

• 中文名稱： 欖仁樹

• 英文名稱： Indian Almond

• 學名： *Terminalia catappa* Linn.

• 科名： 使君子科(Combretaceae)欖仁屬(Terminalia)

欖仁樹（中山傳信錄、臺灣植物名錄），山枇杷樹（海南），古巴梯斯樹、欖仁、雨傘樹、枇杷樹、大葉欖仁樹、涼扇樹、仁愛樹、龜仔樹、島朴、Tyaratai(排灣)

這段關於大葉欖仁（學名：*Terminalia catappa*）的別名清單，反映了它在不同地域與文化中的多樣稱呼，翻譯如下：

• **Standard English Names:**

- Indian Almond
- Tropical Almond
- Sea Almond

• **Regional & Descriptive Names:**

• 別名：

- **Lan-ren-shu (欖仁樹):** Almond Tree (*Found in historical records like "Zhongshan Chuanxin Lu" and the "Flora of Taiwan"*)
- **Shan-pi-pa (山枇杷樹):** Mountain Loquat (*Used in Hainan due to the leaf shape*)
- **Gu-ba-ti-si (古巴梯斯):** Cobatis (*A phonetic transliteration often used in specific botanical contexts*)
- **Yu-san-shu (雨傘樹):** Umbrella Tree (*Refers to its distinct horizontally layered branching*)
- **Da-ye-lan-ren (大葉欖仁):** Broad-leaf Almond (*To distinguish it from the Small-leaf Almond*)
- **Liang-shan-shu (涼扇樹):** Cooling Fan Tree (*Refers to its large leaves used for shade*)
- **Ren-ai-shu (仁愛樹):** Ren-ai Tree (Benevolence Tree)
- **Gui-zai-shu (龜仔樹):** Turtle Tree (*Likely referring to the fruit's shape or the rugged*

bark)

- **Dao-pu (島朴):** Island Hackberry
- **Tyaratai:** The indigenous name from the **Paiwan** tribe in Taiwan.

產於臺灣及中國大陸的廣東（徐聞至海南島）、雲南（東南部）。常生於氣候濕熱的海邊沙灘上，多栽培作行道樹。馬來西亞、越南以及印度、大洋洲均有分佈。南美熱帶海岸也很常見。

• 原產地：

Native to Taiwan and China, including Guangdong (from Xuwen to Hainan Island) and southeastern Yunnan. It typically grows on humid and hot coastal sandy beaches and is widely cultivated as a roadside (street) tree. Its distribution extends across Malaysia, Vietnam, India, and Oceania. It is also very common along the tropical coasts of South America.

• 分佈：

Native to the Hengchun Peninsula, Orchid Island (Lanyu), Little Liuqiu, Green Island, and the Penghu Islands; it is also widely cultivated in gardens and parks throughout Taiwan.

• 用途：

1. 庭園樹、行道樹：常用作庭院遮陰植物或行道樹。2. 木材可供建築及製造器具：欖仁樹的邊材白色，心材紅褐色，質緻密而重，硬度適中，除供建築或製造器具外，蘭嶼當地居民也常以其木材建造獨木舟。3. 食用：種子之種仁，有芳香味，食之味佳；可供搾油。4. 果皮作染料：果皮含鞣質(單寧)可作黑色染料，葉及種子可藥用。5. 藥用：性味：種子：苦、澀、涼；樹皮：苦、涼；葉：辛、微苦、涼。效用：種子：清熱解毒。治咽喉腫痛，痢疾，腫毒；樹皮：解毒止痢，化痰止咳，收斂止痢。治痢疾，痰熱咳嗽，瘡瘍，泄瀉；葉：祛風清熱，止咳止痛，解毒殺蟲。治感冒發熱，痰熱咳嗽，頭痛，風濕關節痛，赤痢，瘡瘍疥癩，肝炎，關節炎；嚼食葉子治喉痹及感冒。

1. **Landscaping and Street Tree (庭園樹、行道樹):** Commonly utilized as an ornamental shade tree in gardens or as a roadside (street) tree due to its broad, spreading canopy.
2. **Timber for Construction and Tool Making (木材供建築及器具):** The sapwood is white, while the heartwood is a reddish-brown. The wood is dense, heavy, and has moderate hardness. In addition to general construction and tool manufacturing, the indigenous people of **Orchid Island (Lanyu)** frequently use this timber to build their traditional **canoes**.
3. **Edible Seeds (食用):** The kernels within the seeds are fragrant and have an excellent flavor; they can also be pressed to extract edible oil.

4. **Natural Dye (果皮作染料):** The fruit rinds are rich in **tannins**, which can be processed into a black dye. Both the leaves and seeds also have medicinal applications.
5. **Medicinal Value (藥用):**
 - **Properties (性味):** Seeds are bitter, astringent, and cool; bark is bitter and cool; leaves are pungent, slightly bitter, and cool.
 - **Seeds (種子):** Used to clear heat and detoxify. Treats sore throats, dysentery, and toxic swellings.
 - **Bark (樹皮):** Detoxifies, relieves dysentery, transforms phlegm, and relieves coughing. Used for phlegm-heat coughs, sores, and diarrhea.
 - **Leaves (葉):** Dispels wind and clears heat, relieves coughing and pain, detoxifies, and acts as an insecticide. Used for flu/fever, headaches, rheumatic joint pain, hepatitis, and arthritis. Chewing the leaves is a traditional remedy for throat obstruction (laryngitis) and the common cold.

落葉大喬木，株高可達 25 公尺，徑 60~100 公分，老樹根生有顯著之板根，具有多數枝條；側枝光滑無毛茸，水平輪生，形成平頂傘狀樹冠。

• 莖：

A large deciduous tree, reaching heights of up to 25 meters with a trunk diameter of 60–100 cm. Older trees develop prominent buttress roots (buttresses) at the base. It features numerous branches; the lateral branches are smooth and glabrous, growing in horizontal whorls to form a distinct flat-topped, umbrella-shaped canopy.

葉呈倒卵形，互生，但多叢生於小枝的先端，長 20~26 公分，寬 7~12 公分，先端鈍，基部銳或楔形，且有 2 枚腺體，厚革質，全緣或波狀緣，表面呈有光澤的綠色，背面顏色較淡，表裏兩面皆無毛茸，但在中肋處則有毛茸散生，中肋於表面凹下而於背面隆起，側脈每邊 6~7 枚，硬而略有毛茸，脈間有小瘤體；葉柄短，長 0.5~0.8 公分，粗壯，光滑無毛；春季新芽翠綠。秋冬季落葉前，轉變為黃色或紫紅色，極為美麗。

• 葉：

The leaves are obovate in shape and alternately arranged, though they often appear clustered at the tips of branchlets. They measure 20–26 cm long and 7–12 cm wide. The apex is obtuse, while the base is acute or cuneate and features two distinct glands. The leaves are thick and leathery (coriaceous) with entire or slightly wavy margins. The upper surface is a glossy green, while the underside is paler. Both surfaces are generally glabrous, though scattered hairs are present along the midrib. The midrib is depressed on the upper surface and prominent on the underside, with 6–7 pairs of stiff, slightly hairy lateral veins that contain small domatia (nodules) between them. The petioles (leaf stalks) are short (0.5–0.8 cm), stout, and smooth. In spring, the new buds are a

vibrant emerald green; in autumn and winter, before falling, the leaves turn yellow or a stunning purplish-red, creating a magnificent display.

雌雄同株，花多數，小形，淡黃色或黃綠色，開放時徑 0.5~0.6 公分，雜性花，呈腋生的穗狀花序排列，雄花居頂，雌花在下；花序長 6~10 公分，斜上昇狀，光滑無毛；花萼鐘形，略呈花冠狀，長 0.3~0.5 公分，外面光滑無毛，內面有毛茸，先端裂片 5 枚(4 枚較少見)，裂片多為早落性；無花瓣；雄蕊 10 枚，排成 2 列，花絲細長，花藥 2 室；子房上位，1 室，胚珠 2~3 枚。

• 花：

The species is monoecious (having separate male and female flowers on the same plant). The flowers are numerous, small, and pale yellow or yellowish-green, measuring 0.5–0.6 cm in diameter when in bloom. They are arranged in axillary spikes (polygamous inflorescences), with male flowers located at the top and female flowers at the base of the spike. The inflorescences are 6–10 cm long, ascending obliquely, and are smooth and glabrous.

The calyx (sepals) is bell-shaped and somewhat corolla-like (resembling petals), measuring 0.3–0.5 cm long. It is smooth and hairless on the outside but pubescent (hairy) on the inside, typically ending in 5 lobes (4 lobes are rare); these lobes are mostly caducous (falling off early). There are no true petals. There are 10 stamens arranged in two rows, featuring long, slender filaments and 2-celled anthers. The ovary is superior and 1-celled, containing 2–3 ovules.

• 果實：

果實為核果，卵形或扁橢圓形，略扁平，長 5~6 公分，徑 4~4.5 公分，有 2 條縱向的稜或龍骨突起，初為綠色後變為黑色。

The fruit is a drupe (stone fruit), ovate or flattened-elliptical in shape, and slightly compressed. It measures 5–6 cm in length and 4–4.5 cm in diameter. The fruit features two longitudinal ridges or "keels" (carinae). Initially green, the drupes turn black as they ripen.

• 特性：

欖仁樹產於台灣全島平地，由宜蘭、基隆至恆春之鵝鑾鼻止。亦分佈南洋及太平洋諸島。落葉大喬木，株高 15~25 公尺，側枝水平輪生，形成平頂傘狀樹冠，老樹根生有顯著之板根。葉片大，叢生枝端，葉柄短，倒卵形，先端圓形，長 20~25 公分；春季新芽翠綠。秋冬季落葉前，轉變為黃色或紫紅色，極為美麗。腋生穗狀花序，黃綠色，雄花著生於頂端，雌花居下部。欖仁樹是原是海濱的植物，它的原產地在熱帶海岸，恆春半島的墾丁到鵝鑾鼻一帶，多的是它的高大聚落，可以說是墾丁國家公園內海岸林中最優勢的數種。由於它的樹性健強，很能適應各種環境。幾十年前，有人目睹其丰姿美色，乃大力推薦給各機關學校，引進都市，終於使它成為常見的園景樹。欖仁樹是行道樹中常見的落葉樹種，以它的姿態、紅

葉、新芽叫人印象深刻，它不僅是熱帶地區有名的紅葉樹，老樹根部形成的板根也是它特別的地方。欖仁樹的果實呈扁橢圓形，兩面均具有龍骨狀突起，模樣有如橄欖子一般，「欖仁樹」之名由此而來。果皮堅硬而呈纖維狀，以便藉海潮漂流散布；種仁富含油脂，可以煮食，滋味還不差。欖仁樹於夏天開花，可用播種繁殖。據說欖仁樹的葉子可以入藥，需是自然落下，曬乾的葉子，用以治療肝疾，不過這方面的資料還沒有受到醫學界的證實，所以可別輕易的就去嘗試喔！

這段總結性的文字完美地描繪了**大葉欖仁**（學名：*Terminalia catappa*）從生物學特徵到人文歷史的完整輪廓。翻譯如下：

Distribution and Habitat: The Indian Almond (*Terminalia catappa*) is found throughout the plains of Taiwan, stretching from Yilan and Keelung in the north down to Eluanbi in Hengchun. It is also distributed across Southeast Asia and the Pacific Islands. Originally a coastal species native to tropical shores, it forms majestic, dominant communities along the coast from Kenting to Eluanbi, making it one of the most prominent tree species in the coastal forests of **Kenting National Park**.

Form and Foliage: A large deciduous tree, it reaches heights of 15–25 meters. Its lateral branches grow in horizontal whorls, creating a distinctive **flat-topped, umbrella-shaped canopy**. Older trees are characterized by prominent **buttress roots** at their base. The leaves are large (20–25 cm long), obovate with rounded tips, and clustered at the branch ends with short petioles. While new spring buds are a vibrant emerald green, the foliage undergoes a breathtaking transformation into **yellow or purplish-red** in autumn and winter before falling.

Flowers and Propagation: The tree produces yellowish-green axillary spikes. These are **polygamous**, with male flowers occupying the upper portion and female flowers situated at the base. It typically blooms in summer and can be propagated by seed.

Adaptability and Urban Presence: Due to its robust nature and high adaptability to various environments, the Indian Almond was highly recommended for institutional and school landscaping decades ago. This successful introduction into urban areas has made it a common sight in city parks and as a roadside tree. Its striking silhouette, seasonal red leaves, and fresh spring growth leave a lasting impression on all who see it.

Fruit and Name Origin: The fruit is a flattened-elliptical drupe with **keel-like ridges** on both sides, resembling a large olive pit—this similarity is the source of its Chinese name, "Lan-ren" (Almond-like). The husk is hard and fibrous, a specialized adaptation for **sea-drift dispersal** via ocean

currents. The kernels are rich in oil and edible when cooked, offering a pleasant flavor.

Medicinal Legend: It is said that the leaves have medicinal properties, specifically for treating **liver diseases**. According to local lore, only naturally fallen and sun-dried leaves should be used.

However, as these claims have not been clinically proven by the medical community, one should exercise caution and avoid self-medication.