

Atractylodis Macrocephalae Rhizoma



Atractylodis Macrocephalae Rhizoma (白朮) is the dried rhizome of *Atractylodes macrocephala* Koidz, family Asteraceae (Compositae).

Other name Baizhu (Chinese name), Largehead Atractylodes Rhizome

Macroscopic character

Irregularly plump mass. External greyish-yellow or greyish-brown, with warty protrudings, interrupted longitudinal wrinkles and grooves, and scars of fibrous rootlets; remains of stems and bud scars attached to the apex. Texture hard, uneasily broken, fracture uneven, yellowish-white to pale brown, scattered with brownish-yellow dotted oil cavities. Odor, aromatic; taste, sweet and slightly pungent, slightly viscous on chewing.



Important cultivation area

Zhejiang, Anhui, Hunan, Hubei provinces

Processing method

1. Baizhu: Eliminate foreign matters, wash clean, soften thoroughly, cut into thick slices, and dry.

2. Tuchaobaizhu: Stir-bake Zaoxintu (soil inside ancient stove) on a medium fire until loose, add Baizhu (use 25 kg of Zaoxintu for 100 kg of Baizhu), then continuously stir-bake and sift out Zaoxintu.

3. Fuchaobaizhu: Stir-bake wheat bran already stir-fried with honey on a medium fire until smoke, add the slices of Baizhu (use 10 kg of wheat bran for 100 kg of Baizhu), then stir-bake on a medium fire until the color turns yellowish-brown with burnt aroma, and sift out wheat bran.



Traditional Chinese Medicine action

Bitter and sweet; warm. Enter spleen and stomach channels.

1. Baizhu: Fortify the spleen and replenish *qi*, dry dampness and induce diuresis, check sweating, prevent miscarriage.

2. Tuchaobaizhu: Enhance tonifying spleen and anti-diarrhea.

3. Fuchaobaizhu: Moderate dryness. Enhance fortifying spleen and anti-flatulence.

Thai Traditional Medicine action

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Usage and dosage

6-12 g, decoction for oral use.

Contraindication and precaution

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