

The Folk Medicine and Medicinal Plants of Mt. Han-La¹⁾

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Outline of Traditional Medicine in Che-Ju-Island

Che-Ju is the biggest island located in southern territories of Korea.

In the oriental region, natural substances have been used for medical treatment of diseases or foods from several hundred years ago. So, it is current situation that botanical resources growing wild in our country have been decreased year by year, in both their kinds and quantities.

However, we are fortunate enough to find the situation under which preservation status of botanical resources is getting better a little, thanks to recently active natural preservation campaign.

In the Southern part, the highest mountain is Mt. HanLa with height of 1,957 m above sea level, where about 400 kinds of botanical resources are distributed.

Inhabitants of Cheju-Island had not been blessed with any medical benefits from its early days, and they had depended upon lots of herb and the barks of trees being produced in Mt. HanLa for their diseases. Mainly, they used *Lonicerae Flos* for their medicinal purpose, and also, they used flowers and leaves of trees for

appendicitis and inflammation.

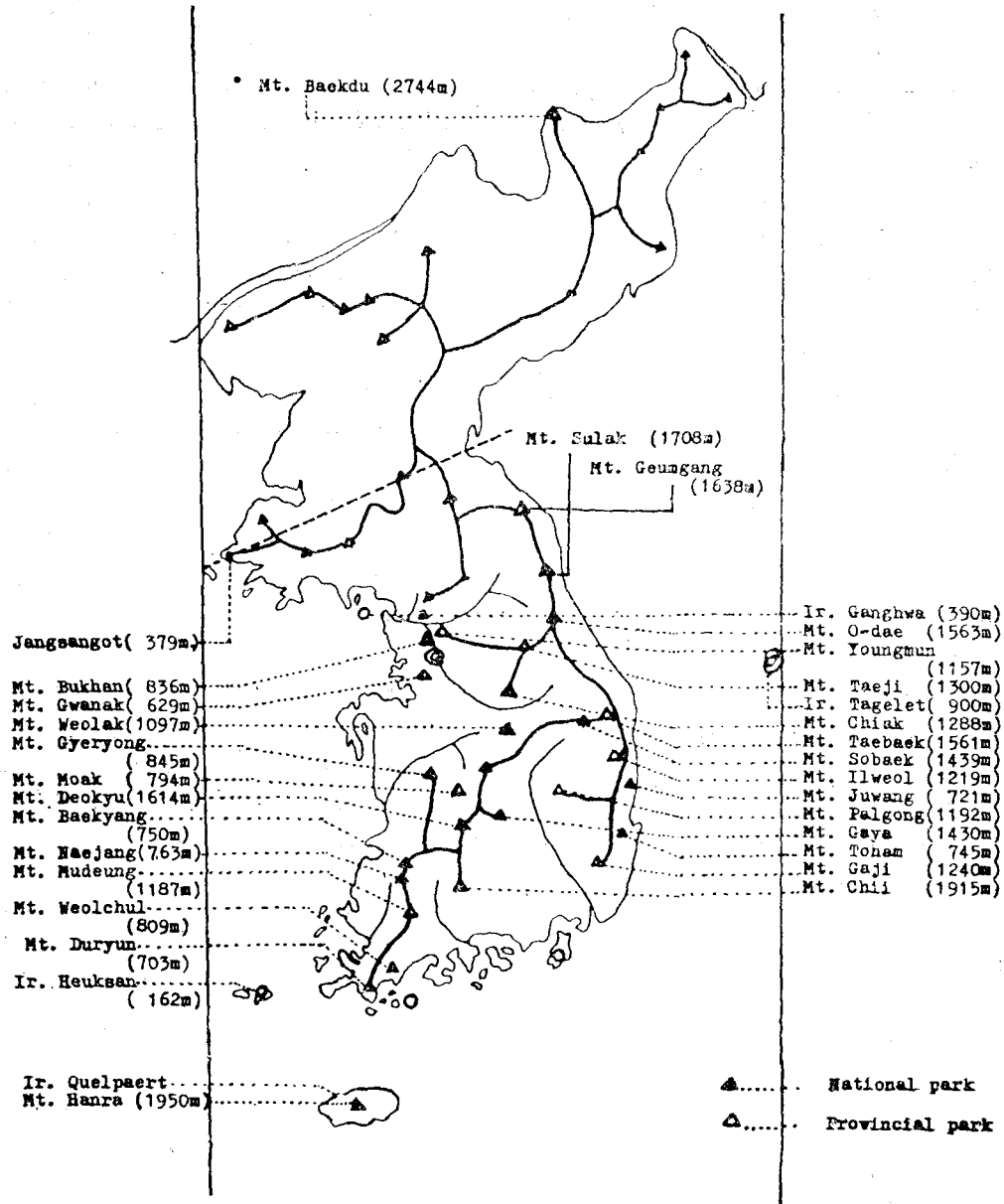
The pteridophytes medicinal plants of Mt. Han-La are composed of 18 families, 32 genera, 61 species, 2 varieties and 63 kinds in all.

Southern types, including *Mallotus japonicus*, *Centella asiatica*, *Hydrocotyle nepalensis*, *Viola kusanosa*, *Myrica rubra*, *Saururus chinensis*, *Psilotum mudum*, *Zanthoxylum coreanum*, *Acanthopanax koreanum*, *Astragalus membranaceus* var. *alpinus*, *Berberis amurensis* var. *quelpaertensis*, *Allium taquetii*, *Adenophora taquetii*, *Sasa quelpaertensis*, *Taraxacum hallaisanensis*, *Chrysanthemum Zawadskii* subsp. *coreanum*, *Cirsium japonicum* for. *alba*, *Camellia japonica*, *Cinnamomum camphora*, *Liriope platyphylla*, *Acorus gramineus*, *Aconitum napiforme*, *Gynostemma pentaphyllum* etc., are growing wild in Che-Ju island and there are also numerous special species.

Polygonati falcati Rhizoma(Gin-Whang-Chung, 眞黃精)

Polygonatum falcatum: Rizome is elongated and has fibrous roots. Leaves are lanceolate. Flower is bell-shaped and pedunculous from the leaf axis. Plants grow in the Mt. Han-La of the-Island. Invigorating effect on heart muscles, lungs, and bones; counted among the life-prolonging herbs. It is used to replenish the

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The height of mountains (South Korea)

spleen and stomach for the treatment of fatigability poor appetite, dry throat, diabetes mellitus.

Ligustri Lucidi Fructus(Kok Wang-Namu, 女貞子)

Ligustrum lucidum: The drug consists of the dried fruit of Grossy Privet. It is used to replenish the vital essence of liver and kidney, to darken the hair and to improve the eyesight for the treatment of early greying of the hair, dim eyesight, Lumbago and neurasthenia. In folkmedicine, it is used to diabetes mellitus.

Viticis Fructus(Chaste tree), (Sun Piki-Namu, 蔓荊子)

Vitex rotundifolia; Evergreen shrubs with broad leaves or egg-shaped and white on a abaxial surface. Flowers are dark blue. The taxon grows in seashores of Che-Ju-Island. This folk medicine contains steroid substance(usually in the roots or rootstocks) exhibit hormone-like activity. It is used for affection due to wind and heat with fever, headache, dizziness, acute conjunctivitis or neuro-muscular pains.

Rosae multiflorae Fructus, (Chil-Noi-Namu, 營實)

Rosa multiflora: Deciduous shrub with hook-shaped thorns. Leaves are pinnately compound. Flowers are white and in corymbose inflorescence. It is used in treating purgative and diabetes mellitus. It's active ingredients are-multiflorin A,B and multinoside A,B.

Lygodii Sopora, (Hae-Keum Sa Sil-Sali, 海金沙)

Lygodium japonicum: The drug consists of the spores of fern (family Schizaeaceae). It is used

to eliminate damp-heat and as lithagogue for the treatment of acute infections of urinary system and calculi of the urinary tract.

Asari Radix(=Asari) (Se-Sin, 細辛)

Asarum sieboldii: It is used to relieve pain by dispersing the external cold for the treatment of headache in common cold, sweating, severe toothache, or rheumatic pain. In folk medicine, it's root was used as an emetic, diuretic, headache, heartbeat, heart-breaking and heart-burn, etc. It's active component is higenamine alkaloid and effective for blocked up noses and common colds. Used as a diaphoretic and also a good remedy for eyes watering in sharp wind, as well as for hearing defects.

Acanthopanax Radicis Cortex, (耽羅五加皮)

Acanthopanax koreanum: It is used as tonic, for treatment of impotence and rheumatic arthritis. It's lignan glycoside is active component.

Glehniae Radix, (Pangphung, 防風)

Glehnia littoralis: It is used as diaphoretic for affection due to wind and common cold and rheumatic pain.

Imperatae Rhizoma, (Paik-Mo-Geun, 白茅根)

Imperata cylindrica: It is used as a febrifugal, diuretic and hemostatic agent for the treatment of epitaxis, hematuria, edema, jaundice, urodynia, etc. associated with heat symptom-complexes.

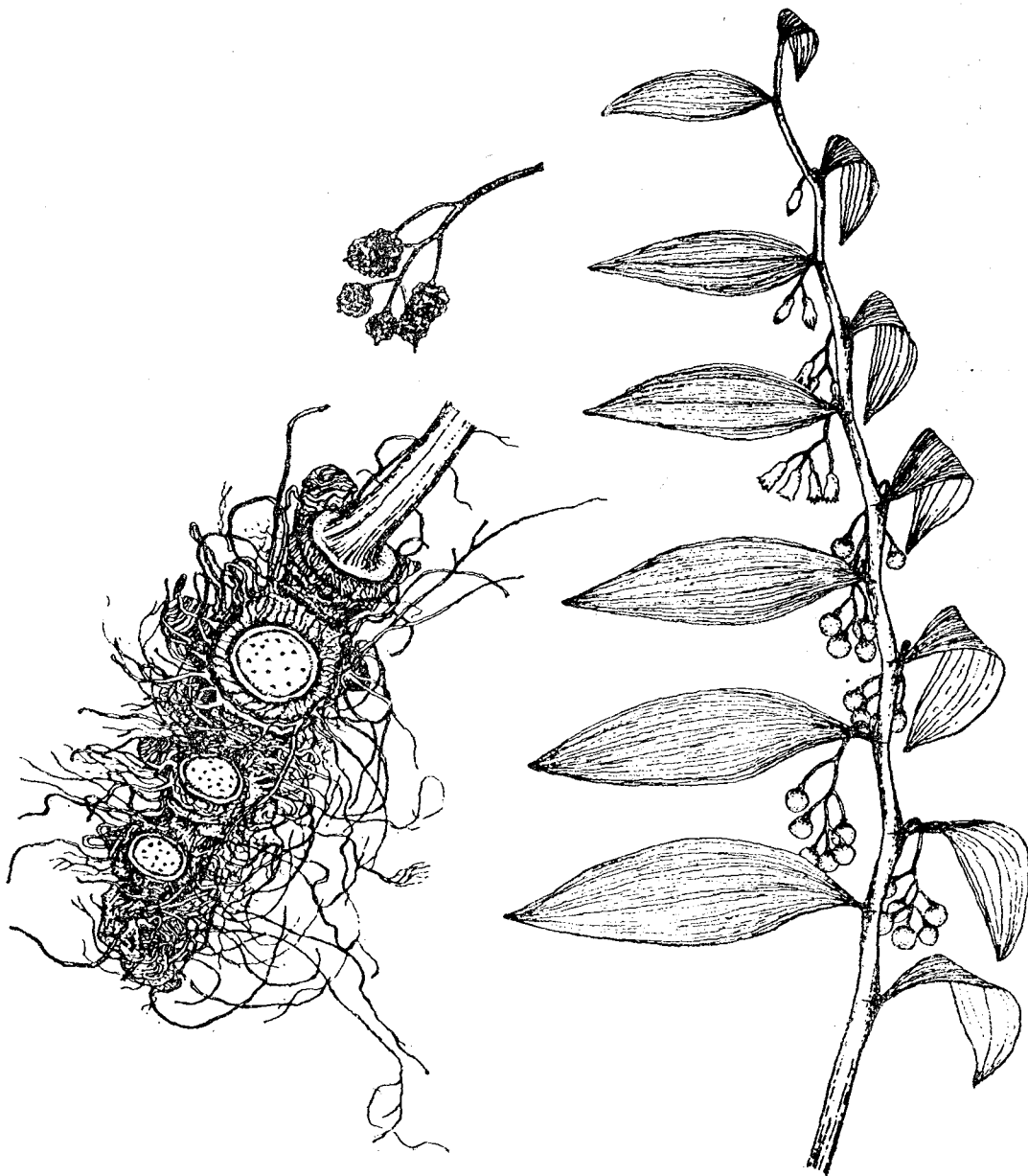
Pulsatillae cernuae Radix, (Paik-Do-Ong, 白頭翁)

Pulsatilla cernua: It is used for bacterial and amebic dysentery, and externally for *Trichomonas vaginitis*.

Table I. Folk medicines in Che Ju island

Scientific name	Efficacy and usage
1. <i>Angelica dahurica</i>	as anodyne for frontal headache
2. <i>Xanthium stromarium</i>	antipruritis and antirheumatic
3. <i>Pueraria lobata</i>	for hypertensive headache and coronary heart disease
4. <i>Chrysanthemum indicum</i>	acute conjunctivitis, headache and influenza

Scientific name	Efficacy and usage
5. <i>C. zawadskii</i> var. <i>coreanum</i>	menstrual disorders
6. <i>Morus bombycis</i>	headache and acute conjunctivitis
7. <i>Arisaema ringens</i> <i>A. amurense</i> var. <i>seratum</i>	expectorant and anticonvulsive expectorant and anticonvulsive
8. <i>Trichosanthes</i> sp.	chest pain and thick phlegm
9. <i>Adenophora taquetii</i>	chronic bronchitis and dry cough
10. <i>Phragmites communis</i>	to reduce fever and to promote secretions in case of high fever with thirst and for pulmonary abscess
11. <i>Imperata cylindrica</i>	as a febrifugal, diuretic and hemostatic agent for the treatment of epitaxis, edema, urodynia, etc.
12. <i>Lonicera japonica</i>	anti-inflammatory, dysentery and enteritis
13. <i>Aralia continentalis</i>	as antirheumatic and analgesic agent for the treatment of rheumatic pain especially that of the lower part of body.
14. <i>Artemisia princeps</i> var. <i>orientalis</i>	dysmenorrhea and stop bleeding
15. <i>Pyrrosia lingua</i>	diuretic and nephritic albuminuria
16. <i>Machilus thunbergii</i>	dyspepsia, diarrhea and vomiting
17. <i>Cyperus rotundus</i>	as carminative, antispasmodic and anodyne for the treatment of chest and abdominal distension with pain, menorrhagia and abnormal menstruation.
18. <i>Sanguisorba officinalis</i>	dysentery, bloody stools and hematuria
19. <i>Leonurus japonicus</i>	to invigorate the blood circulation and to regulate the menstrual flow for the treatment of abnormal menstruation and a serious summer disease.
20. <i>Commelia communis</i> for <i>longe-folium</i>	for relieving morbid thirst in febrile conditions, acute tonsillitis, diabete, sore-throat, enteritis, dysentery, furuncle and carbuncles, it is also used as a diuretic for relieving the edema due to nephritis or heart diseases.
21. <i>Acorus gramineus</i>	headache and gastro-intestinal distension
22. <i>Gastrodia elata</i>	anticonvulsive and antihypertensive
23. <i>Scolopendra</i> sp.	convulsion and tetanus
24. <i>Pheretima asperigillum</i> (or <i>Allolobophora</i> sp.)	eczema, erysipelas and burn
25. <i>Atractylodis japonica</i>	poor appetite, dyspepsia and diabetes mellitus
26. <i>Dioscorea batatas</i>	diabetes, nocturnal emmision and leukorrhagia
27. <i>Dendrobium moniliforme</i>	dry mouth, dry cough and vomituration.
28. <i>Asparagus cochinchinensis</i>	dry throat and diabetes mellitus
29. <i>Achyrrathes japonica</i>	knee-joint pain and hypertension
30. <i>Rubus coreanus</i>	dry throat and uorrhoea
31. <i>Melia azedarach</i> var. <i>japonica</i>	as anthelmintic for the treatment of ascariasis.
32. <i>Taraxacum hallaisanensis</i>	cure mammillary ulcer; disperses fever; used in treating venereal diseases; neutralize toxins within the body.
33. <i>Polygonatum falcatum</i>	to replenish the vital essence and promote the recretion of bodyfluids for the treatment of dipsosis, dry throat, dry cough and diabetes.



Polygonatum falcatum(—) : distributed in Che-Ju Island

Table II. List of endemic medicinal plants of Che-Ju-Island

Korean name	Family name	Scientific name
1. Gramineae		
자주이대		<i>Pseudosasa japonica</i> var. <i>purpurascens</i>
제주 조릿대		<i>Sasa quelpaertensis</i>
2. Liliaceae		
한라부추		<i>Allium taquetii</i>
3. Commelinaceae		
흰꽃좁쌀의장풀		<i>Commelina coreana</i> f. <i>leucantha</i>
4. Salicaceae		
떡버들		<i>Salix hallasanensis</i>
5. Betulaceae		
병게암나무		<i>Corylus hallaisanensis</i>
6. Ulmaceae		
둥근잎팽나무		<i>Celtis sinensis</i> forma <i>rotundata</i>
좁쌀느릅나무		<i>Ulmus parvifolia</i> f. <i>lanceolata</i>
7. Caryophyllaceae		
한라장구채		<i>Silene fasciculata</i>
8. Ranunculaceae		
섬초오		<i>Aconitum napiforme</i>
새끼노루귀		<i>Hepatica insularis</i>
9. Berberidaceae		
섬매자나무		<i>Berberis amurensis</i> var. <i>quelpatensis</i>
10. Cruciferae		
섬바위장대		<i>Arabis serrata</i> var. <i>hallaisanensis</i>
11. Rosaceae		
제주산벗나무		<i>Prunus quelpaertensis</i>
좁쌀레		<i>Rosa multiflora</i> var. <i>quelpaertensis</i>
제주좁쌀레		<i>Rosa luciae</i> = <i>R. taquetii</i>
제주멍석딸기		<i>Rubus parvifolius</i> var. <i>taquetii</i>
12. Leguminosae		
왕자귀나무		<i>Albizzia coreana</i>
제주황기		<i>Astragalus membranaceus</i> var. <i>alpinus</i>
13. Geraniaceae		
섬귀손이		<i>Geranium shikokianum</i> var. <i>quelpaertense</i>
14. Rutaceae		
왕초피		<i>Zanthoxylum coreanum</i>
15. Buxaceae		
섬회양목		<i>Buxus microphylla</i> var. <i>koreana</i>
16. Celastraceae		
둥근잎참빗살나무		<i>Euonymus quelpaertensis</i>
17. Rhamnaceae		
갈매나무과		<i>Rhamnus taquetii</i>
18. Vitaceae		

Korean name	Family name	Scientific name
섬머루		<i>Vitis amurensis</i> f. <i>glabrescens</i>
19. Araliaceae		
섬오갈피나무		<i>Acanthopanax koreanum</i> (= <i>Eleutherococcus coreanum</i>)
20. Umbelliferae		
큰피막이		<i>Hydrocotyle nepalensis</i>
털기름나물		<i>Libanotis coreana</i>
21. Primulaceae		
한라앵초		<i>Primula hallaisanensis</i>
섬노련재나물		<i>Symplocos coreana</i>
22. Loganiaceae		
영주치자		<i>Gardenia insularis</i>
23. Verbenaceae		
송금나무		<i>Callicarpa japonica</i> var. <i>taquetii</i>
24. Labiatae		
제주담꽃		<i>Clinopodium multicaule</i> var. <i>taquetii</i>
25. Caprifoliaceae		
가새털평나무		<i>Viburnum erosum</i> var. <i>taquetii</i>
26. Valerianaceae		
취오줌풀		<i>Valeriana fauriei</i>
27. Campanulaceae		
섬잔대		<i>Adenophora taquetii</i>
28. Compositae		
한라솜다리		<i>Lentopodium hallaisanense</i>
구름떡쑥		<i>Anaphalis sinica</i> subsp. <i>morrii</i>
한라산쑥		<i>Artemisia hallaisanense</i>
쑥민들레		<i>Taraxacum hallaisanense</i>

Table III. Drug name and efficacy of medicinal plants

Korean name	Scientific name	Drug name and efficacy
구상나무	<i>Abies koreana</i>	朴松實：止血，調經，高血壓
쇠무릎	<i>Achyranthes japonica</i>	牛膝：膝痛，濕痺，濕痿
흰진범	<i>Aconitum longecassidatum</i>	白秦艽：神經痛，鎮痛，鎮痙
한라돌쩌귀	<i>Aconitum napiforme</i>	耽羅草烏：中風，神經痛(有毒)
석창포	<i>Acorus gramineus</i>	石菖蒲：頭痛，片頭痛，糖尿
야고	<i>Aeginetia indica</i>	野菰，土靈芝草，味苦有毒：骨髓炎·喉炎
배초향	<i>Agastache rugosa</i>	排草香(土藳香)：寒熱頭痛，口臭，吐，瀉
금창초	<i>Ajuga decumbens</i>	(金瘡草)，筋骨草，白毛夏枯草：止血，清肝炎
조개나물	<i>Ajuga multiflora</i>	花夏枯草의 代用品
자귀나무	<i>Albizia julibrissin</i>	合歡皮：不眠症，明目，五臟을 安.
푸조나무	<i>Aphananthe aspera</i>	槲葉樹：治腰部損傷酸痛
독활	<i>Aralia continentalis</i>	獨活：祛風，除風和血，疏風補虛
백망금	<i>Ardisia crenata</i>	朱砂根，土丹皮：清熱解毒，散瘀止痛，扁桃體炎，

Korean name	Scientific name	Drug name and efficacy
		治風濕骨痛
자금우	<i>Ardisia japonica</i>	紫金牛：鎮咳，祛痰，利尿，解毒
족도리풀	<i>Asarum sieboldii</i>	細辛：咳喘，蓄膿症，頭痛，中風
큰천남성	<i>Arisaema ringens</i>	天南星(小南星·由跋)：辛苦·有毒；腫毒結熱 ※ 薑汁炒後 乾燥使用
참취	<i>Aster scaber</i>	東鳳菜(仙白草)，全草，食用，跌打損傷
유채	<i>Brassica campestris</i> var. <i>nipp-oleieera</i>	芸台，芸台子：行血，產後血滯腫
시호	<i>Bupleurum falcatum</i>	柴胡：疏肝，平肝，和解表裏，頭痛，目眩，下利脫肛，子宮下垂
개시호	<i>Bupleum longiradiatum</i>	竹柴胡：月經不調，柴胡代置生藥
누린내풀	<i>Caryopteris divaricata</i>	二臭草：利尿劑
응꽃나무	<i>C. incana</i>	蘭香草，石母草，風濕骨痛，百日咳，氣管支炎，感冒氣，瘀血
거저덩굴	<i>Cayratia japonica</i>	烏蕨莓：清熱利濕，解毒消腫，黃疸，尿血，丹毒，痔瘡
병풀	<i>Centella asiatica</i>	積雪草：熱病，惡性皮膚病
감국	<i>Chrysanthemum indicum</i>	甘菊：赤眼，頭痛，清熱解毒
	<i>Chrysanthemum zawadskii</i> var. <i>latilobum</i>	九折草，治風，婦人冷症 夏節胃傷，胃寒(冷)
녹나무	<i>Cinnamomum camphora</i>	樟木：camphor 原料資源
좀원호색	<i>Corydalis decumbens</i>	延胡索：鎮痙，鈍痛，驅瘀血藥
누리장나무	<i>Clendron trichotomum</i>	臭梧桐：半身不遂，祛風濕，降血壓
활나무	<i>Crotalaria sessiliflora</i>	農吉利(野百合·羊屎蛋)：抗腫瘍，難聽，白血病，腎機能低下
새삼	<i>Cuscut japonica</i>	大莓絲子：利尿，生精，解毒
실새삼	<i>Cuscuta australis</i>	大豆菟絲子：久服明目，目暗，遺精補肝腎，明目
산해박	<i>Cynanchum paniculatum</i>	白薇(市販品 白微)：頭痛
석곡	<i>Dendrobium moniliforme</i>	石斛：生津益胃，虛熱，咳嗽
꽃향유	<i>Elsholtzia splendens</i>	香薷，香菜：發汗解暑·頭痛發熱，嘔吐腹痛泄瀉，利小便
흰대극	<i>Euphorbia esula</i>	利水道，水腫，殺蟲(有毒)
말오줌대	<i>Euscaphis japonica</i>	野鴉春：果實，種子：生微溫，味苦無毒：消腫止痛，寧丸腫痛脫肛
천마	<i>Gastrodia elata</i>	天麻：目眩，頭風，中風，莖：赤箭
구슬봉이	<i>Gentiana squarrosa</i>	石龍胆：清熱解毒，目赤，火眼
갯방풍	<i>Glehnia littoralis</i>	濱防風(市販防風)：(中風)祛痰止咳
돌의	<i>Gynostemma pentaphyllum</i>	七葉胆，小苦荬：消炎解毒，氣管支炎
송악	<i>Hedera rhombea</i>	常春藤：祛風，平肝，解毒，肝炎，明目
노루귀	<i>Hepatica asiatica</i>	全草을 藥用(南部地域의 民間藥)
어수리	<i>Heracleum mollendorffii</i>	滿洲 獨活(軟毛獨活)，面寒疼痛
삼백초	<i>Houttuynia cordata</i>	三白草：高血壓 治療劑
호랑가시나무	<i>Ilex cornuta</i>	枸骨葉·刺：補肝腎，養氣血，祛風濕

Korean name	Scientific name	Drug name and efficacy
붓순나무	<i>Illicium religiosum</i>	果實은 大茴香과 비슷하나 有毒, anisatin (有毒成分 精油는 safrale)
머	<i>Imperata cylindrica</i> var. <i>koenigii</i>	白茅根: 止渴, 利尿, 淋病, 吐血, 黄疸, 小便不利
남아초	<i>Indigofera pseudo-tinctoria</i>	狼牙草: 瘰癧, 痔瘡, 食積, 咳嗽
금불초	<i>Inula britannica</i> var. <i>chinesis</i>	旋覆花: 驚, 精神不安, 消痰, 下氣, 明目
가시붓꽃	<i>Iris rossii</i>	清熱, 利大小便, 黄疸, 止血
음나무	<i>Kalopanax pictu</i>	海桐皮: 中風, 神經痛
갯완두	<i>Lathyrus japonica</i>	大豆黃卷: 治食(淡), 健胃劑(清心丸 材料)
익모초	<i>Leonurus japonicus</i>	益母草(韓), 月母草, 調經, 活血祛瘀
광나무	<i>Ligustrum japonicum</i>	苦茶葉, 日本毛女貞: 清熱解毒, 治火眼
생강나무	<i>Lindera obtusiloba</i>	山姜: 散瘀消腫
맥문동	<i>Liriope platyphylla</i>	麥門冬: 治心肺虛熱, 主泄精
인동덩굴	<i>Lonicera japonica</i>	金銀花, 忍冬(枝·葉): 消炎作用
후박나무	<i>Machilus thumbergii</i>	韓厚朴: 厚腸胃, 理氣藥
예덕나무	<i>Mallotus japonicus</i>	野桐, 楸梓: 消化不良, 健胃藥
소귀나무	<i>Myrica rubra</i>	楊梅: 和胃消食, 吐瀉, 去痰, 止渴
백작약	<i>Paeonia japonica</i>	白芍藥: 鎮痙, 柔肝, 腹痛
마타리	<i>Patrinia scabiosaefolia</i>	敗醬: 熱을 發하는 暴熱의 病, 火傷, 火瘡 齒痛, 惡性의 痘
뚝갈	<i>Patrinia villosa</i>	白花敗醬: 清熱解毒·赤白帶下·治赤眼·丹毒
구름송이풀	<i>Pedicularis verticillata</i>	治氣血, 強心, 補元氣, 降血壓
갯기름나무	<i>Peucedanum japonicum</i>	植防風: 中風, 感冒咳嗽, 妊娠咳嗽
황벽나무	<i>Phellodendron amurense</i>	黃柏: 苦味健胃藥, 清熱, 下焦濕熱
여우 구슬	<i>Phyllanthus urinaria</i>	珍珠草: 全草(根): 平肝清熱, 利水解毒, 傳染性肝, 炎, 腎炎水腫, 治腸炎
돈나무	<i>Pittosporum tobira</i>	金木: 清熱, 咽痛
애기풀	<i>Polygala japonica</i>	靈神草, 瓜子金, 神砂草: 鎮咳, 去痰, 活血
이스라지	<i>Prunus japonica</i> var. <i>nakaii</i>	郁李, 長梗郁李: 大腹水腫
진달래	<i>Rhododendron mucronulatum</i>	杜鵑花: 血壓降下作用, 有毒
북분자말기	<i>Rubus coreanus</i>	覆盆子: 口渴·糖尿病
무환자나무	<i>Sapindus mukorossi</i>	無患子: 清熱, 祛痰, 食滯
삼백초	<i>Saurus chinensis</i>	三白草: 清利濕熱, 解毒, 黃疸, 利尿
매자기	<i>Scirpus fluviatilis</i>	荊三稜(京三稜, 黑三稜) 破血·積擊
명감나무	<i>Smilax china</i>	土茯苓(菝葜): 淋巴結炎, 祛風濕癱腫, 可治筋骨麻 木·肌·癱痺·利小便
솨대	<i>Smilacina japonica</i>	補氣益腎, 活血祛瘀
왕솨대	<i>Smilacina</i> var. <i>mandshurica</i>	王鹿藿(山糜子): 補氣益腎·風濕痺
고삼	<i>Sophora flavescens</i>	苦參, 苦骨, 川參: 解熱脫肛
마가목	<i>Sorbus commixta</i>	馬牙木, 馬牙皮: 補腎, 骨痛
벌꿀	<i>Stauntonia hexaphylla</i>	強心利尿, 果實: 驅蟲作用
자주손풀	<i>Swertia pseudo-chinensis</i>	當藥: 治消化不良, 胃炎, 口瘡, 牙痛
노린재 나무	<i>Symplocos chinensis</i> for. <i>pilosa</i>	華山礬(枝·葉): 清熱利濕, 止血
번행초	<i>Tetragonia tetragonioides</i>	

Korean name	Scientific name	Drug name and efficacy
미자나무	<i>Torreya nucifera</i>	榧子 : 驅蟲劑(去三虫)消積, 咳嗽
남가세	<i>Tribulus terrestris</i>	刺疾藜 : 散風, 明目, 頭痛, 高血壓, 利尿
하늘타리	<i>Trichosanthes kirilowii</i>	天瓜, 括藹根(皮) : 消腫, 口渴, 排膿
덩굴용담	<i>Tripterospermum japonicum</i>	青魚龍胆, 全草 : 清熱, 健脾, 治黃疸, 清肺止咳
모새나무	<i>Vaccinium bracteatum</i>	南燭子·果實 ; 益腎固精, 強筋明目 久痢久瀉
취오줌풀	<i>Valeriana fauriei</i>	吉草根(東北纈草) : 不眠症, 히스테리
순비기나무	<i>Vitex rotundifolia</i>	蔓荊子(萬荊子) : 偏頭痛, 赤眼, 風熱

The scientific names were listed in alphabetical orders.

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