

• 中文名稱：水東哥

• 英文名稱：Oldham's Saurauia

• 學名：
Saurauia tristyla DC. var. *oldhamii* (Hemsl.) Finet & Gagnep.
Saurauia oldhamii Hemsl.
Sinoadinaracemosa (Sieb. & Zucc.) Ridsdale

• 科名：繡猴桃科 (Actinidiaceae) 水冬瓜屬 (Saurauia)

水冬瓜，水冬哥、水東哥、水管心、火筒棒、倒吊風、大冇樹、台灣水東哥 (中國植物誌)

Common/Regional Names (名稱)	English Translation / Interpretation (翻譯與註解)	Origin/Note (來源與備註)
水冬瓜 (Shu ĭ D ō ng Gu ā)	Water Wax-gourd	The most common name; refers to its translucent, juicy white berries that look like miniature wax gourds.
水冬哥 / 水東哥	Shui-dong-ge	Phonetic variations of its name, often used in different Chinese-speaking regions.
水管心 (Shu ĭ Gu ā n X ī n)	Water-pipe Core	Describes the soft, spongy pith of the stem, which holds a lot of moisture like a water pipe.
火筒棒 (Hu ō T ō ng Bàng)	Fire-blower Stick	Historically, its hollow/soft stems were used as blow-tubes to stoke fires (fire-blowers).
倒吊風 (Dào Diào F ē ng)	Hanging Wind-herb	A traditional folk medicinal name, often related to treating "wind-dampness" (rheumatism).
大冇樹 (Dà M ō u Shù)	Great Spongy-wood Tree	"M ō u" (冇) means hollow or soft in Cantonese/Hokkien; refers to its low-density, brittle wood.
台灣水東哥	Taiwan Saurauia	The official name recorded in the <i>Flora of China</i> , highlighting its regional significance.

台灣各地、中國華南、琉球群島。Native Origin (原產地):

- 原產地：
- **Taiwan:** Distributed throughout the entire island (indigenous).
 - **Southern China:** Common in the humid provinces of South China¹

- **Ryukyu Islands:** Its distribution extends northward to the Japanese archipelago.

平地郊野以至 1000 公尺中海拔之山區森林中，喜歡陰一點的環境，通常長於闊葉林，溪谷兩旁避風且且潮濕地的區域。 **Distribution & Habitat (分佈與棲地):**

• 分佈：

- **Altitudinal Range:** From lowland plains up to mid-altitude mountain forests at 1,700 meters.
- **Environmental Preference:** A sciophilous (shade-loving) plant. It prefers filtered light rather than direct, harsh sunlight.
- **Microclimate:** Typically found in broadleaf forests, particularly along ravines and stream banks (溪谷兩旁).
- **Key Conditions:** It thrives in sheltered (避風) and consistently damp (潮濕) areas where the soil and air moisture remain high.

☐ 食用：果實可當野外救荒野果。☐ 藥用：根煎服，用以治療腹痛、感冒及熱病；嫩芽搗碎用以敷治刀傷、跌打損傷及火傷。 **Multi-purpose Uses: Taiwan Saurauia (水冬瓜)**

1. Edible: Wild Fruit (食用價值)

- **Wild Survival Food (救荒野果):** When ripe, the small, white, translucent berries are juicy and sweet. In survival situations or as a wild snack, they serve as a reliable source of hydration and sugar.

2. Medicinal Properties (藥用價值)

• 用途：

- **Internal Use (Root):** A decoction made from the roots is traditionally consumed to treat:
 - Abdominal pain (腹痛)
 - Common cold (感冒)
 - Febrile diseases / Fever (熱病)
- **External Use (Tender Buds):** Crushed young buds and shoots are applied topically as a poultice to treat:
 - Knife wounds / Cuts (刀傷)
 - Bruises and traumatic injuries (跌打損傷)
 - 7 火傷 ☐

株高 3 - 6 公尺，枝有瘤狀斑點，常被鱗片；嫩枝被有紅褐色粗剛毛。 **Stem & Branches (莖與枝條)**

• 莖：

- **Height:** A large shrub or small tree, reaching 3 – 6 meters tall.
- **Surface:** Branches feature **lenticel-like spots (瘤狀斑點)** and are often covered in scales.
- **Pubescence:** Young branches are densely covered in distinct **reddish-brown bristle-like hairs (紅褐色粗剛毛)**.

單葉，互生，具葉柄，柄長 2 - 3 公分；葉片長 15 - 20 公分，寬 6 - 8 公分，橢圓形至卵形，葉基尖銳，葉尖鈍形，葉緣具尖細鋸齒，表面有細毛，下表面沿中肋被剛毛，側脈 12 - 13 對，嫩葉呈褐色。 **Foliage (葉)**

• 葉：

- **Type:** Simple, alternate, with petioles (leaf stalks) 2 – 3 cm long.
- **Shape:** Elliptic to ovate, 15 – 20 cm long and 6 – 8 cm wide.
- **Details:** * **Base:** Acute (尖銳).
 - **Apex:** Obtuse (鈍形).
 - **Margin:** Finely serrate (具尖細鋸齒).
- **Texture:** Upper surface has fine hairs; lower surface is bristly along the midrib.
- **Venation:** Features 12 – 13 pairs of lateral veins. New leaves often appear brownish.

花兩性，小形，徑約 1 公分，呈聚繖花序或圓錐花序，腋出，被短柔毛，花軸長約 2~3 公分，纖細；花梗短，長約 0.4 公分；花萼 5 片，不等大，圓形、白色、光滑或被短柔毛；花瓣 5 片，淡紅色；雄蕊多數；子房 3 室，光滑；花柱 3 枚，胚珠多數。 **Flowers (花)**

• 花：

- **Sexuality:** Bisexual (兩性花).
- **Inflorescence:** Small flowers (approx. 1 cm in diameter) arranged in **cymes or panicles (聚繖或圓錐花序)**, emerging from leaf axils.
- **Structure:**
 - **Calyx:** 5 sepals, unequal in size, circular, white, and smooth or slightly pubescent.
 - **Petals:** 5 petals, typically **pale red (淡紅色)** or pink.

- **Stamens:** Numerous (a characteristic of the Actinidiaceae family).
- **Ovary:** 3-celled, smooth; with 3 styles.

果實為漿果，球形，徑約 1 公分，熟時白色，具宿存花萼，富黏液，味甘，內藏多數種子。果實多在夏秋成熟。 **Fruit (果實)**

• **果實：**

- **Type:** A berry (漿果).
- **Appearance:** Spherical, about 1 cm in diameter; turns **white** when ripe.
- **Features:** Retains persistent sepals (宿存花萼); contains abundant **mucilage (黏液)** and many small seeds.
- **Season:** Tastes sweet; primarily ripens during **Summer and Autumn**.

常綠小喬木或灌木，株高 3-6 公尺，枝有瘤狀斑點，常被鱗片。嫩枝被有紅褐色粗剛毛。葉互生，頗大，長可達 20 公分，呈橢圓形，葉緣具尖細鋸齒，表面有細毛，嫩葉呈褐色。花兩性，聚成聚繖花序或圓錐花序，腋出，花梗細長；花小型，徑約 1 公分，花萼 3 片，白色，花瓣 3 片，淡紅色，雄蕊多數，子房 3 室，花柱 3 枚，胚珠多數。漿果球形，徑約 1 公分，熟時白色，具有宿存萼片 Key Characteristics: Taiwan Saurauia (水冬瓜的特性)

1. Growth Habit & Stems (生長形態與莖部)

Type: Evergreen small tree or shrub (常綠小喬木或灌木).

Height: Typically 3 - 6 meters tall.

• **特性：**

Texture: Branches feature lenticel-like spots (瘤狀斑點) and scales.

Distinctive Mark: Young branches are densely covered in stiff, reddish-brown bristles (紅褐色粗剛毛), a primary identification feature in the field.

2. Foliage (葉部特徵)

Size & Shape: Alternate leaves (互生); notably large, reaching up to 20 cm in length; elliptic in shape.

Details: Finely serrated (尖細鋸齒) margins; the upper surface is covered in fine hairs.

Emergence: Young, unfolding leaves often have a distinct brownish (褐色) tint.

3. Flowers & Inflorescence (花與花序)

Type: Bisexual (兩性花).

Structure: Arranged in cymes or panicles (聚繖或圓錐花序), emerging from the leaf axils.

Appearance: Small flowers (approx. 1 cm in diameter) with slender stalks (pedicels).

Colors: 5 white sepals and 5 pale red/pink petals (淡紅色).

Internal Anatomy: Numerous stamens (雄蕊多數); 3-celled ovary with 3 styles.

4. Fruit (果實)

Type: Spherical berry (漿果).

Appearance: About 1 cm in diameter; turns white when fully ripe.

Feature: Characterized by persistent sepals (宿存萼片) remaining at the base of the fruit.