

## Longevity Potion of Seven Magical Herbs and Nana Kusa Gayu 七禽食方與七草粥

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# Nana Kusa Gayu 七草粥

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- ▶ The old Japanese fairy tale book in the **15<sup>th</sup> century** *O Togi Sou Shi* 御伽草子 introduce about history of Nana Kusa Gayu.
    - ▶ The seven plants can make **human beings immortal**.
    - ▶ This traditional custom was Originated but vanished in China.
  - ▶ *Jingchu Suishi Ji* 荆楚歲時記, dated in ca. the **6<sup>th</sup> century**, states: “**正月七日以七種菜為羹**.”
    - ▶ This was traditional custom in **middle China** (荆楚).
    - ▶ It doesn't tell actual ingredients, benefits, nor purposes.
  - ▶ Recently, I found an earlier and **more detailed original story**, probably connected with Nana Kusa Gayu.
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# 七禽食方

## (the *Longevity Potion of Seven Magical Herbs*)

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- ▶ The whole story of *Qi Qin Shi Fang* remains only in *I shin po* 醫心方, in 984.
  - ▶ In the Heian period of Japan, Tamba Yasuyori 丹波康賴 referred to massive classical Chinese texts for *I shin po*. *I shin po* contains worthy fragments from many early medical texts.
- ▶ Recorded **seven medicinal plants for immortal**
  - ▶ According to this description, seven kinds of animals respectively eat corresponding plants so that they can live from **800 to 2000 years old!**
  - ▶ **You can live forever! Wow!**



# 醫心方·卷廿六·延年方

## 延年方第一

金遺錄云

黃帝可受真人中黃直七禽食方

今案  
大清

強号七  
禽散

黃帝留於懸圃以造中黃直日子何為者也

黃帝曰今棄天下之主願聞長生之道中黃直曰

子為天下父矣而復求長生之道不貪乎黃帝曰

有天下實久矣今欲躬耕而食深居清處禽獸

為伍尤煩万民恐不得其道敢問治身之要養生

之寶中黃乃仰而歎曰至哉子之問也吾將造七禽

之食可以長生与无相保子其秘之非賢勿与之常

以七月七日採澤馬者白鹿之加也壽八百歲以

八月朔日採栢實者白麋之加也壽八百歲以七月

七日採蒺藜者騰蛇之加也壽二千歲以八月採

菴蘆者駑驢之加也壽二千歲以八月採地衣

者車前實也子陵之加也壽千歲以九月採

萆薢實者白鵠之加也壽二千歲以十月採

欬勃者白蒿也白菟之加也壽八百歲皆陰乾

盛凡器中封塗無令泄也正月辰日治合下篩令

分等養來三倍諸草桂一分置韋囊中無令泄

以三指撮至後為飲服之百日可目聰明夜視有

光氣力自倍堅強常服之壽弊天地

# 1. Qi qin shi fang 七禽食方

- ▶ 《金匱錄》云。黃帝所受真人中黃直七禽食方。今案、《大清經》號七禽散。黃帝齋於懸圃，以造中黃直。中黃直曰：“子何為者也。”黃帝曰：“今棄天下之主，願聞長生之道。”中黃直曰：“子為天下久矣，而復求長生之道，不貪乎？”
- ▶ *Jin gui lu* states: [this is] Qi qin shi fang taught to Huang di by the master Zhong huang.  
Huang di did a purification ritual in the wonderland, and met Zhong huang Zhi. Zhong huang Zhi asked him **what he were doing**. He replied: `Now I would desert my Imperial Throne of the World for acquiring the way of longevity.'
- ▶ Zhon ghuang Zhi said: `you have reigned the world for such a long time, and now you want to know of the way of longevity. How greedy you are!'



# 1. *Qi qin shi fang* 七禽食方

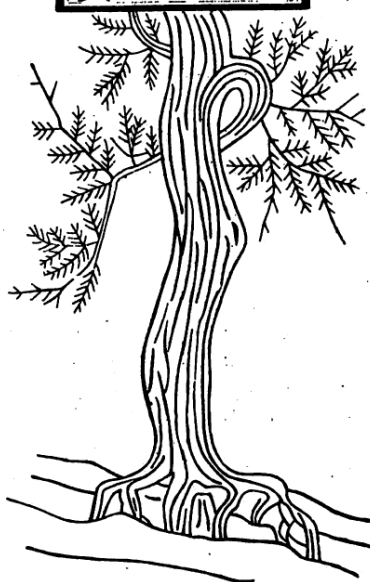
- ▶ 黃帝曰：“有天下實久矣，今欲躬耕而食，深居靖處，禽獸為伍，無煩萬民。恐不得其道，敢問治身之要，養生之寶。”中黃乃作而歎曰：“至哉，子之問也，吾將造七禽之食，可以長生，與天相保。子其秘之，非賢勿與之。”
- ▶ Huang di said: ‘I’ve reigned the world indeed for a long time. Now I to plough [the soil] for feeding myself, seclude in a calm place, accompany by animals to refrain troubling the people. I’m afraid not to obtain the way. So, I plucked up my courage, and would ask the essentials how to control myself and the secret of nourishing of life.’
- ▶ Zhong huang Zhi made out it right away and said with a sigh: ‘that is an apt remark! You asked about it. I created the [longevity] potion consisting of seven [herbal plants which were given to respective] animals. It can make you live longer, and support each other with the world. You must keep it a secret.
- ▶ You may not tell anyone unless sages.

# 1. Qi qin shi fang 七禽食方

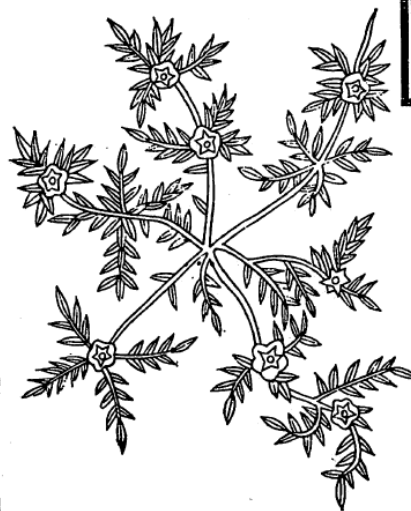
- ▶ 常以七月七日採澤寫<sup>ナマキ</sup>，澤寫者，白鹿之加也，壽八百歲。  
以八月朔日採柏<sup>ヒノ</sup>實，柏實者，獼猴之加也，壽八百歲。  
以七月七日採蒺藜，蒺藜者，騰蛇之加也，壽二千歲。  
以八月採菴蘆，菴蘆者，駉驢之加也，壽二千歲。



澤瀉



乾州柏實



秦州蒺藜子

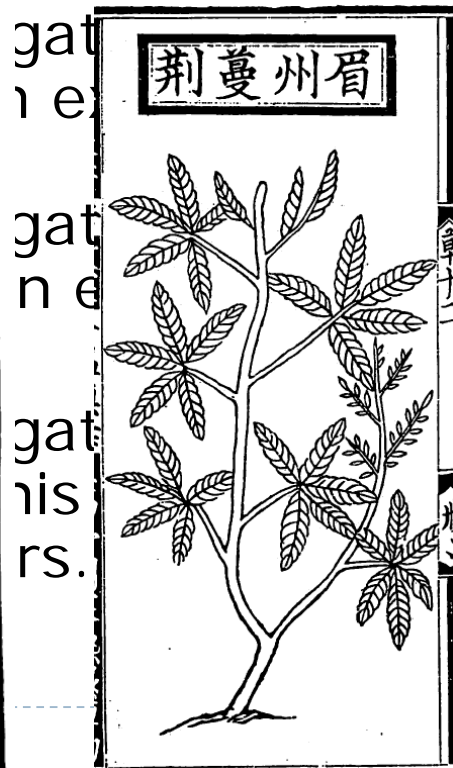


寧州菴蘆子

# 1. Qi qin shi fang 七禽食方

- 以八月採地衣，**地衣**者，車前實也，子陵之加也，壽千歲。
- 以九月採蔓荊實，**蔓荊實**者，白鵠之加也，壽二千歲。
- 以十一月採彭勃，**彭勃**者，白蒿也，白菟之加也，壽八百歲。

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# 1. *Qi qin shi fang* 七禽食方

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▶ 皆陰乾，盛瓦器中，封塗无令泄也。正月上辰日冶合下篩，令分等，美棗三倍，諸草，美桂一分，置韋囊中無令泄，以三指撮，至食後為飲，服之百日，耳目聰明，夜視有光，氣力自倍堅強，常服之，壽蔽天地。

▶ Dry all herbs in the shade. Fill an earthenware pot with them, and seal it to keep it airtight. In the first Chen day of the first month, grind and sift them. Collect the same amount of each herb, the triple amount of fine jujube compared to that of each herb, and one *fen* (approx. 3 grams) of fine cinnamon. Put it into a leather bag and keep it airtight. Pinch it with your three fingers, and take it after every meal. After that you keep on doing in hundred days, your ears and eye sight get clearer, and you can see [weak] light at night. Improving your vitality increasingly. If you constantly take it, your life overcome the world.