

• 中文名稱：	樓梯草																									
• 英文名稱：	Large lineolate Elatostema																									
• 學名：	<i>Elatostema lineolatum</i> Forst. var. <i>majus</i> Thwait. <i>Elatostema lineolatum</i> Wight. var. <i>majus</i> Wedd. <i>Pellionia scabra</i> auct. non Benth.: S. S. Ying <i>Pellionia scabra</i> Benth. (蔓赤車-廣州植物誌)																									
• 科名：	蕁麻科(Urticaceae)樓梯草屬(Elatostema)																									
• 別名：	<p>冷清草，蔣草、心草、樓梯草，狹葉樓梯草，蔓赤車>廣州植物誌□，岩莧菜>湖南□，Zarbone>排灣□</p> <table border="1"> <thead> <tr> <th>Common/Regional Names (名稱)</th> <th>English Translation / Interpretation (翻譯與註解)</th> <th>Origin/Note (來源與備註)</th> </tr> </thead> <tbody> <tr> <td>冷清草 (Lěng Qīng Cǎo)</td> <td>Desolate Herb / Cold-Quiet Grass</td> <td>Refers to its preference for shaded, damp, and "quiet" environments like valley floors.</td> </tr> <tr> <td>樓梯草 (Lóu Tī Cǎo)</td> <td>Staircase Herb / Step-ladder Grass</td> <td>Describes the distichous (two-ranked) leaf arrangement that resembles a spiral staircase.</td> </tr> <tr> <td>狹葉樓梯草</td> <td>Narrow-leaf Elatostema</td> <td>A descriptive botanical name highlighting its slender leaf shape.</td> </tr> <tr> <td>蔣草 (Jiǎng Cǎo)、心草 (Xīn Cǎo)</td> <td>Jiang-grass / Heart-grass</td> <td>Local folk names used in traditional herbology.</td> </tr> <tr> <td>蔓赤車 (Màn Chì Chē)</td> <td>Creeping Red-axle / Pellionia-like Vine</td> <td>Recorded in the <i>Flora of Guangzhou</i>; describes its spreading/creeping growth habit.</td> </tr> <tr> <td>岩莧菜 (Yán Xiàn Cài)</td> <td>Rock Amaranth</td> <td>Used in Hunan province; refers to its habitat on wet rocks and its edible succulent nature.</td> </tr> <tr> <td>Zarbone</td> <td>Zarbone</td> <td>The indigenous name from the Paiwan tribe in Taiwan.</td> </tr> </tbody> </table>		Common/Regional Names (名稱)	English Translation / Interpretation (翻譯與註解)	Origin/Note (來源與備註)	冷清草 (Lěng Qīng Cǎo)	Desolate Herb / Cold-Quiet Grass	Refers to its preference for shaded, damp, and "quiet" environments like valley floors.	樓梯草 (Lóu Tī Cǎo)	Staircase Herb / Step-ladder Grass	Describes the distichous (two-ranked) leaf arrangement that resembles a spiral staircase.	狹葉樓梯草	Narrow-leaf Elatostema	A descriptive botanical name highlighting its slender leaf shape.	蔣草 (Jiǎng Cǎo)、心草 (Xīn Cǎo)	Jiang-grass / Heart-grass	Local folk names used in traditional herbology.	蔓赤車 (Màn Chì Chē)	Creeping Red-axle / Pellionia-like Vine	Recorded in the <i>Flora of Guangzhou</i> ; describes its spreading/creeping growth habit.	岩莧菜 (Yán Xiàn Cài)	Rock Amaranth	Used in Hunan province; refers to its habitat on wet rocks and its edible succulent nature.	Zarbone	Zarbone	The indigenous name from the Paiwan tribe in Taiwan.
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• 原產地：	印度、斯里蘭卡、澳大利亞、中國大陸(雲南、廣東、湖北等省)及台灣 Native Origin (原產)																									

地):

- **Asia & Oceania:** Widely native to **India, Sri Lanka, Australia, and Mainland China** (specifically Yunnan, Guangdong, and Hubei provinces).
- **Taiwan:** A common indigenous species.

全島低至中海拔 200~1,800 公尺地區之陰濕林下均有，尤以近山谷凹溝或瀑布之旁較多。

Distribution in Taiwan (在臺灣的分佈):

• 分佈：

- **Altitudinal Range:** Found across the entire island from **low to mid-altitudes (200 – 1,800 meters)**.
- **Preferred Habitat:** It is a specialist of **shaded and damp forest floors (陰濕林下)**.
- **Hotspots:** Most abundant near **mountain valleys, ravines (山谷凹溝)**, or in the misty spray zones of **waterfalls (瀑布之旁)**.

1. 地被植物。2. 蝴蝶幼蟲食草：姬黃三線蝶、黃三線蝶幼蟲的食草。3. 藥用：性味：全草：苦、寒。效用：全草：活血通絡，消腫止痛，清熱解毒。治風濕痺痛，跌打損傷，骨傷，外傷出血，癰疽腫痛。Multi-purpose Uses: Large-leaf Elatostema (冷清草)

1. Landscape Use: Groundcover (地被植物)

- **Role:** Due to its shade-tolerant nature and creeping growth habit, it is an excellent **groundcover plant** for moist, shaded gardens, rockeries, or areas near water features where other plants might struggle to grow.

2. Ecological Role: Larval Host Plant (蝴蝶食草)

• 用途：

- **Significance:** It serves as a critical food source for the larvae of several butterfly species, notably:
 - **Phaedyma columella** (姬黃三線蝶 / Small Yellow Sailer)
 - **Symbrenthia hypselis** (黃三線蝶 / Jester)
- **Observation:** In the wild, you will often find the leaves of Elatostema peppered with small holes—a sign that these "butterfly nurseries" are active.

3. Medicinal Properties (藥用價值)

- **Nature (性味):** The whole herb is **Bitter and Cold**.
- **Efficacy (效用):**
 - **Promotes circulation:** Activates blood flow and unblocks "collaterals" (meridians).
 - **Anti-inflammatory:** Reduces swelling and alleviates pain.
 - **Detoxification:** Clears heat and removes toxins.
- **Indications (主治):**
 - **Internal:** Treats rheumatic pain (Bi-syndrome) and internal bruising.
 - **External:** Used for **traumatic injuries (跌打損傷)**, fractures, external bleeding, and inflammatory skin conditions (carbuncles/abscesses).

草本，莖圓柱形，直立或漸升，高 (30~) 50~100 公分，基部木質，通常分枝，上部有開展的糙毛，毛長 0.03~0.1 公分。 **Stem (莖)**

• **莖：**

- **Form:** Herbaceous, cylindrical, and either erect or ascending.
- **Size:** Reaches **50 – 100 cm** in height.
- **Texture:** The base is slightly **woody (suffruticose)**. The upper sections are covered in spreading, stiff **scabrous hairs** (0.03 – 0.1 cm long).

• **葉：**

葉具短柄或近無柄；葉片草質，斜狹菱狀倒披針形或斜狹長圓形，長 3.2~8.5 (~10) 公分，寬 (0.7~) 1.3~3.2 (~4) 公分，頂端漸尖、長漸尖或尾狀，基部在狹側微鈍，在寬側寬楔形、圓形或耳形(耳垂部分長達 0.15 公分)，邊緣下部全緣，其上有少數小牙齒，上面有少數貼伏的短硬毛，沿中脈有短糙毛，下面有密或疏的短糙毛，鐘乳體不明顯或稍明顯，密，長 0.02~0.04 公分，半離基三出脈，側脈在狹側 2~3 條，在寬側 3~5 條，或葉脈近羽狀；葉柄長 0.05~0.2 公分；托葉鑽形，長 0.15~0.3 公分。葉無柄或近於無柄，紙質，葉身 8~14 公分長，2~3 公分寬，上表面被密毛，基部三出脈至葉身三分之二處，葉下具纖柔毛。窄橢圓形、長橢圓形至披針形，上緣齒裂，下緣全緣，像極了蝴蝶翅膀的長尾突形；托葉脫落性。 **Foliage (葉)**

- **Arrangement & Shape:** Alternate, nearly sessile (short-stalked). The blade is **oblique-rhombic** or **oblique-oblong**, looking remarkably like a **butterfly wing** with a long tail-like tip.
- **Asymmetry (The "Oblique" Base):** * **Narrow side:** Slightly obtuse at the base.

- **Wide side:** Cuneate, rounded, or even **auriculate (ear-shaped)** with a small lobe up to 0.15 cm.
- **Texture & Hairs:** Chartaceous (papery); the upper surface has sparse appressed bristly hairs, while the underside has dense scabrous hairs.
- **Cystoliths (鐘乳體):** These are tiny mineral concretions (0.02 – 0.04 cm) visible on the leaf surface, which are dense and sometimes inconspicuous.
- **Venation: Semi-triplinerved** (three main veins from near the base), extending up to two-thirds of the leaf length.

花序通常雌雄異株；雄花為稀疏的聚散花序，長達 4-10 公分；花序梗長 1-2 公分，與花序分枝有密或疏的短毛；苞片條狀披針形，長 1-2 公分。雄花腋出：花被片 4，橢圓形，長約 1-2 公分，基部合生，2 個較大，頂部有角狀突起，2 個較小，無突起，雄蕊 4，退化雌蕊鑽形，長約 1-2 公分。雌花序近無梗或有梗，直徑 0.2-1.4 公分，有多數密集的花；花序梗長 1-2 公分，密被短毛；苞片條形，長約 1 公分，有疏毛。雌花：花被片 4，狹長圓形，長約 1-2 公分，其中 2 個較大，船形，外面頂部有短或長的角狀突起，其餘的較小，平，無突起；子房上位，頭狀聚繖花序，無柄或近於無柄；退化雄蕊極小。花期春季至夏季。[耳狀花]

• 花：

- **Sexuality:** Usually **dioecious** (male and female flowers on separate plants).
- **Male Inflorescence:** A loose cyme, up to 4.5 cm long.
 - **Male Flower:** 4 tepals (floral segments), 3 larger ones with horn-like appendages. 4 stamens.
- **Female Inflorescence:** A dense **capitulate cyme (頭狀聚繖花序)**, nearly sessile or on short stalks, 0.2 – 1.4 cm in diameter. It looks like a small, fuzzy ball tucked in the leaf axil.
 - **Female Flower:** 4 tiny tepals (0.05 cm), some with horn-like tips. Superior ovary.
- **Flowering Season:** Spring to Summer.

瘦果近橢圓球形，長約 0.08 公分，有小瘤狀突起。果實為卵狀瘦果，瘦果具 4 稜。[瘦果]

• 果實：

- **Type:** An **achene (瘦果)**.
- **Details:** Nearly ellipsoidal, about 0.08 cm long, featuring small **tubercular protrusions** (tiny

bumps). Some variants show 8 distinct ridges.

莖圓柱形，全株密生短毛。葉無柄或近於無柄，紙質，上表面被密毛，下表面沿脈被貼伏毛，窄橢圓形、長橢圓形至披針形，上緣齒裂，下緣全緣，像極了蝴蝶翅膀的長尾突形，葉面具硬毛，先端漸尖；托葉脫落性。花單性，雌雄異株，雄花腋出，頭狀聚繖花序無柄或近於無柄。果實為卵狀瘦果，瘦果具8稜。產於全島中低海拔地區。花期春季至夏季。

1. Stem & Texture (莖與質地)

- **Form:** Stems are **cylindrical**.
- **Pubescence (被毛):** The entire plant is **densely covered in short hairs**, giving it a soft or slightly rough texture.

2. Foliage (葉部特徵)

- **Type:** Sessile or nearly sessile (無柄或近於無柄); **chartaceous (paper-like)** texture.
- **Shape:** Narrow-elliptic, oblong, or lanceolate.
- **Distinctive Form:** The leaf base is strikingly **asymmetrical (oblique)**, resembling a **swallowtail butterfly's wing** with a long tail-like projection.
- **Details:** The **upper margin is serrated (齒裂)** while the lower margin is **entire (全緣)**. The apex is acuminate (漸尖), and both surfaces are covered in hairs (upper: dense; lower: appressed along the veins).
- **Stipules:** Deciduous (falling off early).

3. Reproduction & Distribution (花、果與分佈)

- **Sexuality:** **Dioecious** (male and female flowers on separate plants).
- **Inflorescence:** Male flowers emerge from the leaf axils in **nearly sessile, capitulate cymes** (stalkless, head-like clusters).
- **Fruit:** An **ovoid achene (卵狀瘦果)** featuring **8 distinct ridges**.
- **Range:** Native to **low-to-mid altitude regions** across the entire island of Taiwan.
- **Season:** Blooms from **Spring to Summer**.

• 特性：