

	<i>Copel.</i>	with chili sauce or cook curry or stir fried.
Gam Pla Chon	-	Eat as a raw vegetable.
Go (Ta Go)	<i>Diospyros dictyoneura</i>	The ripe fruits are sweet and cook in sour-peppery soup (Kang Som).
Khee Ga	<i>Trichosanthes integrifolia</i>	The shoots and young leaves are blanched or boiled in coconut milk and eat as a vegetable.
Khee Mook Mood Sung	-	The shoots are cooked in coconut milk or eat as a raw vegetable.
Khee Rad	-	The shoots are cooked in spicy mixed vegetable soup (Kang Liang) or eat as a raw vegetable.
Khee Lek	<i>Cassia siamea Lamk.</i>	The young leaves and flower buds are cooked in coconut milk.
Khem (all types)	<i>Ixora sp.</i>	The shoots are edible raw.
Cor Heang	-	The shoots are edible raw.
Kun Lan	-	The shoots are edible raw.
Care	<i>Sesbania grandiflora Desv.</i>	The flowers and young shoots are blanched to eat as a vegetable with chili sauce. Cook in sour-peppery soup (Kang Som).
Ngew	<i>Gossampinus malabarica</i> <i>Bombax ceiba Linn.</i>	The young leaves, flower buds and young fruits eat as a vegetable. Dry pollen cook in sour-peppery soup (Kang Som).
Ngen Dok Khoa, Ngen Dok Dang	-	The shoots are boiled and eat them with chili sauce.
Juang (Thap Tha Ro)	<i>Cinnamomum cassia</i>	The young shoots eat as a vegetable with chili sauce.
Jun Hom (Pug Paw, Pug Sum)	<i>Mansonie gagei</i>	Leaves cook in curry. That make more fragrant.
Jum Pun	-	The leaves and shoots are cooked in spicy curry and spicy mixed vegetable soup (Kang Liang).
Jum Lai (Ga Jum Poo Ling, Jum Poo Ling, Jum Ree, Jum Rai, Jum Pree)	<i>Baccaurea kunstleri</i>	The young fruits and shoots are cooked in spicy mixed vegetable soup (Kang Liang). The ripe fruits are cooked in sour-peppery soup (Kang Som).
Jig (Jig Nam, Jig Na, Jig Doone, Jig Khao, Ka Doone, Jig Ho Non, Jig Hao Non, Nit Tra)	<i>Barringtonia edaphocarpa</i> <i>Barringtonia acutangula</i> <i>Barringtonia fusiformis</i> <i>Careya spherica</i>	The young shoots and flowers are edible raw.
Jor Tor (Nam Jai Kai, Sok Tok, Jok Tok, Sor Tor)	<i>Anacardiaceae</i>	The young shoots are cooked in spicy mixed vegetable soup (Kang Liang) or eat as a vegetable.
Chiang (Ma Due Khao)	<i>Ficus sp.</i>	The young fruits are edible raw.
Chok (Cok, Yok, Tao, Nao, Lung Kai, Ga Chok, Chid)	<i>Arenga saccharifera</i> <i>Labill</i> <i>Arenga pinnata</i>	Stir fried vegetables or pickle to cook in sour-peppery soup (Kang Som) and coconut curry.
Chom Phu Sa Lag (Ma Meaw)	<i>Eugenia malaccensis</i>	The shoots are edible raw.

Cha Plu (Cha Plu, Chur Phu, Nom Wa, Pug Pu Na, Plu Ling)	<i>Piper sarmentosum Roxb.</i>	The leaves are cooked in coconut curry or wrap Miang Kham.
Cha Plu Chang	-	The shoots are edible raw or are cooked in fish curry, sweet curry.
Cha Mao	-	The shoots and young fruits are edible raw or blanched and eat them with chili sauce.
Cha Ohm	<i>Acacia insuavis Lace</i>	The young shoots and young leaves are edible raw or cooked coconut curry. Fried with egg.
Chee Ngo	-	The shoots are cooked in spicy mixed vegetable soup and sour-peppery soup (Kang Som).
Chum Hed Yai (Chum Hed Ted, Sub Min Luang, Ya Sub, Min Luang, Khee Kad, Mak Ka Ling Ted)	<i>Cassia alata Linn.</i>	The flowers are blanched and eat them with chili sauce.
Choan (Aor Dib Barn)	-	The stems which remove peel are edible raw. Cook in spicy mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som) or spicy curry.
Saae	<i>Millettia atropurpurea Berth</i>	The shoots are edible raw.
Dao Kra Jai	-	The flower buds are blanched and eat them with chili sauce.
Dao Reang	<i>Tagetes erecta</i>	The flower buds are blanched and eat them with chili sauce. Blooming flower mix in spicy salad.

Dee Plee Cheuk (Dee Plee, Pra Dong Kor, Pid Pa Ya Fhai, Pan Nu, Prig Hang, Big Huad)	<i>Piper retrofractum Vahl.</i> <i>Piper longum Linn.</i>	The ripe fruits are dried and used as spices. The young fruits are edible raw.
Deue Bid	-	Leaves are edible raw.
Do Dae (Tu Dae, Too Dae, To Dae)	-	The young shoots are blanched and eat as a vegetable.
Tok	-	The shoots are edible raw.
Tor Sai	<i>Allophous sootepensis</i>	The shoots are edible raw.
Ta Baek	<i>Lagerstroemia spp.</i>	The shoots are edible raw.
Ta Ling Ping (Ling Ping, Ling Ting, Pheag Ted)	<i>Averrhoa bilimbi Linn.</i>	Fruits are cooked in sour-peppery soup (Kang Som), chili sauce, spicy salad.
Ta Pad Ta Kai	-	The shoots are edible raw.
Tan Mhon	-	The shoots are edible raw.
Tam Lueg (Tao See Bath, Pug Ham Lueg, Pug Kab, Kae Doa, See Bath)	<i>Coccinia indica Caccinia grandis (L.) Voigt</i>	The shoots and young leaves are cooked in spicy mixed vegetable soup (Kang Liang), soup and stir fried. The young or ripe fruits are boiled and eat them with chili sauce.
Toom (Toom Barn, Ma	<i>Aegle marmelos</i>	The young shoots are edible raw.

Toom)	<i>Corr.</i>	
Toom Pra	-	The young shoots are edible raw and eat them with chili sauce.
Tuey Nam	<i>Pandanus odoratissimus</i>	The shoots are boiled and eat them with chili sauce or cook in curry.
Tao Rang	<i>Caryota urens</i> Linn. <i>Caryota mitis</i>	The young shoots of stem are cooked in spicy mixed vegetable soup (Kang Liang) or coconut curry. It is blanched and eat as a vegetable.
Tuew	<i>Cratoxylon formsum</i>	The shoots are edible raw.
Tuob Thab (Tao Kang Kok)	-	The flowers and young shoots are edible raw and eat them with chili sauce.
Tuw Pu	<i>Psophocarpus tetragonolobus</i> Dc. <i>Psophocarpus letragonlobus</i> (L.) DC.	The young shoots, young flowers and young pods are edible raw. Cook in sour-peppery soup (Kang Som), Kaeng Tai Pla or boil or stir fried.
Tho Kun	<i>Vitis trifolia</i> <i>Parthenocissus vitacea</i> Aitch <i>Cissus Carnosa</i> Roxb.	The young fruits are used in chili sauce for the slightly bitter taste.
Tuey	-	The shoots a sour taste. It is edible raw with Thai vermicelli.
Thong Lang Bai Mon (Thong Lang, Thong Long)	<i>Erythrina suberosa</i> Roxb. <i>Erythrina Fusca</i> Lour.	The young leaves make steamed fish with curry paste. The fresh leaves make food wrapped in leaves). The young shoots are boiled and eat them with chili sauce.
Tum Mung (Mang Da Ton, Cha Mung, Kad Sa Long)	<i>Litsea petiolata</i> Hook.f.	The barks are cooked chili sauce.
Tium (Ton Tium, Mai Tium, Sa Dao Chang, Sa Dao Bai Yai)	<i>Azadirachta excels</i> <i>Toxicodendron succedanea</i> Mold.	The young leaves and flowers are blanched and eat them with chili sauce.
Nom Won (Nom Sa Won, Pa Nom Sa Won)	<i>Clerodendrum paniculatum</i>	The young shoots and young leaves are cooked in beef coconut curry.
Noi Na	<i>Annona squamosa</i>	The young shoots cook stir fried.
Nam Dok Mai (Chom Pu Nam Dok Mai)	<i>Eugenia javanica</i> Lamk.	The young shoots are edible raw.
Nam Nong	<i>Elaeodendron glaucum</i>	The young shoots and young fruits eat as a raw vegetable.
Noon	<i>Ceiba pentandra</i> Gaertn.	The young fruits cook soup.
Niang (Look Niang, Pa Niang, Khao Dang, Cha Niang, Yi Ring, Yue Ring)	<i>Archidendron jiringa</i> Nielsen <i>Abarema jiringa</i> Kosterm <i>Pithecellobium jiringa</i> Prain <i>Pithecolobium lobatum</i> Benth.	The young fruits are edible raw and eat them with chili sauce or eat with spicy food. Make dessert.
Bon Kiab	-	Petioles are removed peel and cook in spicy

		mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som) or coconut curry.
Bon Khao	-	Petioles are removed peel and cook in spicy mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som).
Bon Ta Kiab (Bon Mak)	-	The flowers and petioles (do not remove peel) cook in sour-peppery soup (Kang Som). Petioles are removed peel to eat as a vegetable.
Bon Tao (Hua Tao Kiad)	<i>Alocasia sp.</i>	The inflorescence flowers, young shoots and leaves cook in sour-peppery soup (Kang Som).
Bon Ta	-	The shoots cook in sour-peppery soup (Kang Som).
Bon Pha Lung Khao	-	Tuber cook spicy soup or make dessert.
Bon Pha Lung Dum (Aor Dib Dum)	-	Tubers cook spicy soup or make dessert.
Bon Yay Rud	-	Tubers and petioles are removed peel and cook in sour-peppery soup (Kang Som).
Bon Som	-	The inflorescence flowers, young shoots and leaves cook in sour-peppery soup (Kang Som).
Bang Bai	-	The shoots are edible raw.
Book (all types)	<i>Amarphophallus sp.</i>	The seedlings are removed peel and young leaves cook in sour-peppery soup (Kang Som) and spicy mixed vegetable soup (Kang Liang).
Phay Khao San	-	The shoots and flowers cook in spicy mixed vegetable soup (Kang Liang) and soup.
Pod	<i>Achasma megalocheilos</i>	Piths are edible raw.
Phor Hom	<i>Kaempferia galangal</i> Linn.	The tubers are put chili sauce for fragrant.
Pug Gror	-	The young leaves or shoots are edible raw.
Pug Kra Chad (Pug Nong)	<i>Neptunia oleracea</i>	The shoots are edible raw or stir fried or cook in sour-peppery soup (Kang Som).
Pug Gad Nok Khao (Hoo Pla Chon, Hang Pla Chon, Pug Bung, Pug Dang)	<i>Emilia sonchifolia</i> Dc.	The leaves, shoots and seedling are edible raw.
Pug Kad Nok Krood	-	The shoots are edible raw.
Pug Khuang	-	The leaves are edible raw and eat them with chili sauce. Cook in sour-peppery soup (Kang Som).
Pug Khree	-	The shoots are edible raw.
Pug Krad Hua Wan (Pug Krad, Pug Ped)	<i>Spilanthes acmella</i> Murr.	The shoots and flowers are cooked in spicy curry with shell or fish. The leaves put in Khao Yam.
Pug Chee Lom (Pug Aun)	<i>Oenanthe javanica</i> <i>Oenanthe stolonifera</i> Wall.	The shoots and seedling are edible raw.
Pug Tob (Bon Jene, Tan La Pud, Rue Sri)	<i>Limnocharis flava</i> Buch.	The young leaves and inflorescence flowers are edible raw. Cook in sour-peppery soup

		(Kang Som).
Pug boong	<i>Ipomoea aquatic</i> Forsk.	The shoot leaves are edible raw and eat them with chili sauce. Cook in sour-peppery soup (Kang Som), Kang Ta Po or stir fried.
Pug Bia	<i>Portulaca quadrifida</i> Linn.	The leaves are edible raw and eat them with chili sauce.
Pug Pang Dang and Pug Pang Khao (Pug Plang)	<i>Basella alba</i> Lnn. <i>Casella rubra</i> L.	The young shoots are blanched and eat them with chili sauce. Cook in coconut curry.
Pug Ped (Pug Ped Nam)	<i>Alternanthera philoxeroides</i> Griseb.	The young shoots and young fruits are blanched and eat them with chili sauce.
Pug Mae	<i>Monordica subangulata</i> BL.	The young shoots and young fruits are blanched and eat them with chili sauce.
Pug Wan (Bua Bok)	<i>Centelia asiatica</i> Linn. <i>Cleome gynandra</i>	The leaves are edible raw and eat them with chili sauce or eat with Thai vermicelli. Make spicy salad.
Pug Sian, Pug Sian Pee	<i>Gynandropsis gynandra</i>	The pickled shoots eat with Thai vermicelli. Cook in sour-peppery soup (Kang Som).
Pug Nog	<i>Cliome viscosa</i>	The leaves are edible raw and eat them with chili sauce. Eat with Thai vermicelli or spicy salad.
Pug Nam	<i>Lasia apinosa</i> Thw.	The young shoots are boiled and eat them with chili sauce. Cook in sour-peppery soup (Kang Som) or stir fried.
Pug Hom (Pug Hoom, Pug Khom)	<i>Amaranthus sp.</i>	The young leaves and shoots are blanched and eat them with chili sauce. Cook in spicy mixed vegetable soup (Kang Liang), soup, stir fried.
Pug Huam	-	The shoots and mature leaves are edible raw.
Pug Whan	<i>Melientha suavis</i>	The leaves are blanched and eat them with chili sauce, stir fried, spicy curry.
Pug Whan Barn (Ma Yom Pa)	<i>Sauropus androgynus</i>	The young shoots cook in spicy mixed vegetable soup (Kang Liang), soup, stir fried.
Pug Wha (Sun Ta Wa, Sun Ta Wa Bai Pai)	<i>Ottelia alismoides</i> Pers	The shoots are edible raw and eat them with chili sauce. Cook in sour-peppery soup (Kang Som).
Pug Hing (Pug Hun)	-	The leaves are blanched and eat them with chili sauce, cook in spicy mixed vegetable soup (Kang Liang), soup, stir fried.
Pug Hai (Ma Ra Khee Nok)	<i>Momordica charantia</i> Linn.	The shoots, green and ripe fruits are boiled and eat them with chili sauce.
Pa Rai Hor Thong (Pa Rai Kway, Ga Tok Rok, Ong Nok, Chub Phong, Rok Chang, Khoa Yen, Tao Sing To)	<i>Passiflora foetida</i> Linn.	The young shoots are boiled and eat them with chili sauce.
Pee Sue Yai	-	The shoots and flowers are edible raw.
Pee Nhai	-	The leaves are cooked in spicy mixed vegetable soup (Kang Liang).

Phu Gae	<i>Piper sp.</i>	The leaves are edible raw.
Pang Ga (Gong Gang)	<i>Rhizophora sp.</i>	The shoots are edible raw.
Pun Tun	<i>Schima noronhae</i>	The shoots are edible raw.
Pa Hoom (Ga Pung Hoom, Tod Mhar, Tao Tood Mu Tood Mhar)	<i>Paederia linearis Hook.f.</i> <i>Paederia foetida</i>	The leaves are edible raw and eat them with chili sauce, boil, stir fried, eat with Kaeng Tai Pla.
Pum Sam Ngam	-	The shoots cook in spicy mixed vegetable soup (Kang Liang).
Pa Ga (Lin Pha, Lid Mai, Ma Lid Mai, Ma Lin Mai)	<i>Oroxylum indicum Vent.</i>	The young shoots are blanched and eat them with chili sauce. The young pods stir fried, spicy curry.
Pai (Ma Kum Ta Chang, Ma Kum Ton)	<i>Adenanthera pavonica Linn.</i>	The shoots and young pods are edible raw or blanched and eat them with chili sauce.
Fug Khao	<i>Momordica cochinchinensis Spreng.</i>	The young fruits are boiled and eat them with chili sauce, cook in coconut curry and Kaeng Tai Pla. The young shoots are blanched and eat them with chili sauce and cook in spicy mixed vegetable soup (Kang Liang).
Fug Thong	<i>Cucurbita moschata Decne</i>	The shoots are blanched and eat them with chili sauce and cook in spicy mixed vegetable soup (Kang Liang). The fruits are blanched and eat them with chili sauce and cook in spicy mixed vegetable soup (Kang Liang) and spicy curry.
Fab (Hu Ling)	<i>Terminalia tripteroides Craib</i>	The young fruits are edible raw. Cook in sour-peppery soup (Kang Som) and spicy mixed vegetable soup (Kang Liang).
Bhu Mi (Mak Mok)	-	The young shoots and mature leaves are blanched and eat them with chili sauce. Cook sweet curry.
Ma Ha Sa Dam	<i>Cyathea spp.</i>	The young leaves are edible raw.
Ma Gog Pa (Gog, Gog Gook, Gog Mhong, Pai)	<i>Spandias pinnata kurz.</i>	The young leaves and inflorescence flowers are edible raw and eat them with chili sauce.
Ma Kue Puang (Kue Koi, Kue Puang, Lok Wang, Wang Chang, Kue Ted)	<i>Solanum torvum Sw.</i>	The young fruits are put in beef coconut curry and pounded in chili sauce.
Ma Dea (Ma Dea Au Tum Porn, Ma Dea Chum Porn, Ma Dea Nam, Dea Nam, Ma Dea Giang, Dea Liang, Ma Dea Hom, Gu Sae)	<i>Ficus fistulosa</i> <i>Ficus hirta Vahl.</i> <i>Ficus racemosa Linn.</i> <i>Ficus Saemocarpa</i>	The young shoots and fruits are edible raw and eat them with chili sauce.
Ma Prang	<i>Bouea burmanica</i>	The shoots are edible raw.
Ma Pring	<i>Bouea microphylla</i> <i>Bouea oppositifolia</i>	The shoots are edible raw.
Ma Preang	-	The shoots are edible raw.
Ma Prow	<i>Cocos nucifera</i>	The young shoots are cooked in spicy curry, stir fried, spicy soup.

Ma Pud	<i>Garcinia xanthochyma</i> <i>Hook.F.</i>	The leaves are edible raw or are blanched and eat them with chili sauce. The Green fruits (Fresh or dry) are put in spicy curry to sour taste.
Ma Pheang	<i>Averrhoa carambola</i>	The fruits are put in food to sour taste
Ma Muang	<i>Mangifera indica</i>	The young shoots are edible raw.
Ma Muang Kun (Ma Muang Pa, Ma Muang Ka Lon, Ma Muang Thep Pa Rod, Ma Muang Tien)	<i>Mangifera caloneura</i> Kurz.	The green fruits are cooked in spicy curry and pounded in chili sauce.
Ma Muang Him Ma Parn (Ya Ruang, Ya Huoy, Led Thay Loa, Huay Krog)	<i>Anacardium occidentale</i> L. <i>Acajuba occidentalis</i> Gaerth <i>Cassuvium pomiperum</i> Lum.	The young leaves and shoots are edible raw.
Ma Mud (Mud, Som Mud)	<i>Mangifera foetida</i> Lour.	The young fruits cook in spicy salad, sour-peppery soup (Kang Som) or eat them with chili sauce.
Ma Yom	<i>Phyllanthus acidus</i> skeels	The young leaves are edible raw and eat them with chili sauce. Cook in spicy curry, stir fried noodles.
Ma Whang (Look Whang, Ma Whang Ton, Ma Whang Khom, Ma Whang Dam, Ma Whang Kom, Ma Whang, Whang Khom)	<i>Solanum indicum</i> Linn.	The young fruits are edible raw.
Ma Auk (Look Auk)	<i>Solanum ferox</i> Linn. <i>Solanum stramonifolium</i>	Make chili sauce, sour-peppery soup (Kang Som), beef curry, grilled fish curry.
Mung Kud (Mang Kud)	<i>Garcinia mangostana</i> Linn.	The young leaves are pickled and eat with foods.
Mung Kae	-	Leaves are sour and put in fish soup.
Mun Kee Nuo (Mun Nuo, U Be Ka Ling)	<i>Coleus parvifolius</i> Benth.	The small tubers cook coconut curry, yellow curry, Kaeng Tai Pla.
Mun Pu	<i>Glochidion</i> CF. <i>wallichianum</i> Muell.	The young shoots are edible raw, eat with Thai vermicelli.
Mun Sum Pra Lung	<i>Manihot esculenta</i>	The shoots are edible raw.
Mun Hom	-	Cook in coconut curry, spicy curry, stir fried.
Muo Bo Lo (Muo Nam Nong)	-	The young leaves and shoots cook in spicy mixed vegetable soup (Kang Liang).
Mang Luk	<i>Ocimum Canum</i> Sims.	The leaves and young shoots cook in spicy mixed vegetable soup (Kang Liang). That make more spicy and pungent aroma. The leaves are edible raw.
Mai Khon Tee Mhar (Su Nug Ka Yad, Kra Tung)	<i>Crestis pulala</i> Merr.	The shoots and young fruits are edible raw.

Mhar Ba)	<i>Dregea volubilis stapf</i>	
Mai Pru	-	The shoots are edible raw.
Yor (Yor Mai, Yor Barn, Ma Ta Sue)	<i>Morinda citrifolia Linn.</i>	The shoots and fruits cook in spicy mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som). It is blanched and eat them with chili sauce. The ripe fruits make papaya salad and coconut curry.
Yha Nang (Joy Nang, Tao Wan Kiew Tao Yha Nang, Yha Pha Ki Nee, Won Yor, Koi Nang)	<i>Tiliacora triandra Diels</i>	The young shoots cook in spicy mixed vegetable soup (Kang Liang), sweet curry.
Yai Glang	-	The shoots and flowers cook in spicy mixed vegetable soup (Kang Liang).
Ruy (Yha Chong, Pug Chong, Rog Chang Nam)	-	Eat as a vegetable. Cook in spicy mixed vegetable soup (Kang Liang).
La Mai (Ra Mai, Hmai, Ra Ma, Rum Bae, Ra Ma Tee Gu)	<i>Baccaurea motleyana Muell. Arg.</i>	The fruits and peels are cooked in meat curry.
Lang Gai	-	The shoots are edible raw.
Lum Theng (Lum Peng, Lum Teng, Pug Krood Dang, Prong Suan)	<i>Stenochlaena palustris Bedd.</i>	The young shoots cook in spicy mixed vegetable soup (Kang Liang), sweet curry.
Lum Pan	<i>Sonneratia ovate</i>	The flowers, young shoots and young leaves are edible raw and cook in coconut curry.
Lin Han	-	The young shoots cook in spicy mixed vegetable soup (Kang Liang), stir fried.
Look Phu	-	The shoots are edible raw. The fruits are boiled and eat them with chili sauce and cook in coconut curry.
Liab (Pug Hiad, Pug Hued)	<i>Ficusnlacor Buch. Ficus buch</i>	Eat as a raw vegetable with chili sauce. Eat with curry.
Leb Krod	<i>Polyscias sp.</i>	The young shoots and leaves are blanched or stir fried with omelets.
Leb Yiew (Sang Khun)	<i>Zizyphus oenoplia Mill.</i>	The young leaves and shoots eat with chili sauce.
Woa Hab	-	The young shoots are boiled and eat them with chili sauce.
Whan Geeb Rad	-	The young shoots are edible raw.
Som Hua Kun (Son Khao Kun, Som Nam)	-	The fruits cook in sour-peppery soup (Kang Som) to sour taste.
Som Kung (Som Kung Noi, Som Kung Yai, Som Koong, Som Lob)	<i>Beaonig inflata B.Chark Grewia sinuate</i>	The young shoots and leaves cook in sour-peppery soup (Kang Som).
Som Kieb	-	The shoots are put in Tum Yam Kung, sour-peppery soup (Kang Som).
Som Khak (Som Kway, Som Krow, Glu Mo)	<i>Garcinia atrovirdis Griff</i>	Dried fruits are sour. Cook in sour-peppery soup (Kang Som), Fish soup, beef soup.
Som Kao	-	The shoots are put in Tum Yam Kung, sour-peppery soup (Kang Som).
Som Nguo	-	The leaves are edible raw and cook in spicy salad.

Som Poi	<i>Acacia concinna</i> DC. <i>Acacia rugata</i> Merr.	The young shoots and leaves cook in spicy mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som), coconut curry.
Som Poon (Som Khao)	-	The shoots cook in spicy mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som).
Som Pan	-	Cook in Meat curry.
Som Muang (Cha Muang)	<i>Garcinia cowa</i> Roxb.	The leaves cook in sour-peppery soup (Kang Som), fish soup.
Som Muo (Mang Muo, Muo Na)	<i>Antidesma Gjaesembills</i> Gaerth. <i>Antidesma Diandrum</i>	The shoots cook in spicy mixed vegetable soup (Kang Liang), Kaeng Tai Pla.
Som Sa	-	The young leaves are edible raw and cook in spicy salad.
Som Aob Ab	-	The young shoots, flowers and fruits cook in spicy mixed vegetable soup (Kang Liang), spicy curry (Kaeng Ped).
Som O		The fruits make spicy salad.
Sa Dao	<i>Azadirachta indica</i> A.Juss.	The young leaves, shoots and flowers are blanched and eat them with spicy curry (Kaeng Ped).
Sa Tor (Pud Toa, Pa Tai, Ga Tor, Pa Ta, Ga You Pa Ta)	<i>Parkia speciosa</i> Hass.k.	Eat with spicy curry (Kaeng Ped), stir fried, coconut curry.
Sang (Ma Sang)	<i>Feroniella lucida</i> Swing	The shoots are edible raw.
Sun	-	The shoots are edible raw.
San Yai (Ma Tad)	<i>Dillenia indica</i> Linn.	The sepals cook in sour-peppery soup (Kang Som).
Sum Pra Sri (Pug Kad Piew, Pug Kad, Hua Ngok)	-	The seedlings are edible raw.
Suk Grom (Pa Yom Dang, Ka Hyom, Yom, Pa Yom)	<i>Shorea floribunda</i> Kurz. <i>Shorea roxburghii</i> G. Don. <i>Shorea talura</i>	The flowers cook in spicy mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som). Flowers are blanched and eat them with chili sauce.
Sam San	<i>Cassia garettiana</i>	The young leaves and flower buds are cooked in coconut milk.
Ngon Gai	<i>Celosia argentea</i> Linn.	The young leaves are edible raw.
Yha Dok Phang	-	The leaves are edible raw.
Yha Plong (Pug Plong)	-	The shoots and seedlings are edible raw or blanch, stir fried. Cook in sour-peppery soup (Kang Som), Keng Ta Po.
Nhad	-	The shoots and young leaves are edible raw.
Nham Tun	-	The young leaves are edible raw.

Hom Ruy (Sa Mui, Has Khun)	<i>Micromelum minutum</i>	The shoots and flowers are edible raw.
Mor (La Moa)	-	The leaves cook in spicy mixed vegetable soup (Kang Liang).
Yhab Thang	-	The shoots are edible raw.
Lhoi Toy (Mue Kiad)	-	The young shoots and mature leaves are edible raw or are blanched and eat them with chili sauce.
Lhum Pee (Gum Pee, Ga Lum Pee, Glu Pee)	<i>Zalacca conferta Griff.</i>	The ripe fruits are put in yellow curry, sour-peppery soup (Kang Som).
Whan Nguy	<i>Calamus peregrines Furt.</i>	The ripe fruits are sour and put in curry to sour.
Wha (Wha Na)	<i>Eugenia cumini</i>	The shoots are edible raw.
Hun Yan	-	The young shoots and flowers cook in spicy mixed vegetable soup (Kang Liang).
Hua Sam Sib	-	The shoots are edible raw or are blanched.
Hu Yan	-	The young shoots are edible raw.
Hu Mhee	-	The shoots are edible raw or stir fried.
Hu Mhee Ta Lay	-	The shoots are stir fried.
Mhao (Mao, Aor Khao, Kra Dad Khao, Koon)	<i>Alocasia odora</i>	The young shoots cook in spicy mixed vegetable soup (Kang Liang), Kaeng Ped, coconut curry, Kaeng Tai Pla .
Rhiang	<i>Parkia timoriana Merr.</i>	The buds are edible raw. The pickled vegetables eat them with chili sauce.
Lhiang	-	The young leaves and young shoots cook in spicy mixed vegetable soup (Kang Liang) or are blanched and eat them with chili sauce.
Mhad Chum (Mhed Chum, Sa Med Chun, Sa Med)	<i>Eugenia grata</i>	The shoots are edible raw.
Aom (Cha Aom, Pug Kha)	<i>Acacia insuavis Lace.</i>	The shoots are edible raw or cook in coconut curry.
Aor Nok	<i>Alocasia lowit Hook.</i>	The sepals and young shoots are blanched and eat them with chili sauce.
A Sook	-	The shoots are edible raw.
In Ta Nin	<i>Lagerstroemia speciosa</i>	The shoots are edible raw.
Aut Ta Pid	-	The leaves are removed water and cook in curry.
En Dang	-	The young shoots are blanched and eat them with chili sauce. Cook in spicy mixed vegetable soup (Kang Liang), sour-peppery soup (Kang Som).
Aueng Na (Aueng Nam)	-	The shoots and seedlings are cooked in sour-peppery soup (Kang Som).
Aueng Ton (Aueng Chang, Aueng Yai, Aueng Mhai Na, Bun Dai Wien)	<i>Costus speciosus Smith.</i>	The buds are boiled and eat them with chili sauce.
I Gluk (Hua Gluk, Hua Ai Gluk)	<i>Aglaonema costatum</i>	The stems and tubers are cooked in sour-peppery soup (Kang Som), spicy curry (Kang Ped).

表3:ウイグル薬物リスト(新疆麦迪森维药有限公司にての入手品)

資料番号	生薬名(左:漢名。右:ウイグル)		
Y-652	鞣漆樹果	sumak	
Y-207.1	诃子皮	sirik hilila posti	Terminalia chebura ミロバラン
Y-609	秋水仙	sorunjan misiri	Colchicum autumnale L. ? イヌサフラン
Y-084	桃仁	xaptul migizi	Amygdalus persica L. モモ
Y-166	地錦草	xahtarra	Chamaesyce humifusa (Willd. ex Schtdl.) Prokh. ニシキソウ
Y-560	白花丹	xatranji	Plumbago zeylanica L. セイロンマツリ
Y-611	香茅	izhir makki	Anthoxanthum glabrum (Trin.) Veldkamp コウボウ
Y-616	蚤状車前子	ispigul	
YYY-018	野苜蓿	ikkilmilik	Melilotus officinalis (L.) Pall. セイヨウエビラハギ
Y-065.1	木香(talhi)	kusti talhi	Saussurea lappa Clarke インドモッコウ
Y-617	骆驼蓬子	adirasman urigi	Peganum harmala
Y-539	大麦	arpa	Hordeum vulgare L. オオムギ
Y-093	小茴香	arpabadiyan	Foeniculum vulgare Mill. ウイキョウ
YYY-032	矢车菊	akbahman	Centaurea cyanus L. ヤグルマギク
YYY-014	白独行菜子	ak dudri	Lepidium apetalum Willd. ? ヒメゲンバイナズナ
	蜀葵子	aklayli urugi	Althaea rosea (L.) Cav. タチアオイ
Y-643	蜀葵花	akalayli guli	Althaea rosea (L.) Cav. タチアオイ
Y YY-005	阿拉伯胶树脂	akakiya	Acacia senegal (L.) Willd. アラビアゴムノキ
Y-035	枸杞子	amila	Lycium chinense Mill. クコ
Y-402	余甘子	ispigul	Phyllanthus emblica L. マラッカノキ
Y-556	石榴花	anarguli	Punica granatum L. ザクロ
Y-087	菟丝子	apti	Cuscuta japonica Choisy ネナシカズラ
Y-628	菟丝草	aptimon	Cuscuta japonica Choisy ネナシカズラ
Y-590	苦艾	afsanti	Artemisia absinthium L. ニガヨモギ
Y-318	拳参	anjipahar	Polygonum bistorta L. ssp. japonicum T.Shimizu イブキトラノオ
Y-631	野葱	ansil	Allium cyaneum ?
Y-594	欧李	aynula	Prunus domestica L. ? セイヨウスモモ
Y-578	没药枝	udbilsan	Commiphora molmol モツヤクノキ
YYY-037		udham	
Y-311	茜草	ordan	Rubia argyi (H.Lév. et Vaniot) H.Hara ex Lauener アカネ
Y-583	阿莫尼亚脂	oxak	
Y-586	松罗	oxna	
Y-579	阿里红	galikun	
Y YY-041		kizi lbahman	
YYY-015	红独行菜子	kizil tudri	Lepidium ?
Y-358.1	檀香(kipiki)	aksandal	Santalum album L. ビャクダン
Y-284	玫瑰花	kizilgul	Rosa rugosa Thunb. ハマナス
YY-027	葫芦子	Kapak urugi	Lagenaria siceraria (Molina) Standl. ヒョウタン
YYY-004	湖桶泪	toriga	
Y-314	青果	kara hilira	Terminalia chebura ? ミロバラン
YYY-012	野孜然	kadirmana	
YYY-019	当药	kambulzarira	Swertia pseudochinensis H.Hara ムラサキセンブリ
YYY-029	声色草	kantariyun	Polycarpaea corymbosa (L.) Lam. スナジムグラ
Y-248.2	菊苣子	kamina urigi	Cichorium intybus L. キクニガナ
YYY-010		lok	
Y YY-022	铁力木	narmixki	Mesua ferrea L. セイロンテリハボク
Y-558	龙葵果	yarlik xohla	Solanum nigrum L. イヌホオズキ
Y-059	麻黄	qakanda	Ephedra przewalskii プルゼワルススキイマオウ
Y-584	驱虫斑鸠菊	kali zira	Vernonia solanifolia
Y-649	薰衣草	ustikuddus	Lavandula angustifolia Mill. ラベンダー
Y-551	牛舌草	gavziban	Anchusa azurea Mill. ウシノシタダサ
Y-551.1	牛舌草(guli)	gavziban guli	Anchusa azurea Mill. ウシノシタダサ
Y-545.1	天山堇菜根	bih binapxa	Viola tianschanica Maxim.
Y-093.1	小茴香跟	bih badiyan	Foeniculum vulgare Mill. ウイキョウ
Y-587	刺山柑跟皮	bihkabir	Capparis spinosa L. トゲフウチョウボク
Y YY-017	黄华柳	bidimiiki	Salix ? ヤナギ属
Y-592	苜蓿子	bida urigi	Medicago polymorpha L. ウマゴヤシ
Y-554	巴旦仁	badam	Amygdalus communis L. アーモンド
Y-421.2		baladur	
Y-093	小茴香	badiyan	Foeniculum vulgare Mill. ウイキョウ
Y-561	白花酸藤果	barang kabila	Embelia ribes Burm. F.
D-014	天仙子	bazrulbanji	Hyoscyamus niger L. ヒヨス

Y - 063.1	毛诃子皮	balila	Terminalia belerica セイタカミロバラン
Y - 173	莪朮	boziga	Curcuma phaeocaulis Valetton ガジュツ
Y - 128	萆薢	pil-pil	Piper longum L. ナガコショウ
Y - 597	欧榛	pinduk	Corylus avellana セイヨウハシバミ
D - 002.3	白附子	parpa	Aconitum carmichaeli ハナトリカブト
Y - 441	天竺黄	tabaxir	
Y - 113	八角茴香	xakal badiyan	Illicium verum Hook.f. トウシキミ
Y - 630	黄瓜子	tarha mak urigi	Cucumis sativus L. キュウリ
Y YY - 007	石刁柏子	tuhum halyun	Asparagus officinalis L. ? オランダキジカクシ
YY - 023	通关藤根 (盒果藤)	turbut	キョウチクトウ科
YYY - 004	湖桶泪	togriga	
Y - 011	补骨脂	jinkivizir urigi	Cullen corylifolius (L.) Medik. オランダビユ
Y - 620	格蓬脂	javxir	Ferula galbaniflua Boissier et Bu-bse.
YYY - 049	金石蚕	juida	Anoectochilus roxburghii
Y - 582	阿育魏果	juvina	Trachyspermum ammi Sprague
YY - 029	橡实 (橡子)	jupti ballot	Quercus sp.
Y - 573	芜菁子	qamgur urigi	Brassica rapa L. var. rapa カブ
YY - 013	清泻山扁豆	hiyar xanbar	
YY - 030	藜芦 (铁筷子)	harbak siyah	Helleborus niger L. クリスマスローズ
Y - 021	大黄	ravan	Rheum palmatum L. モミジバダイオウ
Y - 033	甘草	bihsus	Glycyrrhiza glabra L. セイホクカンゾウ
Y - 281	马兜铃	ziravanda	Aristolochia debilis Siebold et Zucc. ウマノスズクサ
YY - 009	孜然	zira	Cuminum cyminum L. クミン
Y - 183.2	干姜 (yupka)	zanjivil	Zingiber officinale (Willd.) Roscoe ショウガ
Y - 615	神香草	zupa	Hyssopus officinalis L. ヤナギハッカ
Y - 544	马齿苋子	simiz ot urigi	Portulaca oleracea L. スベリヒユ
Y - 568	肉桂叶	sazaq	Cinnamomum cassia (L.) D.Don トンキンニッケイ
Y - 622	破布木果	saripsitan	Cordia aspera G.Forst. ssp. kanehirae H.Y.Liu トゲミノイヌチシャ
YYY - 002	芸香子	sozap urigi	Ruta graveolens L. ヘンルーダ

WHO/ICD改訂作業にみる東アジア地区伝統医学の表記上の問題と解決策

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研究要旨

漢方医学を含む東アジア地区の生薬を用いた伝統医学のデータベースを作るに当たって、データの表記上、複数の問題が存在する。

世界保健機関(WHO)が国際疾病分類(ICD)の改訂にあわせて、Chapter 23 を新設し、そこに東アジア地区伝統医学の用語が入ることになった。2012年にそのための国際会議が上海と香港で行われ、データベースの表記内容と表記方法に付き議論された。

漢方薬の国際データベース作成にあたり、他の伝統医学のデータベースの作成手順が参考になる場合があると思われる。

WHO/ICD_Chapter_23, WHO/IC-TM 策定作業からみえてくる問題点とその解決法を検討した。

A.研究目的

漢方医学を含む東アジア地区の伝統医学データベースをときには、表記方法に工夫が必要である。世界保健機関(WHO)において国際疾病分類(ICD)の改訂作業をしており、2015年に出される予定のICD-11では、新たに23番目のChapterを設け、そこに伝統医学の疾病と症候を加えることになった。漢方薬の構成薬物とその配合比ほどバラエティは存在しないが、病名と症候名に限定しても、日本、中国、韓国で差異が存在し、統一したデータベースの作成に支障を来している。現在進行中のICD/Chapter23とそれとリンクを張るデータベースとされるInternational Classification of Traditional Medicine (IC-TM)の策定作業にみられる問題点とその解決案を検討し、漢方薬のデ

ータベースの作成に参考となる情報を提供したいと考える。

B.研究方法

WHO/ICTMの最新の会議である、平成24年3月、上海で開催された *WHO working group meeting on ICTM terminology, Shanghai, China, 27-30 March 2012* および同5月、香港で開催された *International Classification of Traditional Medicine (ICTM) Annual Network Meeting 2012, Hong Kong SAR, China, 2-5 May 2012* での討議を参考に、伝統医学用語のデータベース作成上の問題点とその解決策につき検討する。なお、WHOでは現在、ICDの改訂作業の最中であり、これらの会議以降に、決定事項が変更される可

能性はあるが、これらの会議の検討内容は、伝統医学の国際データベースを策定するにあたり参考にするに足ると思われる。

C. 研究結果

WHO/IC-TM 会議においては、今までは西洋医学の疾病分類だった ICD (Chapter 23) に伝統医学の概念を入れる作業を行ってきた。その際、いくつかの規則を作った。

C-1. 排他性

同じ概念・言葉が複数箇所にあってはいけない。この規則が基本とされた。この規則を遵守するためには、次項以降のような様々な工夫が必要となる。

C-2. データのタイトルの表記

図1のごとく、英語、繁体字、ピンイン、ローマ字、ハンダルのローマ字表記を併記する。たとえば漢方薬の場合には、最初に葛根湯の英語表記があり、その後、繁体字による表記がきて、その発音を示すためにピンイン、ローマ字、ハンダルのローマ字表記を表示するなどが考えられる。

C-3. 伝統医学の病名の表記方法: 西洋医学と同じ表記の場合

西洋医学の臓器や病名などと同じ名称が伝統医学に存在し、どのように区別するかが議論された。単純に英語にすると同じ単語になってしまうため、区別する仕組みが必要である。

基本的な方針は、次に示すごとく、

Chest pain disordersTM

伝統医学の病名の語尾に上付き文字として”TM”を付け区別することとされた。証(patterns)のように伝統医学に固有の概念には、TM をつけないこととした。

この手法は、同一名称の漢方薬がどの国の規格(薬局方、文献、製品名、その他)なのかを示すために活用することができよう。同じ名称の漢方薬でも、出典の違いにより構成する生薬の種類や量が異なる場合に出典の国などを示す識別子を付けることで区別することが可能となる。たとえば表1のように中国に出典を持つものには (C)を、日本に出典があれば (J)を、韓国であれば (K)を付けるなどが考えられる。

C-4. 疾病のサブグループの有無による表記の法則

疾病のサブグループの有無により、複数表記と単数表記に分けた。表2に示すごとく、病名にサブグループがある場合は複数表記とし、サブグループがない場合は単数表記とする。

竜胆瀉肝湯でも、出典が多数ある場合、データのタイトルでは次に示すごとく、

竜胆瀉肝湯 s

s を付けて表記するなどが考えられる。

C-5. 西洋医学の観点で疾患の病因が証明されているとき

疾患の病因が科学的に定義されている場合に、次に示すごとく、

XXX-like disorder(s)TM

-like を病名の後に付けて表記する(表3)。

C-6. 多義語の扱い

伝統医学の中で、単一の言葉が複数の意味を持つ場合がある。たとえば、”三焦”は、温病という感染症の段階を示す場合の他にも、人体をおおきく上中下の3部位で表す場合、人体の組織の名称、経絡の名称としてつかわれる。この場合は、Synonyms として複数併記する。(図2)

D. 考察

D-1. 翻訳の限界と国際版の機能の限界

WHO/ICD/Chapter23 では、たとえば、“臓腑”のデータベースのタイトルは Organ systemsTMと表記することになった。“臓腑”の中国語のピンインである zanfu とすべきとの意見があったが、上記のような英語表現となった。“臓腑(zanfu)”という文字は深い意味をもっているから”zanfu”とすべきとの意見があったが、国際的に活用されるデータベースにおいては、第一義的に、国際的に利用可能であることが重要であるとされた。このように原語の持つニュアンスは無視されるのが一般的であろう。国際版では英語への翻訳を利用せざるをえず、その翻訳は完全にオリジナルの意味を反映するとは限らない。しかし、セマンティック・リンクをもったデータベースであれば、原典にまでさかのぼったり、原語の意味を示すことも可能と思われる。

D-2. 今後の展開

IC-TM のリーダーの一人である Dr. T. Bedirhan Üstün (WHO/Classifications, Terminologies, Standards Team) は、ICD/Chapter 23 の各項目に IC-TM のデータベースをリンクし、さらにそこに SNOMED-CT (Systematized Nomenclature of Medicine—Clinical Terms)¹ の伝統医学版とも言うべき SNO-TM (Systematized Nomenclature of Traditional Medicine; 仮称) をリンクする計画を上海会議で提案した。

これは ICD-11 が SNOMED-CT とリンクする(図3)のと類似のデータベース構造をもっており、ICD/Chapter 23 のデータが IC-TM にリンクし、それがさらに SNO-TM にリンクするものである。リンクは、セマンティック・リンクとなっており、SNO-TM

ではたとえば、ある伝統医学用語の原典にさかのぼる様にすることも可能である(図4)。これまで、発展途上国では、インターネット上のデータベースの活用は不可能と考えられてきた。ICD も紙に印刷したものが使われてきている。しかし、発展途上国では IT インフラの整備が急ピッチで進んでおり、紙に印刷したもので無ければ使えない、と言う時代は過去のものとなる日も近い。紙ベースのものは最低限のものを収載し、電子媒体でデータベース本体を構成するようになるであろう。このような意味からも、SNOMED-CT のようなコンテンツモデルは、漢方医学の疾病・証のみならず構成薬物及び配合比が国家間で異なる東アジア地区伝統医学の方剤・生薬などの表記法のデータベース化の問題を解決する一つの具体的な方策であろう。

SNO-TM は中国中医科学院の Dr. Cui Meng が開発中の SNO-TCM をもとにして、日本、韓国のものを作る、と言う案である。Dr. Cui Meng によると、SNO-TCM を作るために、すでに7年間を費やしているが、まだ英語版は無い。一方、SNO-TM の手本となるべき SNOMED-CT は1965年に開発された SNOP (Systematized Nomenclature of Pathology) をその前身としており、2000年に電子カルテのための参考用語集 SNOMED-RT (Reference terminology) という名称で公開された。2001年には SNOMED とイギリスの医療用語集 Clinical Terms Version 3 を統合し、SNOMED-CT として公開されたという歴史を持つ²。しかし、これだけの時間をかけても完成されたわけではない。さらに、SNOMED-CT は英語でできており、日本語版を作ることは簡単では無い。言語構造の違いは、物事の本質の概念の違いに結びついており、単

純に翻訳することができない。東アジア地区の伝統医学は、起源を古代中国に持つにしても、その後各地域で、独自の発展を遂げており、いまや、似て非なる医学となっている。伝統医学と同様に、それぞれの地域の言語も文化も異なる。仮にSNO-TCMが完成していても、それを韓国の韓医学やわが国の漢方医学に簡単に適応することは困難が予想される。また、現実的には、SNOMED-CTにみられるように、SNO-TMを構築するためには、多額の開発及び維持のための予算²、マンパワーそして時間が必要なことを見過ごすことはできない。

E. 結論

伝統医学の国際的なデータベースを作る動きが複数ある。WHO/ICD改訂や国際標準化機構におけるデータベースの規格などは、漢方薬の国際データベースを作成する上で参考になる場合があると思われる。そうした国際データベース策定の進捗状況を把握しながら、漢方薬のデータベース作成をすすめる必要があると思われる。

同時に、紙媒体を基本とするデータベースのあり方から、ネットワーク上あるいは電子媒体上のデータベースを基本にするあり方も検討する必要がある。しかし、経済的な問題など、課題も多い。

F. 健康危険情報

なし

G. 研究発表

1. 論文発表

なし

2. 学会発表

なし

H. 知的財産権の出願・登録状況(予定も含む)

1. 特許取得

なし

2. 実用新案登録

なし

3. その他

なし

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図1 データタイトルの表記法

- 英語
 - 繁体字
 - ピンイン(中国での表記法)
 - ローマ字(日本での表記法)
 - ハングルのローマ字表記(韓国での表記法)

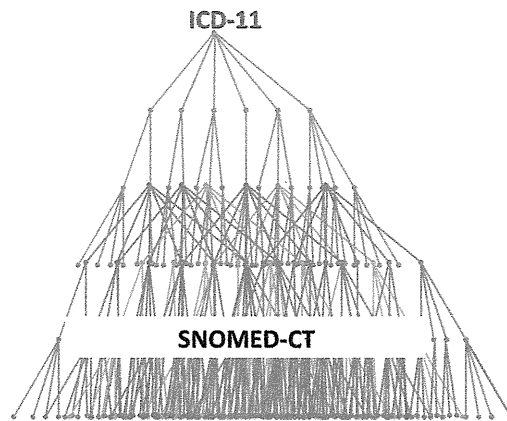
図2 多義語の扱い

例) 三焦

Triple Energizer Stage Patterns (TM)

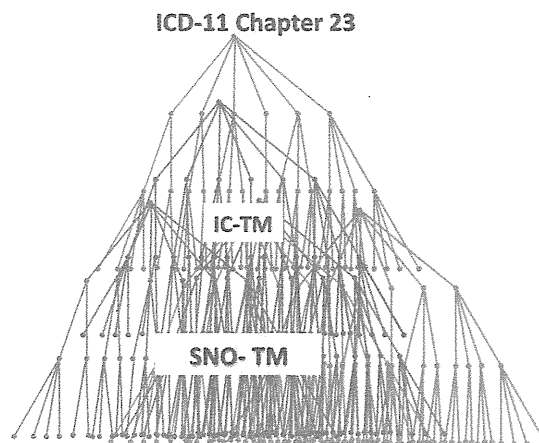
- **Synonyms**
- Wenbing Sanjiao Patterns (TM)
- Triple Energizer Patterns(TM)
- Triple Burner Patterns(TM)
- Three Region Patterns(TM)

図3 ICD-11とSNOMED-CT



ICTM Terminology development & Calendar for Chapter 23 Beta release, T. Bedirhan Üstün, 上海会議 より

図4 ICD/Chapter 23につながるデータベース構造



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表1 出典の識別子の例

方剤名	出典国	日中韓の識別子の例
竜胆瀉肝湯	中国	竜胆瀉肝湯(C)
竜胆瀉肝湯	日本	竜胆瀉肝湯(J)
竜胆瀉肝湯	韓国	竜胆瀉肝湯(K)

表2 サブグループの有無の表示

病名のサブグループ		例
あり	複数表記	Headache disorders TM
なし	単数表記	Malaria-like disorder TM

表3 病因の科学的証明の有無

病因の科学的証明		例
あり	病名-disorder(s) TM	Headache disorders TM
なし	病名-like disorder(s) TM	Malaria-like disorder TM