

• 中文名稱：山桂花

• 英文名稱：Japanese Maesa

• 學名：
Doraena japonica (Thunb.)
Doraena japonica Thunb.
Maesa japonica (Thunb.) Moritzi(杜莖山)
Maesa japonica (Thunb.) Moritzi var. *elongata* Mez
Maesa randaiensis Hayata
Maesa taiheizanensis Sasaki
Maesa japonica (Thunb.) Moritzi ex Zoll.

• 科名：紫金牛科(Myrsinaceae)山桂花屬(Maesa)

山桂花、日本山桂花、杜莖山、杜恒山『綱目』、金砂根(江西)、白茅茶(廣東)、白花茶(海南島，雲南)，白毛茶、野胡椒(廣西)、水光鐘(浙江)、踏天橋(湖南)、望山槁、六角草

• **The "Mountain Osmanthus" Series:**

- **Mountain Osmanthus (山桂花), Japanese Mountain Osmanthus (日本山桂花).**
- **The Logic:** Although not a true Osmanthus, its small white flowers and leaf texture are reminiscent of the fragrant Osmanthus, earning it this poetic name in Taiwan and Japan.

• **The "Dujingshan" Series (Official/Classic):**

- **Dujingshan (杜莖山), Duhengshan (杜恒山).**
- **The Logic:** "Dujingshan" is its formal botanical name in Chinese. The name "Duhengshan" appears in the *Compendium of Materia Medica* (『綱目』), indicating its long history in traditional herbalism.

• **The "Tea" Series (Regional/Practical):**

- **White Cogongrass Tea (白茅茶 - Guangdong), White Flower Tea (白花茶 - Hainan, Yunnan), White Hairy Tea (白毛茶).**
- **The Logic:** In Southern China, the leaves are sometimes used by locals as a tea substitute, or the name refers to the snow-white blossoms that cover the shrub.

• 別名：

- **Vivid Descriptive Names:**

- **Wild Pepper (野胡椒 - Guangxi):** Refers to the small, round fruits that resemble peppercorns when dried.
- **Water Light Bell (水光鐘 - Zhejiang):** Likely describes the way its small, bell-shaped flowers or glossy berries catch the light near streams.
- **Heaven-Treading Bridge (踏天橋 - Hunan):** A beautiful name that likely describes its habit of arching over mountain paths or streams like a natural bridge.
- **Six-Angled Grass (六角草):** May refer to the subtle ridges on the stems or the visual pattern of the foliage.

中國大陸西南及長江以南各省，台灣、日本及越南北部；生於海拔 300~2,000 公尺的山坡或石灰山雜木林蔭下，或路旁灌木叢中。

- **Native Range (原產地):**

- **Mainland China:** Widespread across the **Southwest** and all provinces **South of the Yangtze River** (長江以南各省).
- **Other Regions:** Also native to **Taiwan, Japan, and Northern Vietnam.**

- **原產地：**

- **Elevation (海拔):** It thrives at altitudes ranging from **300 to 2,000 meters.**

- **Habitat (生長環境):**

- **Understory:** Found in the shade of **mixed broad-leaved forests** (雜木林) on mountain slopes or **limestone hills** (石灰山).
- **Roadsides:** Commonly seen in **shrub thickets** (灌木叢) along mountain paths.

宜蘭、桃園、苗栗、台中、南投、嘉義、高雄、屏東、花蓮、蘭嶼、綠島，低至高海拔闊葉樹林內。

- **分佈：**

這段分佈描述說明了日本山桂花 (*Maesa japonica*) 在台灣是一位「全島通吃」的高手。從最北端的宜蘭到最南端的屏東，甚至連海外的蘭嶼、綠島都能見到它的蹤影。

- **Geographic Range (地理範圍):**

- **Northern Taiwan:** Yilan (宜蘭), Taoyuan (桃園).

- **Central Taiwan:** Miaoli (苗栗), Taichung (台中), Nantou (南投).
- **Southern Taiwan:** Chiayi (嘉義), Kaohsiung (高雄), Pingtung (屏東).
- **Eastern Taiwan:** Hualien (花蓮).
- **Offshore Islands:** Lanyu (Orchid Island / 蘭嶼) and Ludao (Green Island / 綠島).
- **Altitude & Habitat (海拔與棲地):**
 - Found in **broad-leaved forests** (闊葉樹林內).
 - Its reach extends across a massive vertical range: from **low to high elevations** (低至高海拔).

1. 食用：果可食，微甜。2. 藥用：全株供藥用，有祛風寒、消腫之功，用於治腰痛、頭痛、心燥煩渴、眼目暈眩等症；根與白糖煎服治皮膚風毒，亦治婦女崩帶；莖、葉外敷治跌打損傷，止血。性味：根、葉：苦、寒。效用：根：祛風邪，解疫毒，消腫脹。治感冒，性傳染病，寒熱發歇不定，身疼，煩燥，口渴，頭痛，眩暈，水腫，腰痛，外傷出血。3. 蝴蝶食草：山桂花葉是埔里波紋小灰蝶幼蟲的食草。4. 蜜源植物：山桂花的花是紅邊小灰蝶的蜜源植物。

1. Edible (食用)

- **Fruit:** The berries are **edible** (可食) and have a **slightly sweet** (微甜) taste.

2. Medicinal (藥用)

The entire plant is used in traditional medicine to dispel "wind-cold" and reduce swelling.

- **Whole Plant (全株):** Used to treat **lower back pain** (腰痛), **headaches** (頭痛), **irritability/thirst** (心燥煩渴), and **dizziness** (眼目暈眩).
- **Roots (根):** Decocted with white sugar to treat **skin wind-toxins** (皮膚風毒) and **gynecological issues** such as abnormal uterine bleeding or discharge (崩帶).
- **Stems & Leaves (莖、葉):** Applied externally to treat **traumatic injuries** (跌打損傷) and to **stop bleeding** (止血).
- **Nature & Flavor (性味):** The roots and leaves are **bitter** (苦) and **cold** (寒).

• 用途：

- **Root Functions (根效用):** Dispels "wind-evil" (祛風邪), detoxifies epidemic toxins (解疫毒), and reduces swelling. It treats **colds/flu** (感冒), **sexually transmitted diseases** (性傳染病), intermittent fevers, body aches, thirst, and edema.
-

3. Butterfly Host Plant (蝴蝶食草)

- The leaves of Japanese Maesa serve as the **larval food source** (食草) for the **Common Tit** (*Deudorix epijarbas*, often referred to locally as the Puli Blue butterfly / 埔里波紋小灰蝶).
-

4. Nectar Source (蜜源植物)

- The flowers provide **nectar** (蜜源) for the **Purple Sapphire** (*Heliophorus epicles*, locally known as the Red-edged Blue butterfly / 紅邊小灰蝶).

灌木，直立，有時外傾或攀援，高 1~3 (~5)公尺；小枝無毛，具細條紋，疏生皮孔。

- **Growth Form:** A **shrub** (灌木).
- **Habit:** Usually **upright** (直立), but sometimes **decumbent** (外傾—leaning/trailing along the ground) or **climbing** (攀援).
- **Height:** Typically **1 to 3 meters** tall, but can occasionally reach up to **5 meters** (高 1~3 (~5)公尺).
- **Branchlets (小枝):**
 - **Glabrous** (無毛/hairless).
 - Marked with **fine striations** (具細條紋/tiny longitudinal lines).
 - Features **sparse lenticels** (疏生皮孔—small, corky "breathing pores" on the bark).

• 莖：

葉片革質，有時較薄，橢圓形至披針狀橢圓形，或倒卵形至長圓狀倒卵形，或披針形，頂端漸尖、急尖或鈍，有時尾狀漸尖，基部楔形、鈍或圓形，一般長約 10 公分，寬約 3 公分，也有長 5~15 公分，寬 2~5 公分，幾全緣或中脈以上具疏鋸齒，或除基部外均具疏細齒，兩面無毛，葉面中、側脈及細脈微隆起，背面中脈明顯隆起，側脈 5~8 對，不甚明顯，尾端直達齒尖；葉柄長 0.5~1.3 公分。

• 葉：

- **Texture:** Generally **leathery** (革質/coriaceous), though sometimes **thinner** (較薄).
- **Shape:** Highly variable.
 - **Elliptic to lanceolate-elliptic** (橢圓形至披針狀橢圓形).
 - **Obovate to oblong-obovate** (倒卵形至長圓狀倒卵形).
 - **Lanceolate** (披針形).
- **Apex (Tip):** Can be **acuminate** (漸尖), **acute** (急尖), or **obtuse** (鈍); occasionally **caudate-acuminate** (尾狀漸尖—tapering like a tail).
- **Base:** Wedge-shaped (**cuneate**), obtuse, or rounded.
- **Dimensions:** Typically **10 cm long** and **3 cm wide** (ranging from 5–15 cm long and 2–5 cm wide).
- **Margins (Edges):**
 - Nearly **entire** (幾全緣/smooth).
 - **Sparsely serrated** above the midsection (中脈以上具疏鋸齒).
 - Or **finely denticulate** (具疏細齒) except at the base.
- **Surface:** **Glabrous** (無毛/hairless) on both sides.
- **Venation (Veins):**
 - **Upper surface:** The midvein, lateral veins, and veinlets are **slightly raised** (微隆起).
 - **Lower surface:** The midvein is **prominently raised** (明顯隆起).
 - **Lateral veins:** **5 to 8 pairs** (not very distinct), with the ends extending **directly to the tips of the teeth** (尾端直達齒尖).
- **Petiole (Stalk):** **0.5–1.3 cm** long.

• 花：

總狀花序或圓錐花序，單一或 2~3 個腋生，長 1~3(~4) 公分，僅近基部具少數分枝，無毛，無毛；苞片卵形，長不到 0.1 公分；花梗長 0.2~0.3 公分，無毛或被極疏的為柔毛；小苞片廣卵形或腎形，緊貼花萼基部，無毛，具疏細緣毛或腺點；花萼長約 0.2 公分，萼片長約 0.1 公分，卵形至近半圓形，頂端鈍或圓形，具明顯的脈狀腺條紋，無毛，具細緣毛；花冠白色，長鐘形，管長 0.35~0.4 公分，具明顯的脈狀腺條紋，裂片長為管的 1/3 或

更短，卵形或腎形，頂端鈍或圓形，邊緣略具細齒；雄蕊著生於花冠管中部略上方，內藏；花絲與花藥等長，花藥卵形，背部具腺點；柱頭分裂。花期 1~3 月。

- **Inflorescence (花序):**
 - Arranged in **racemes** (總狀花序) or **panicles** (圓錐花序).
 - Solitary or in clusters of **2–3**, growing from the **leaf axils** (腋生).
 - **Length:** 1–3 (up to 4) cm long; branched only near the base and **glabrous** (無毛/hairless).
- **Bracts & Pedicels (苞片與花梗):**
 - **Bracts:** Ovate, extremely small (less than 0.1 cm).
 - **Pedicels:** 0.2–0.3 cm long, glabrous or with very sparse, fine pubescence (柔毛).
 - **Bracteoles:** Broadly ovate or **reniform** (腎形/kidney-shaped), pressed closely to the base of the calyx; they feature fine marginal hairs or **glandular dots** (腺點).
- **Calyx (花萼):**
 - About 0.2 cm long.
 - **Sepals:** Ovate to nearly semi-circular, with **distinct vein-like glandular striations** (明顯的脈狀腺條紋).
- **Corolla (花冠 - Petals):**
 - **Color:** White (白色).
 - **Shape:** Long bell-shaped (長鐘形/tubular-campanulate).
 - **Structure:** The tube is 0.35–0.4 cm long, also featuring **distinct glandular striations**. The lobes are short (1/3 the length of the tube or less), with slightly **denticulate** (細齒/finely toothed) margins.
- **Stamens & Pistil (雄蕊與雌蕊):**
 - **Stamens:** Attached slightly above the middle of the corolla tube and are **included** (內藏—tucked inside, not protruding).
 - **Anthers:** Ovate with **glandular dots** on the back.

- **Stigma:** Divided/lobed (柱頭分裂).
- **Flowering Period:** January to March (花期 1~3 月).

果球形，直徑 0.4~0.5 公分，有時達 0.6 公分，肉質，具脈狀腺條紋，宿存萼包住果實頂端，常冠有宿存花柱。果期 10 月或 5 月。

• 果實：

- **Shape:** Globose (球形/spherical).
- **Size:** 0.4–0.5 cm in diameter, sometimes reaching up to 0.6 cm.
- **Texture:** Fleshy (肉質/succulent).
- **Markings:** Features **vein-like glandular striations** (具脈狀腺條紋—similar to those found on the petals).
- **Structure:**
 - The **persistent calyx** (宿存萼—the part of the flower that stays attached) envelops the top of the fruit.
 - The fruit is often **crowned** (常冠有) with a **persistent style** (宿存花柱—the tiny "tail" or stalk-like tip left over from the flower).
- **Fruiting Period:** Usually occurs in **October or May** (果期 10 月或 5 月).

• 特性：

常綠灌木或亞蔓狀，高 1~3 公尺，分枝少，枝條下垂性，具皮孔，平滑。葉互生，柄長 0.5~1.3 公分，葉片長橢圓形或狹橢圓形，長 5~15 公分，寬 2~5 公分，基部楔形或鈍形，先端漸尖或急尖，全緣或中上部疏鋸齒，兩面光滑無毛。總狀花序，腋生，長 1~3 公分；小花具短梗及小苞片；花萼鐘形，5 裂；花冠筒狀鐘形，長 0.3~0.4 公分，黃白色，頂端 5 裂；雄蕊則多藏於花冠筒內；雄蕊 5 枚，纖弱；子房下位，球形，1 室，胚珠多數。果實球形，萼及花柱宿存，熟時稍漿質；種子多數，細小，黑色。花期春、夏間。果期夏、秋間。

- **Growth Habit:** An **evergreen shrub** (常綠灌木) or **sub-scandent** (亞蔓狀—partially climbing/vining). It grows **1–3 meters** tall with few branches.
- **Branches:** The branches have a **drooping/pendulous** (下垂性) habit, are smooth, and feature **lenticels** (皮孔—breathing pores).
- **Leaves:**

- **Arrangement:** Alternate (互生).
- **Petiole:** 0.5–1.3 cm long.
- **Blade:** Oblong or narrowly elliptic, 5–15 cm long, 2–5 cm wide.
- **Shape:** Wedge-shaped (**cuneate**) or obtuse at the base; acuminate or acute at the tip.
- **Margin:** **Entire** (smooth) or with **sparse serrations** (疏鋸齒) on the upper half. Both sides are smooth and hairless (**glabrous**).
- **Inflorescence (Flowers):**
 - **Type:** Racemes (總狀花序), axillary, 1–3 cm long.
 - **Structure:** Small flowers have short stalks (**pedicels**) and small **bracteoles**.
 - **Calyx:** Bell-shaped (**campanulate**) with 5 lobes.
 - **Corolla:** Tubular-bell-shaped, 0.3–0.4 cm long, **yellowish-white** (黃白色), with 5 lobes at the apex.
 - **Stamens:** 5 delicate stamens, mostly **included** (hidden) within the corolla tube.
 - **Ovary:** Inferior (下位), globose, 1-celled, containing numerous ovules.
- **Fruit & Seeds:**
 - **Fruit:** Globose (球形), with the **calyx and style persistent** (宿存) on the berry.
 - **Texture:** Slightly **pulpy/succulent** (漿質) when ripe.
 - **Seeds:** Numerous, tiny, and **black** (黑色).
- **Phenology:**
 - **Flowering:** Between **Spring and Summer**.
 - **Fruiting:** Between **Summer and Autumn**.