for drinking	全株 Whole plant	收录,不同 Be included, different	MS0089
球药隔重楼 <i>Paris fargesii</i>	—	风湿、跌打损伤 Rheumatism, traumatic injury	捣碎外敷,泡酒擦拭 Mashed and soaked in wine for external use	根 Root	未收录 Be not included	MS0094
七叶一枝花 <i>P. polyphylla</i>	—	风湿、跌打损伤 Rheumatism, traumatic injury	捣碎外敷,泡酒擦拭 Mashed and soaked in wine for external use	根 Root	收录,类同 Be included, similar	MS0095
八角莲 <i>Dysosma versipellis</i>	—	无名毒 Toxicoderma	捣碎外敷 Mashed for external use	根 Root	未收录 Be not included	MS0096
多花黄精 <i>Polygonatum cyrtoneura</i>	—	润肺止咳 Moistening lung to arrest cough	煮水喝 Boiled for drinking	茎 (根状茎) Rhizome	收录,类同 Be included, similar	—
宝铎草 <i>Disporum sessile</i>	—	润肺止咳 Moistening lung to arrest cough	煮水喝 Boiled for drinking	茎 (根状茎) Rhizome	未收录 Be not included	MS0091
石南藤 <i>Piper wallichii</i>	Chòu hong	风湿、手脚麻木、酸痛 Rheumatism, numbness of hands and feet	熬茶喝,煮水洗凉 Boiled for drinking and bath	茎、叶 Steam and leaf	未收录 Be not included	MS00103
西域旌节花 <i>Stachyurus himalaicus</i>	Chòng leng pō	便秘 Astriction	煮水喝 Boiled for drinking	茎、叶 Steam and leaf	收录,不同 Be included, different	MS0080

注: \* 表示栽培种。

Note: \* indicates cultivated plants.

所处的地理环境、气候条件、生产生活方式存在紧密关系(杜钦等,2016)。他们世代居住在高寒山区,寒冷、潮湿的环境导致风寒头痛、风湿等病症多发,另外居住条件差,皮肤类疾病也较多,因此调查到的传统药物中风湿类、风寒类以及皮肤类药物比重较大,三类药用植物所占比例之和达57.14%。

## 2.5 传统药用植物与《中国药典》比较

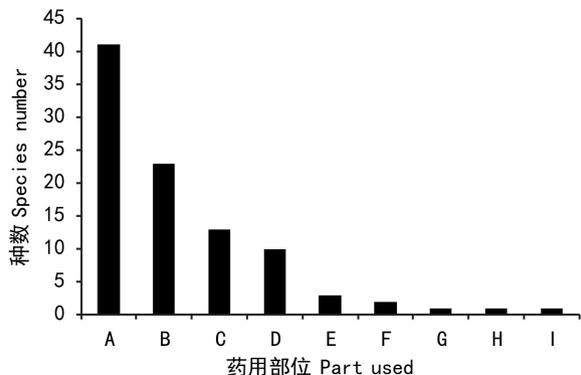
通过与2015年版《中国药典》比较发现,95种传统药用植物中,未被《中国药典》收录的有71种,占总数的74.74%;被收录但主治功效不同的药用植物有17种,占总数的17.89%;被收录且主治功效大致相同的药物最少,仅有7种,占总种数的7.37%。

由于红瑶人时代长期居住在偏远地区,与外界联系少,逐渐形成了独具一格的民族用药历史。

据村中草医介绍,有外界人士专门驱车前来看病,并且治疗效果甚佳,其医术也为周边村落的村民所熟知,可见瑶药仍然在当地村民的生产生活中发挥着重要作用。在其所用药用植物中,绝大部分未被《中国药典》收录或收录但功效不同,可为新型中药要发提供重要借鉴。

## 2.6 红瑶用药特色及神话传说

在长期与疾病斗争的历史中,红瑶人总结出了多种特色常用药材,如“虎药”“牛药”“风药”等;诊法与传统中医类似,有“看、问、闻”;从用法上划分,有泡酒、内服、外敷、洗浴、熏、烫等。其传承药水沐浴的习俗俗称“药浴”,常用的药材有千里光(*Senecio scandens*)、丛枝蓼(*Polygonum posumbu*)、蜈蚣草(*Pteris vittata*)等,将多种草药煮水制成“百草汤”用来洗澡,可预防、治疗风湿等多种疾病;清明时节,家家户户制作、食用艾叶粑粑,可防



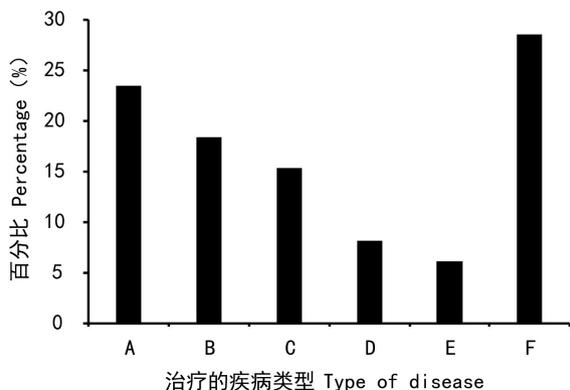
注: A. 全株; B. 根; C. 叶; D. 茎、叶; E. 茎;  
F. 果; G. 叶、根; H. 叶、果; I. 花。

Note: A. Whole plant; B. Leaf; C. Root;

D. Stem and leaf; E. Stem; F. Fruit; G. Leaf and root;  
H. Leaf and fruit; I. Flower.

图1 红瑶传统药用植物药用部位划分

Fig. 1 Division of traditional medicinal plants based on part used



注: A. 风湿类; B. 皮肤类; C. 风寒类;

D. 胃肠类; E. 补药类; F. 其它类。

Note: A. Rheumatism type; B. External application type; C. Wind chill type; D. Gastrointestinal type; E. Tonics type; F. Others.

图2 红瑶传统药用植物治疗的疾病类型

Fig. 2 Disease types in the treatment of traditional medicinal plants

治疾病等。

当地村民信奉药神,村里的草医家中供奉着一尊药神像,每到重大节日的时候,如三月三、端午节、鬼节等,草医都会对药神像烧香叩拜,进行供奉,祈祷全村人民身体健康,平平安安。如遇到外地人前来看病时,草医也会祭拜药神像,祈祷患

者药到病除,早日康复,并且在患者离开时赠送一束稻草,嘱咐其带回家中烧掉。这些都表达了淳朴的红瑶人民对美好生活的祝愿。

### 3 讨论

#### 3.1 传统药用植物药用价值

龙胜红瑶传统药用植物知识具有超过百年的实践基础,饱含民族特色,因此,龙胜红瑶传统药用植物知识不但丰富了传统文化知识宝库,为中药资源储备奠定科学基础,更为新型中药研发提供了新视角,开拓了新思路。在传统中医中药备受关注的今天,龙胜传统药用植物知识具有很好的开发价值。但由于红瑶没有本民族的文字,其传统药用植物知识只能依靠口传手授、家族式传授等方式传承,因此在传承过程中可能出现错误;另外,龙胜红瑶所用药物在药理学方面是否存在副作用或毒性也有待考证。因此,在这些宝贵知识得到推广应用之前需要更进一步的研究。

#### 3.2 传统药用植物资源现状

近些年来,在经济利益的驱使下,当地人开始大面积砍伐森林,生态环境破坏严重,自然资源逐渐减少,不少重要野生植物资源濒临灭绝,加之当地人对名贵药材的过度采挖,导致野生药用植物资源越来越少。作者陪村民上山时,发现6株八角莲全被村民采走。采访时众多村民表示山中药材明显减少,村民的可持续发展理念淡薄。建议在发展经济的基础上,也要兼顾保护自然资源。同时,加大环境保护的宣传力度,加强对村民的教育,实现生态环境的可持续发展。

#### 3.3 传统药用植物知识传承

红瑶世代居于偏远山区,交通不便,保持着自身特色的生活方式,其丰富的传统药用植物知识至今仍在生产生活中发挥着极其重要的作用。但随着社会发展进步,红瑶受到越来越多外来文化的影响,尤其是现代医药技术的普及,使其传统医药知识传承面临较大的难度。加之年轻人外出务工,学习传统医药知识的人越来越少,而掌握传统知识的人越来越老龄化,这些宝贵的传统知识面临着流失、断代的威胁(龙春林,2013; Farrukh et

al., 2006)。当地政府应加强对红瑶传统知识, 尤其是传统药用植物知识的保护和弘扬, 加大扶持力度, 培养一批精通红瑶传统文化知识的年轻人, 将这笔财富世代永久的传承下去。

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