

## Rhizoma Atractylodis Macrocephalae

Cāng zhú also known as black atractylodes rhizome or Rhizoma Atractylodes  
Tonify spleen qi, dry dampness, induce diuresis, arrest sweating and prevent abortion.  
Largehead atractylodes rhizome contains volatile oils, such as  $\alpha$ -humulene,  $\beta$ -humulene,  $\alpha$ -curcumene,  $\beta$ -elemol, atractlone, 3 $\beta$ -acetoxyatractylone, selina-4(14),7(11)-dien-8-one, hinesol, and atractylodin. It also contains lactone compounds such as atractylenolides I-IV, atractylenolactam, beishulenolide A, peroxyatractylenolide III, and biepiasterolide. Others are immune active polysaccharides, essential amino acids and vitamins.[5]

Largehead atractylodes rhizome can invigorate spleen, replenish qi (vital energy), induce urination, dry the body, control sweating and prevent abortion.[2]

Largehead atractylodes rhizome is often used to strengthen the body, boost immune functioning, regulate stomach and digestive functions, promote absorption, induce urination and relieve edema.[3][4]

### REFERENCES:

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3. Tao Yufeng, Clinical Herbal Medicine, People's Medical Publishing House, 2005-5.
4. Chen Pian, Clinical Application of Tonifying Herbs, Second Military Medical University Press, 2008.
5. Zhao Zhongzhen & Xiao Peigen (editor-in-chief), Contemporary Medicinal Herbal Glossary, Hong Kong Jockey Club Institute of Chinese Medicine, 2006-8.