

# Introduction of the aquatic medicinal plant and health protection application

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## Abstract

Taiwan primary has 300 many kinds of aquatic plants, its use extremely multi-dimensional, some is the important industrial crop, like paddy rice (*Oryza sativa* Linn.), water chestnut (*Trapa natans* L.), lotus (*Nelumbo nucifera* GAERTNER) and Water Rice (*Zizania latifolia* (GRISEB.) STAPF) and so on; Some may work as medicine use, like Phragmitis Rhizoma (*Phragmites communis* Trinus), lotus (*Nelumbo nucifera* GAERTNER), Alismatis Rhizoma (*Alisma plantago-aquatica* L. var. *orientale* SAMUELS.), Eriocauli Scapus (*Eriocaulon buergerianum* KOERN.), Acori Graminei Rhizoma (*Acorus gramineus* SOLAND.), Floating Moss (*Salvinia natans* (L.) All.), Pig Thigh (*Houttuynia cordata* THUNB.), Sparganii Rhizoma (*Sparganium racemosum* HUDS.), Junci Medulla (*Juncus effusus* L.) and Typhae Pollen (*Typha angustifolia* L.); Some also may fertilize the soil and may act as fish's fish food, the increase catches, like Mosquito fern (*Azolla pinnata* R. Brown), Common duckweed (*Lemna aequinoctialis* WELWITSCH), bitter grass, Malaya clothing material vegetable and propeller blade black algae and so on. The yellow water (*Nuphar shimadae* HAYATA) had been seen as a medicine plant by the Japanese years ago and were planted at the local Hakkas farmers mounds in Taoyuan, Sienjhu, Miaoli and Nantou regions which were irrigated by pools that made the yellow water a children's memory of many Taiwanese. A breeze and a breeze, lonely and unhappy at the pond side, full of the water-lilies... " the lyrics of Love's lone flower (孤戀花), old familiar Taiwanese song yellow water is another name of water-lilies. The root and stem of yellow water has the function of anemia-free, curing woman's sicknesses such as the malfunctions before and after childbirth. The whole plant of water-lilies at the Plant Garden of Taipei is a cherished thing, its root stock and seed are high nutritional food, the nodal root stock can clean heat and neutralize poison, the seed can nourish and stable the spirit and stop diarrhea, the pistil of seed can clean heat, stable the spirit and decrease blood pressure, the shell of cupule can loose bruise and stop bleeding, the flower can clean

heat and stop bleeding, and leaf can harmonize stomach and stop bleeding, etc., it's the most representative water medicine plant.