大八錄 乙

特別
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四聖不老丹

松脂透明者一斤四兩。以無灰酒砂鍋內。柔柴火煮數沸。竹杖攪粘。住火。以磁器盛水。傾入水內。結塊又復以水煮之九遍。一日煮訖。次日亦如是。如此者三日。通二十七遍。其脂瑩然如玉。嘗之不苦不澁。乃止為細末。淨用十兩。凡煮脂不宜酒少。少則易乾焦。煮之三分之一。就可傾入水。

壬子閏五月十八日杉山東蕃拜

丈母傳製如此一器來歸。即為煮之。醫者入門未必得目出云

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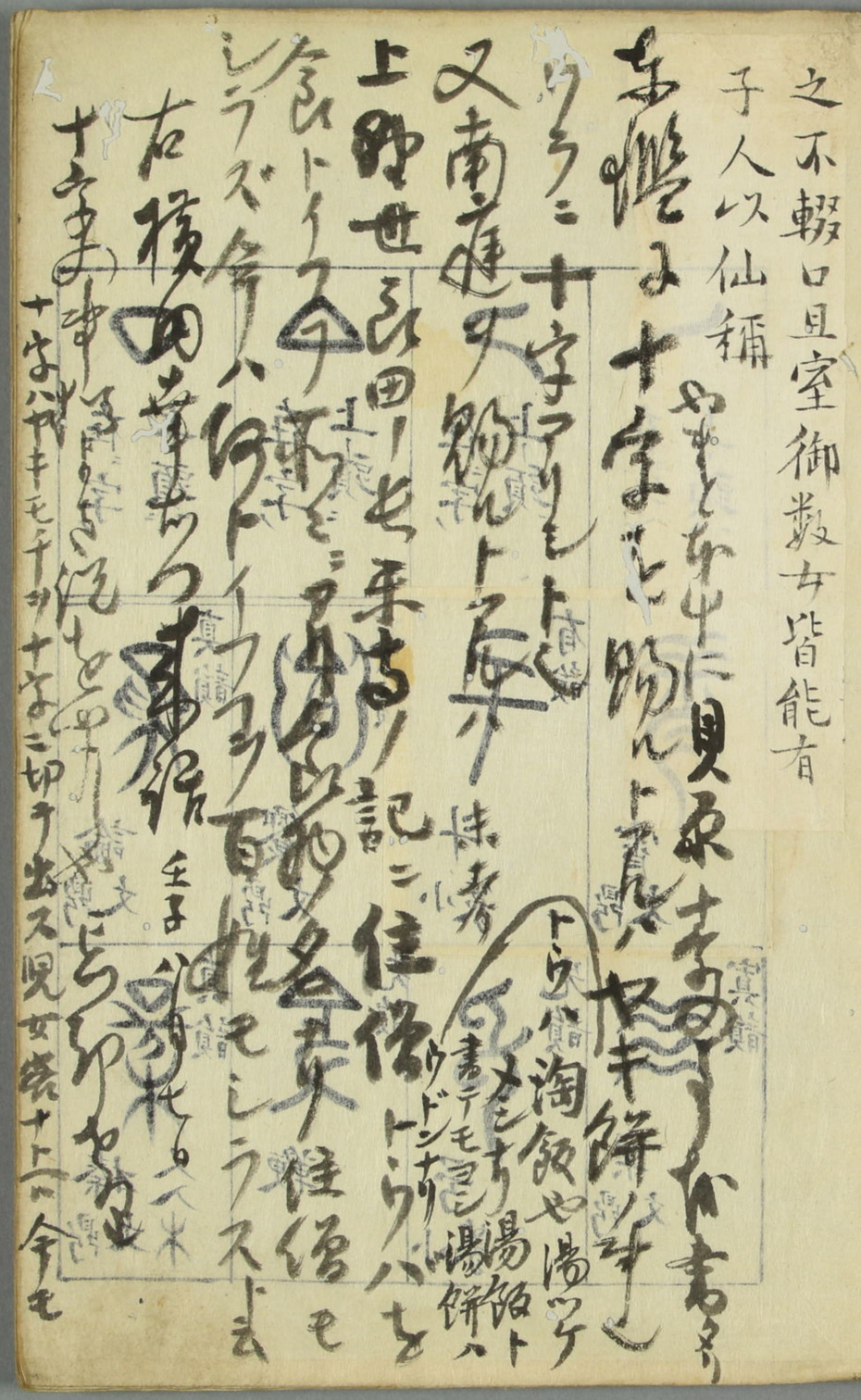
白茯苓 去皮 淨　黄菊花 家種味甘者。去梗蕊淨

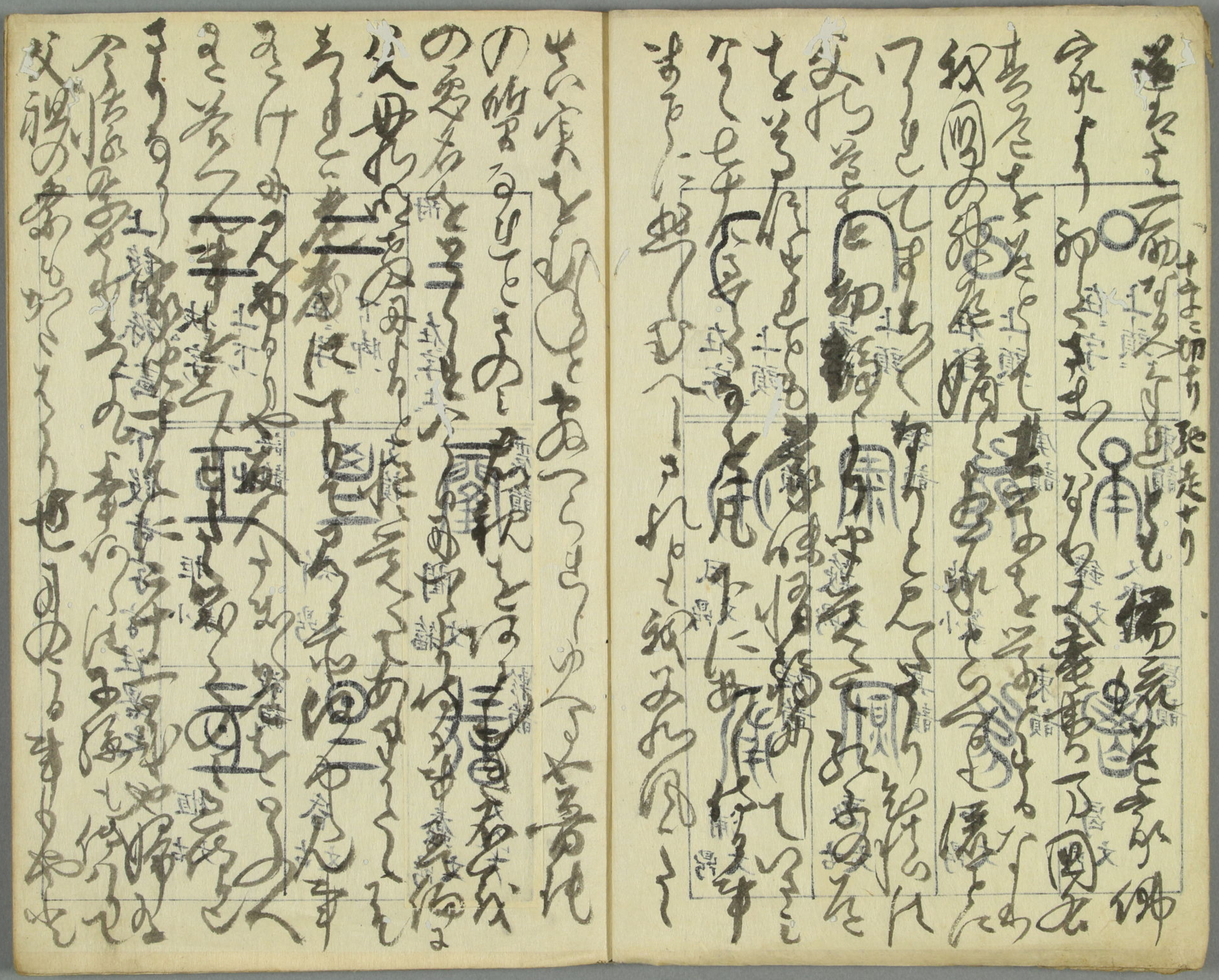
栢子仁 去殼紙裹槌去油 淨 各八兩

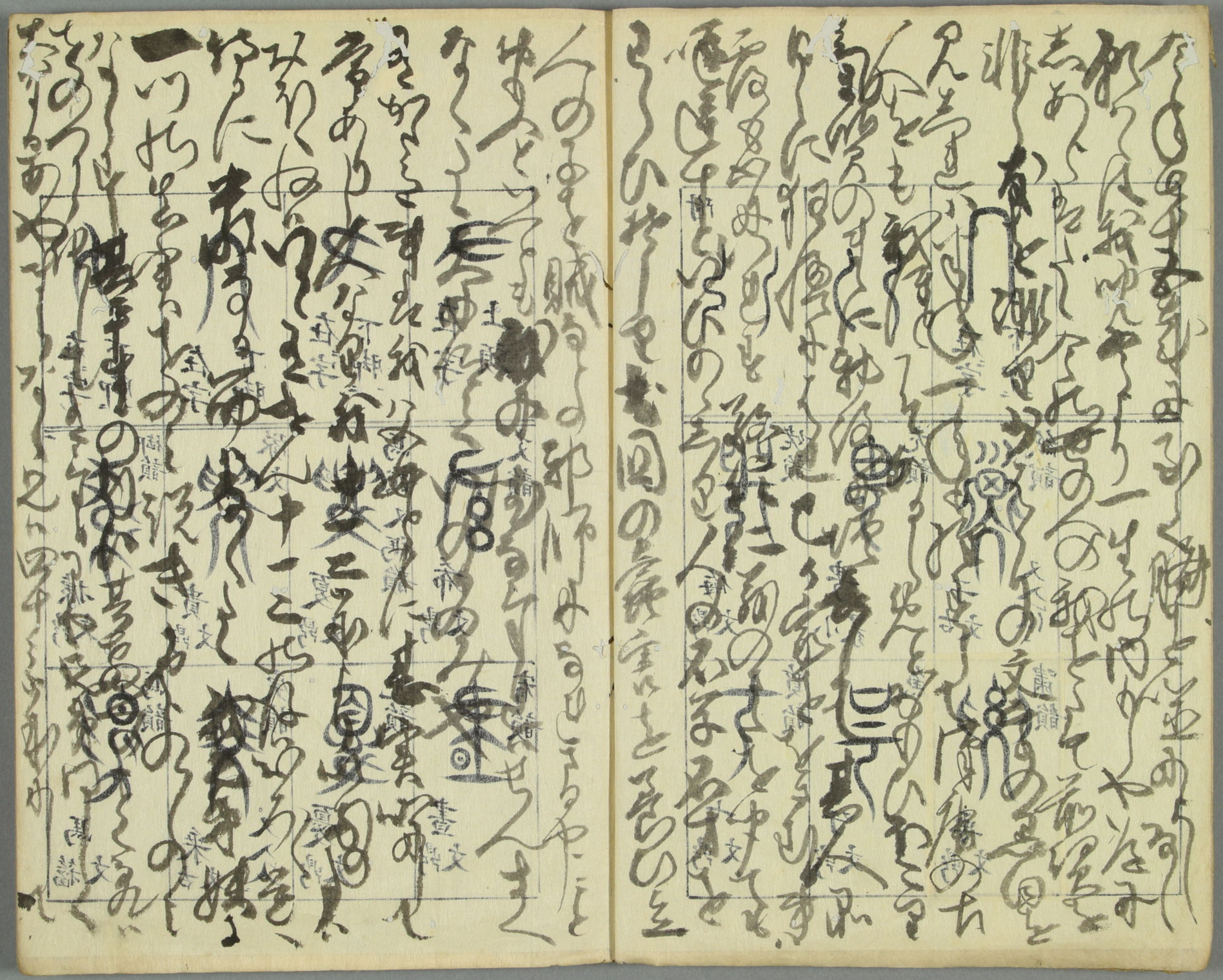
右為細末煉蜜丸桐子大每服七十五丸清晨好酒下修合時必擇天醫黄道吉星毋令婦人雞犬見之服藥亦擇吉日此方雲陽王都憲五一翁所傳此翁服之八十有六行步不節不人而談論亹亹飲酒可百戔盞飯數碗羞饌果盒盡其席遍嘗

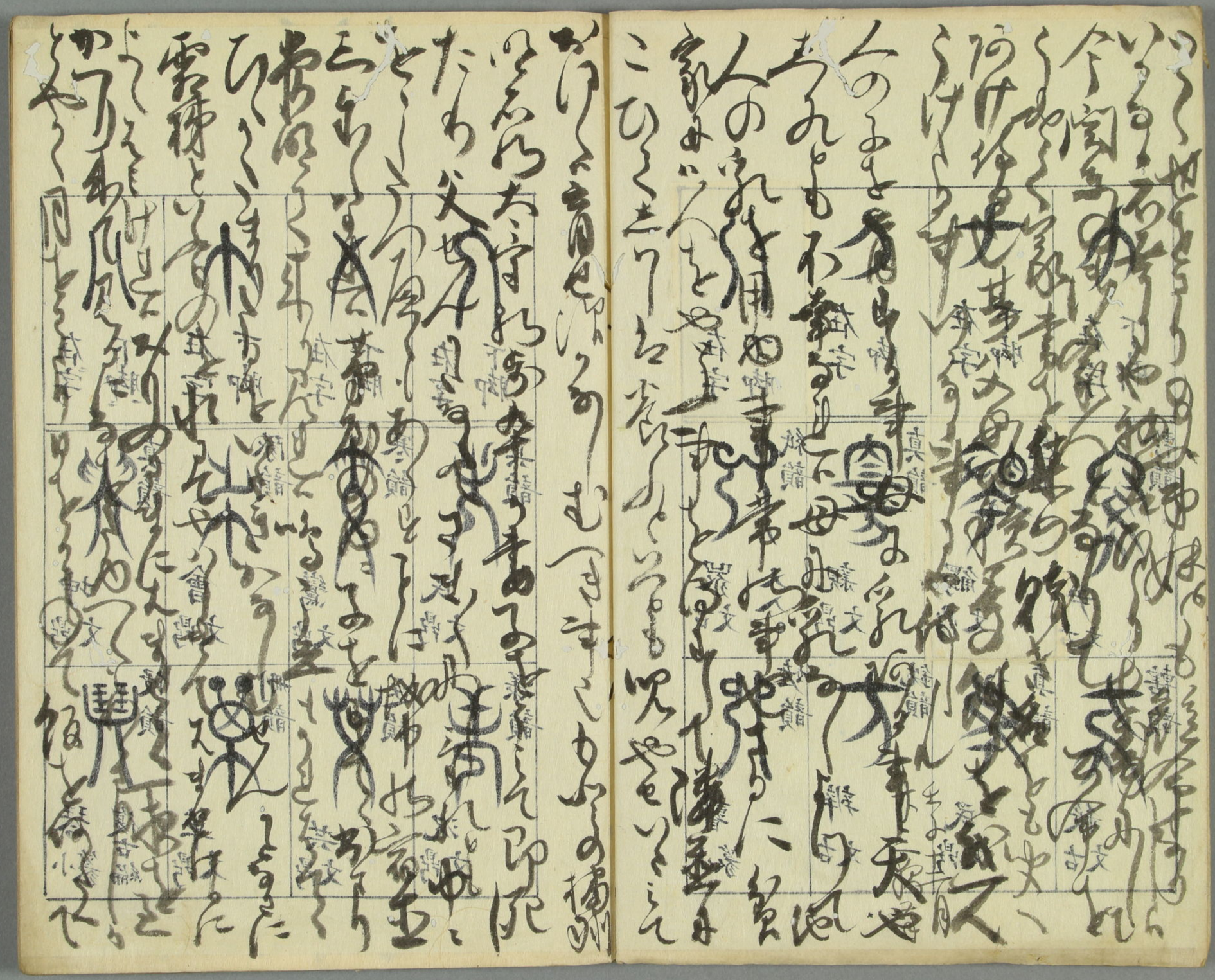
東養別に出ス事ヲ書テ殘ス事ニ相違如ス十二月ト云本艸入門ト共ニ校合シ了ル

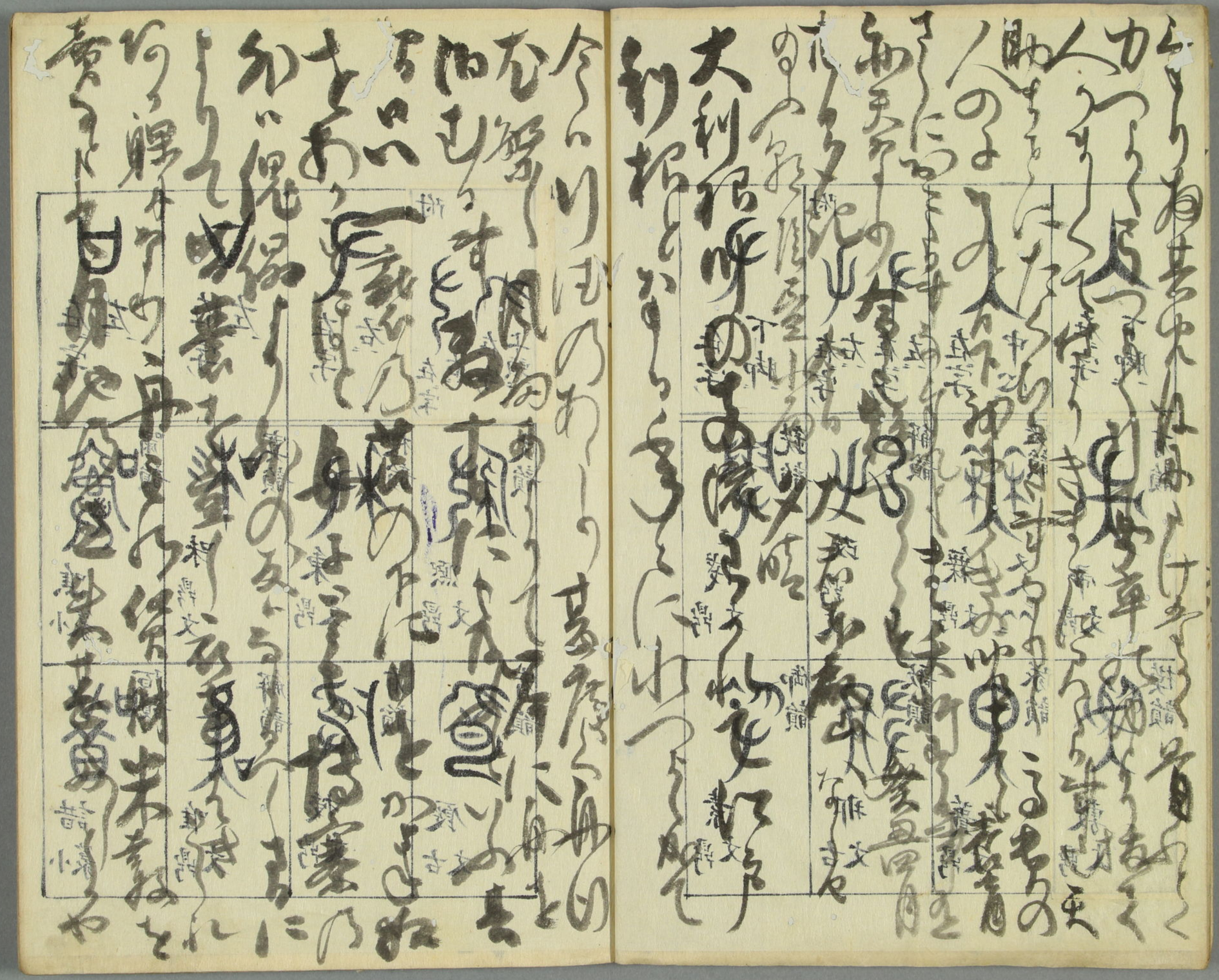
之不輟口且室御數女皆能有子人以仙稱

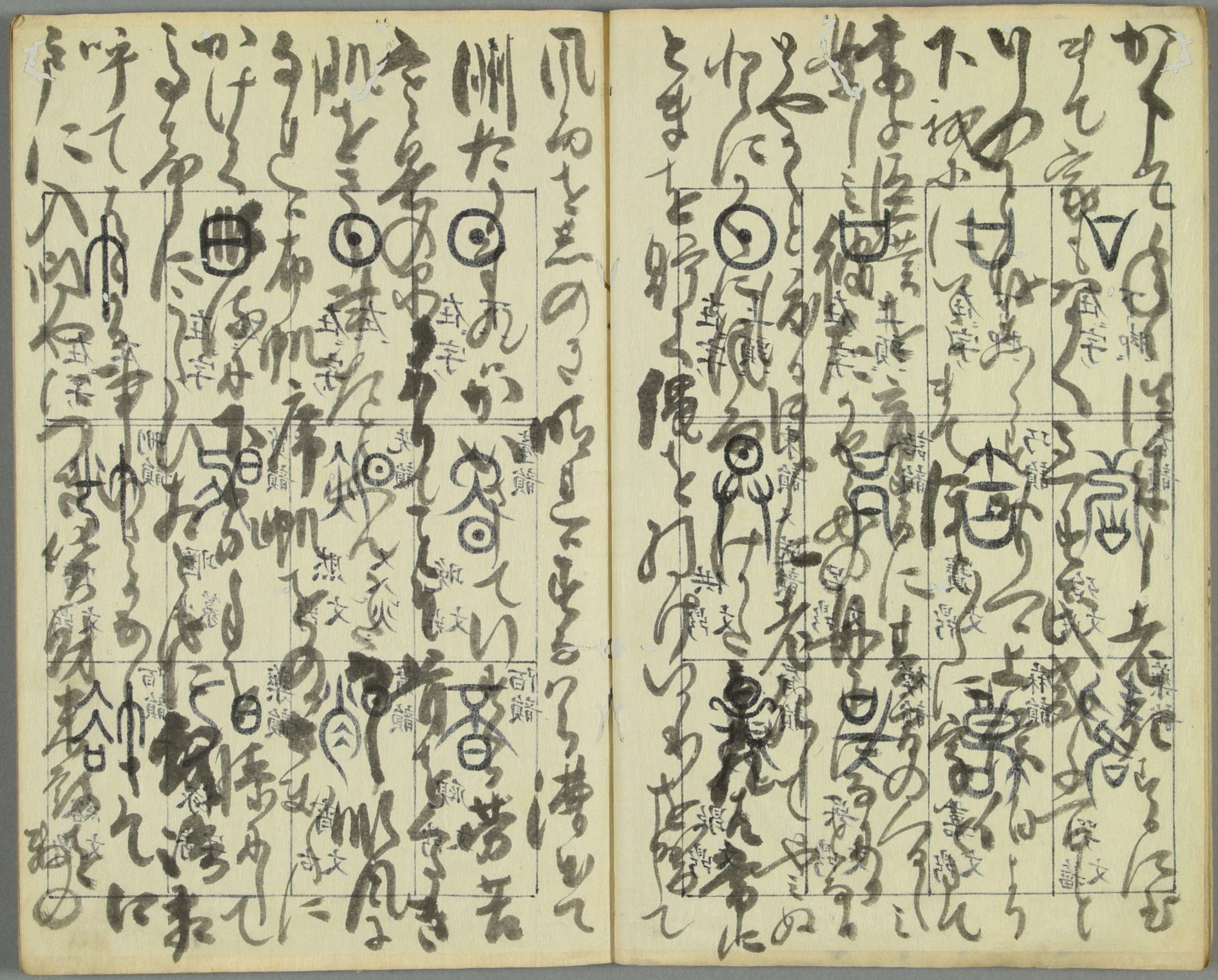


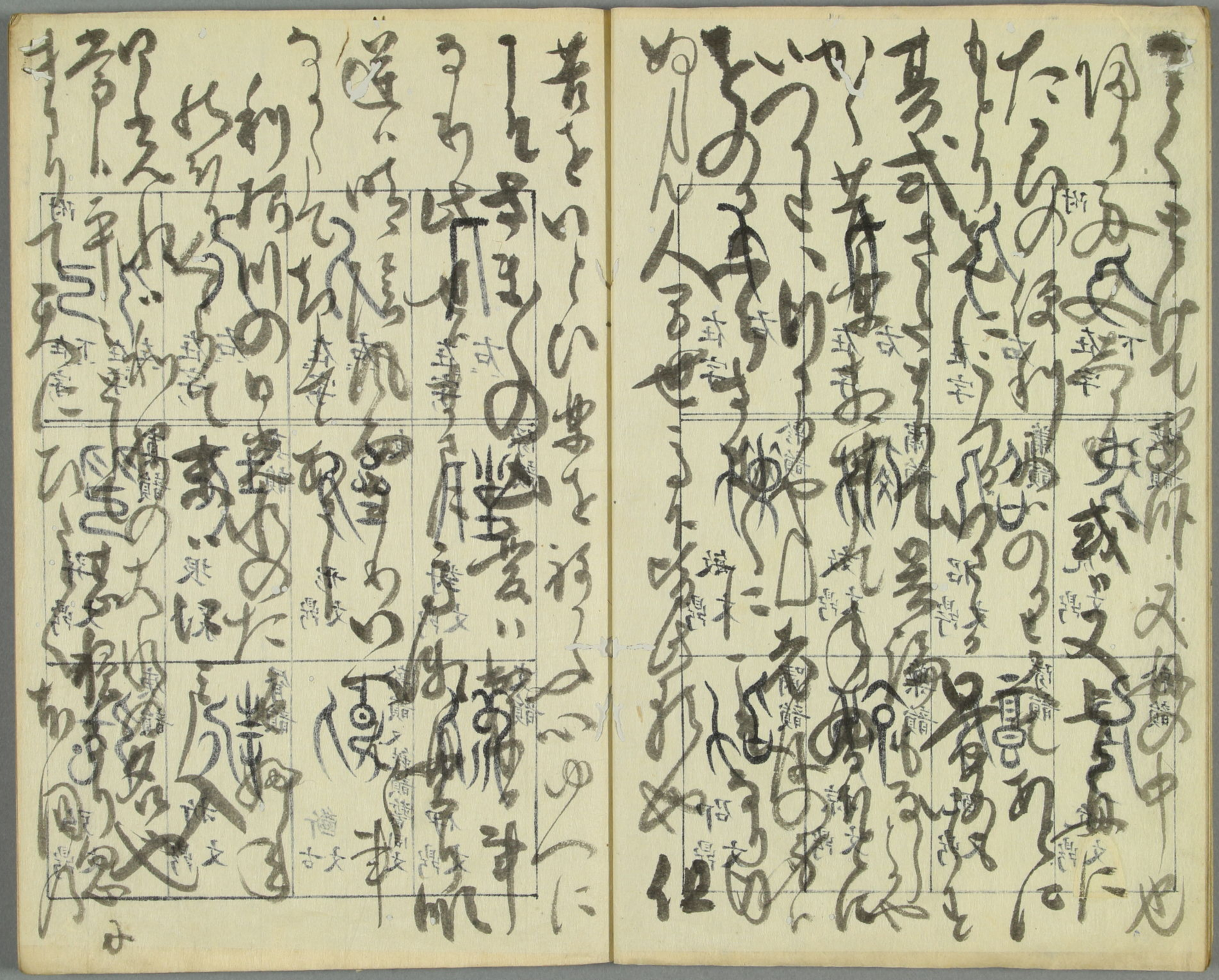


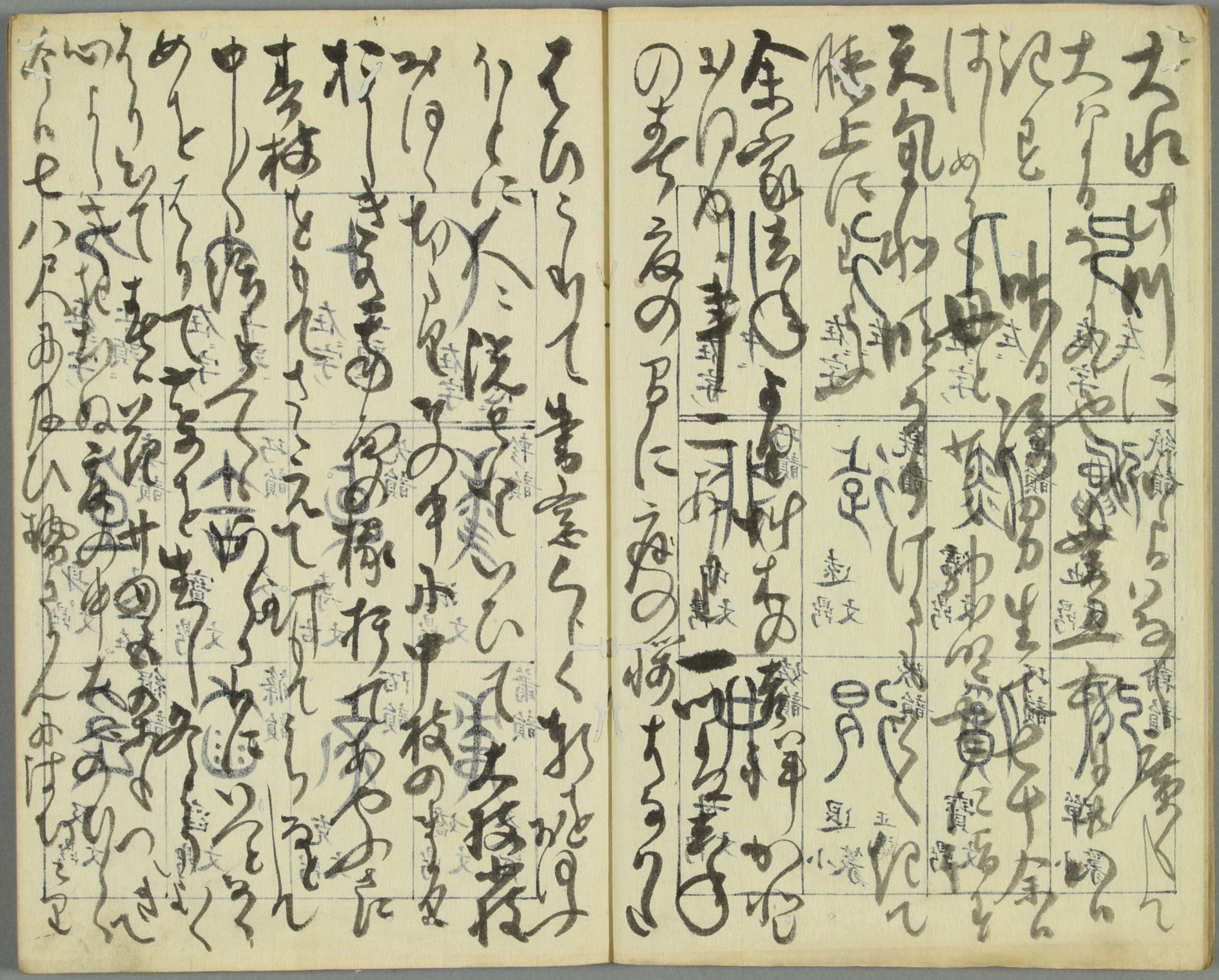


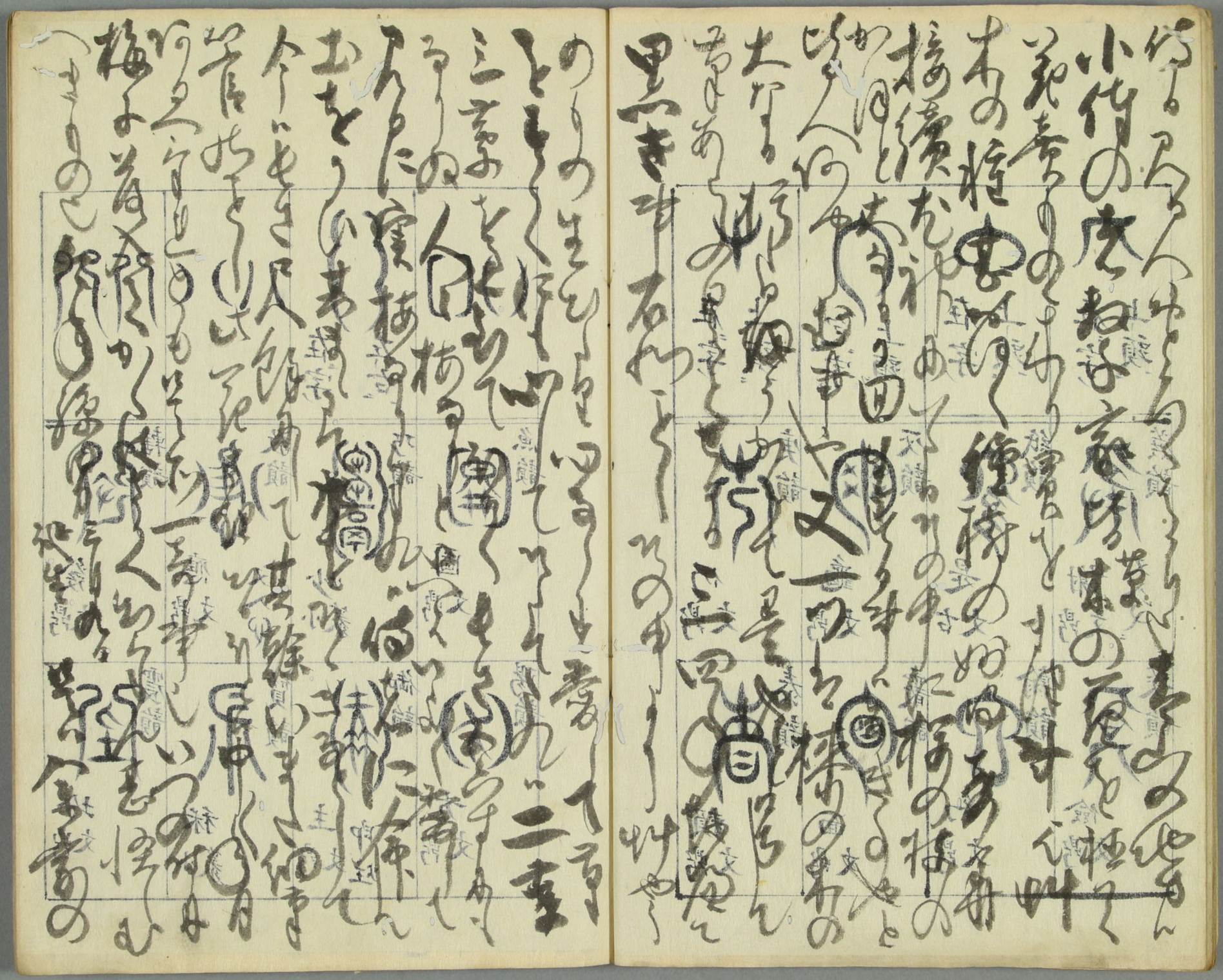


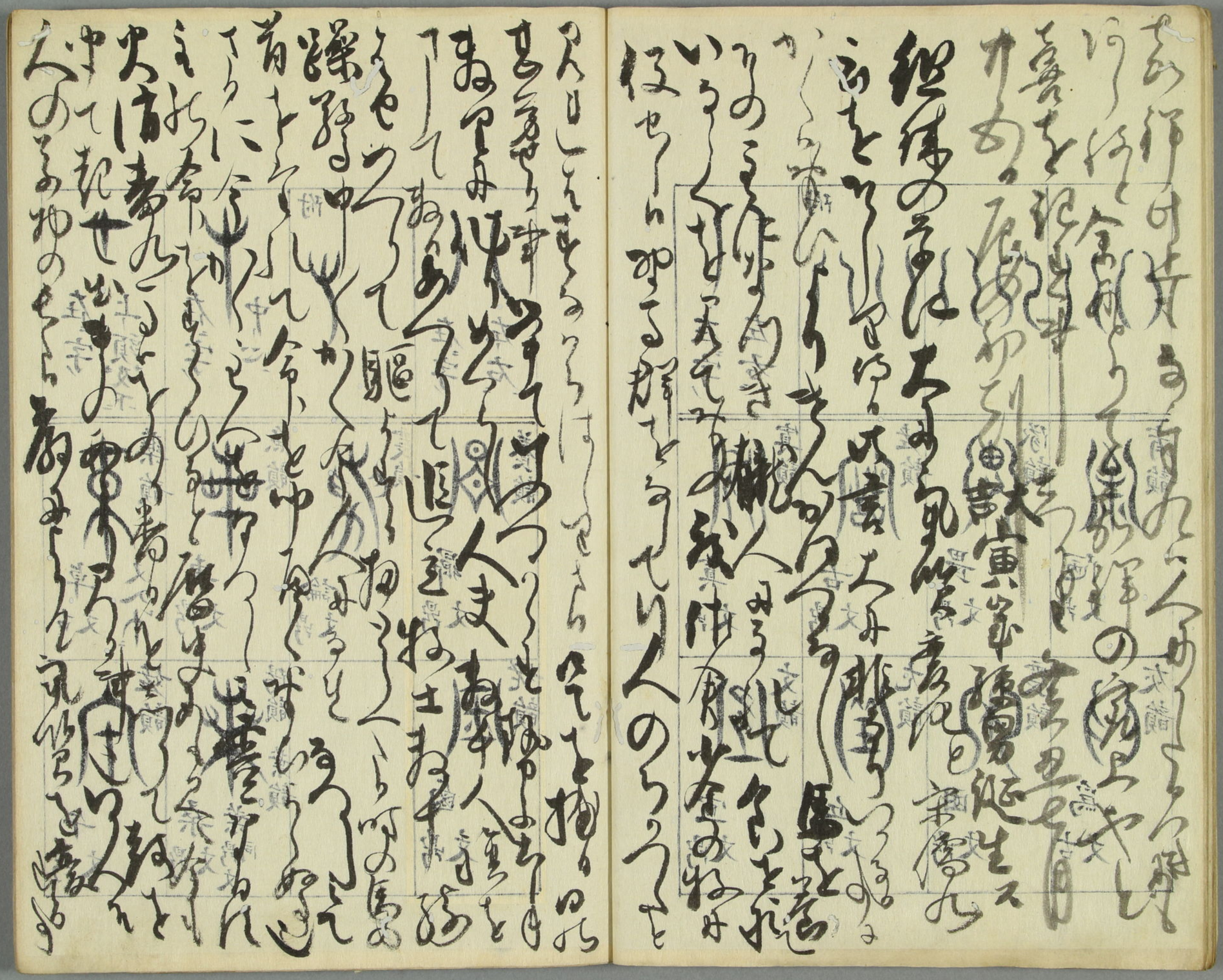












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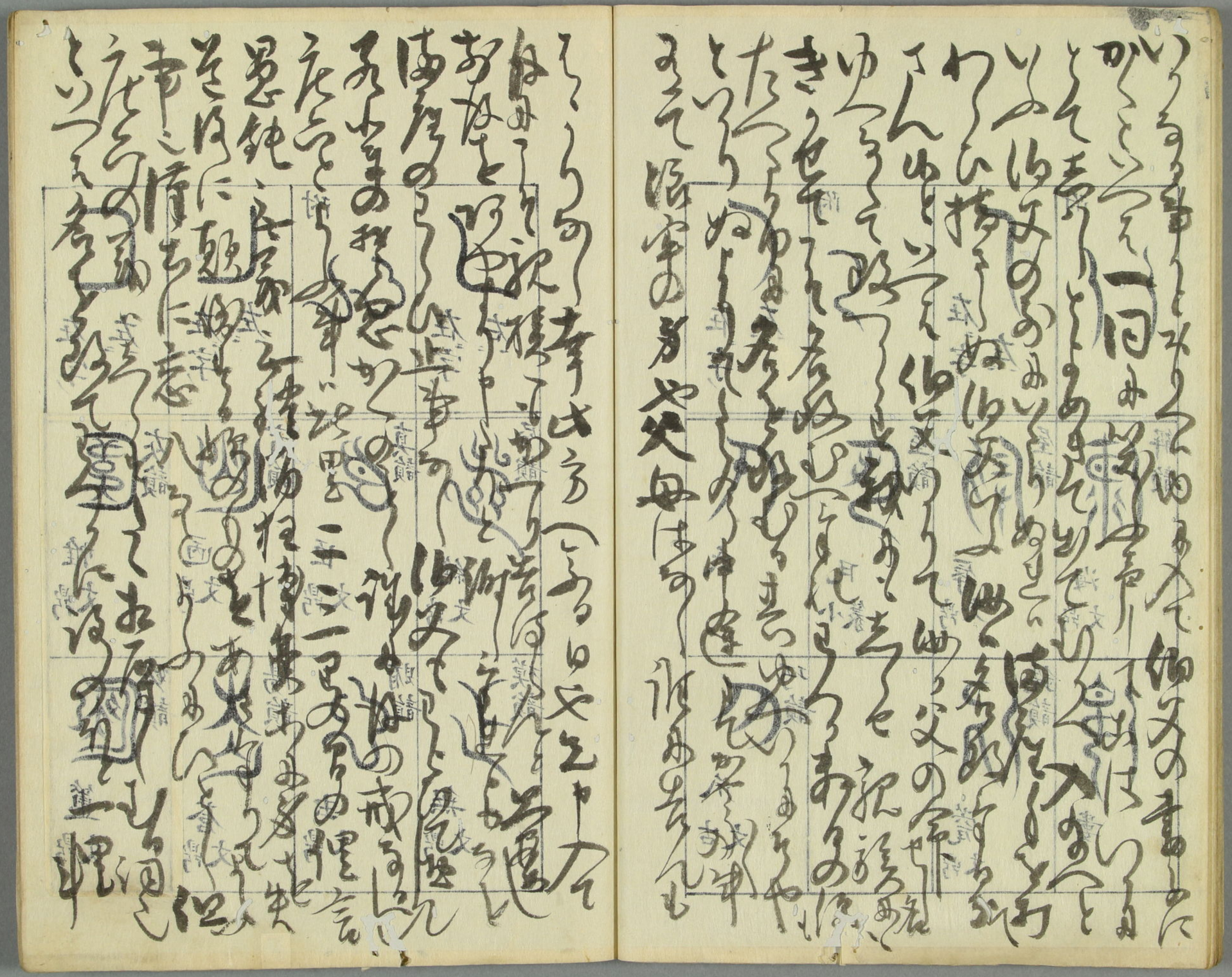

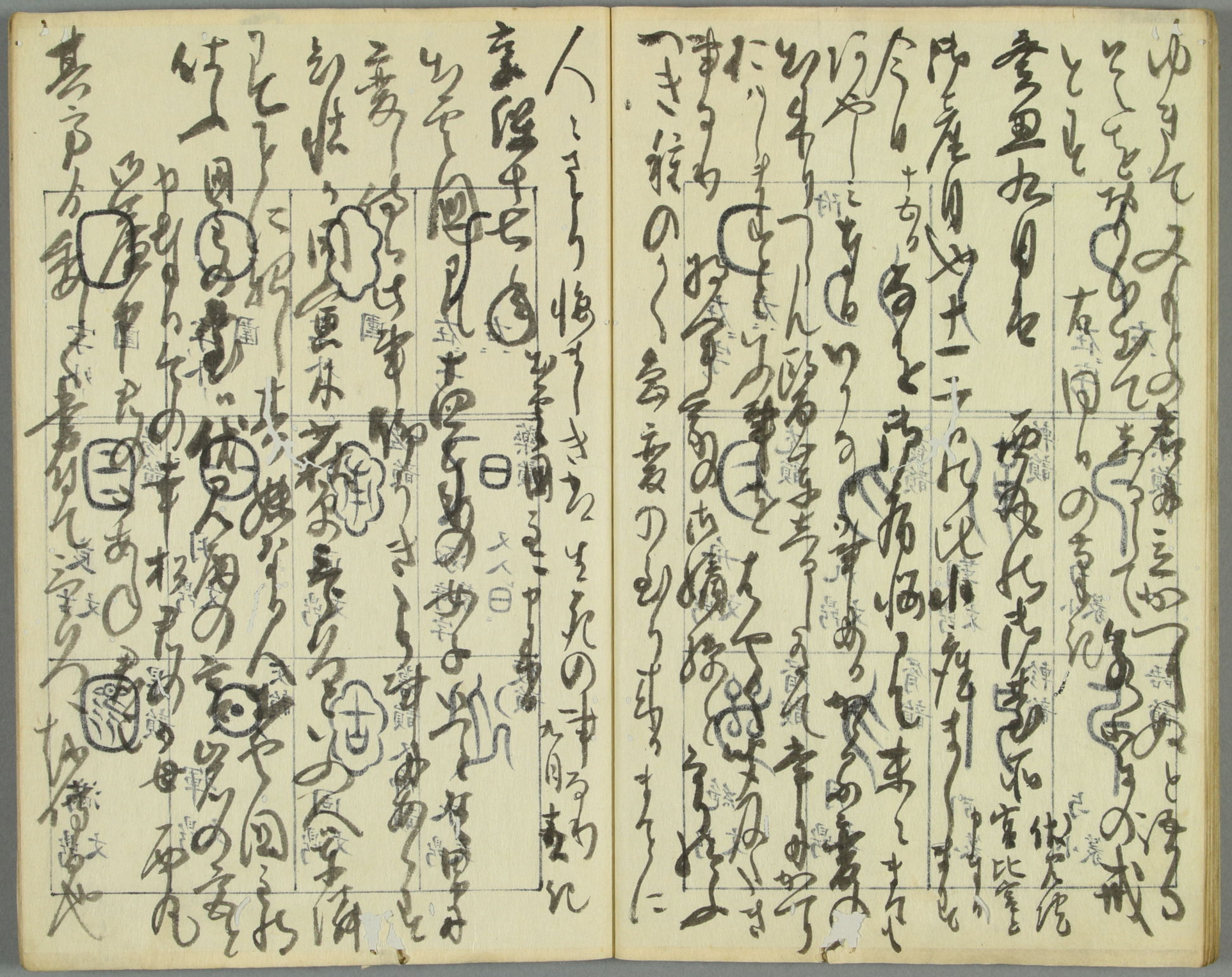

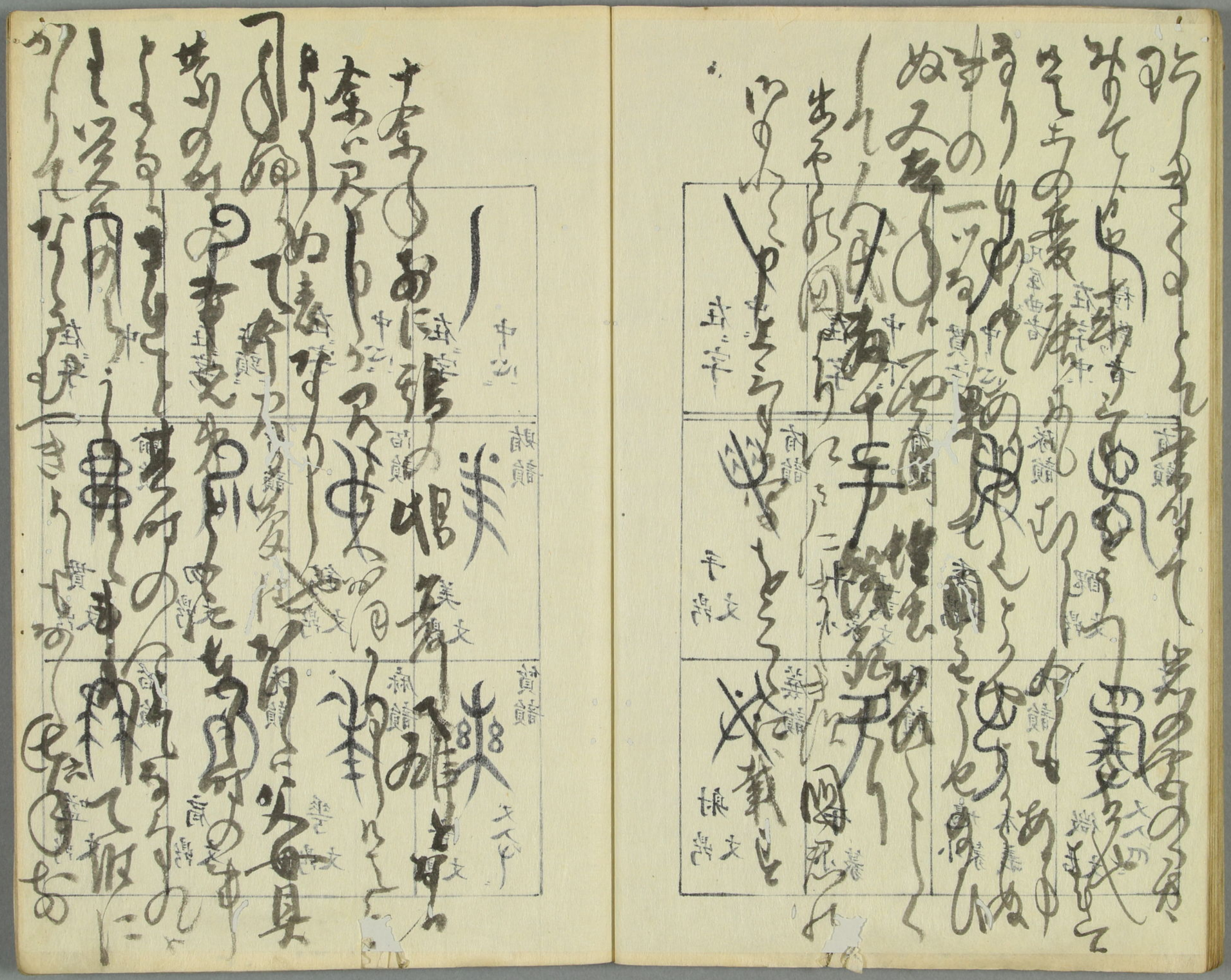

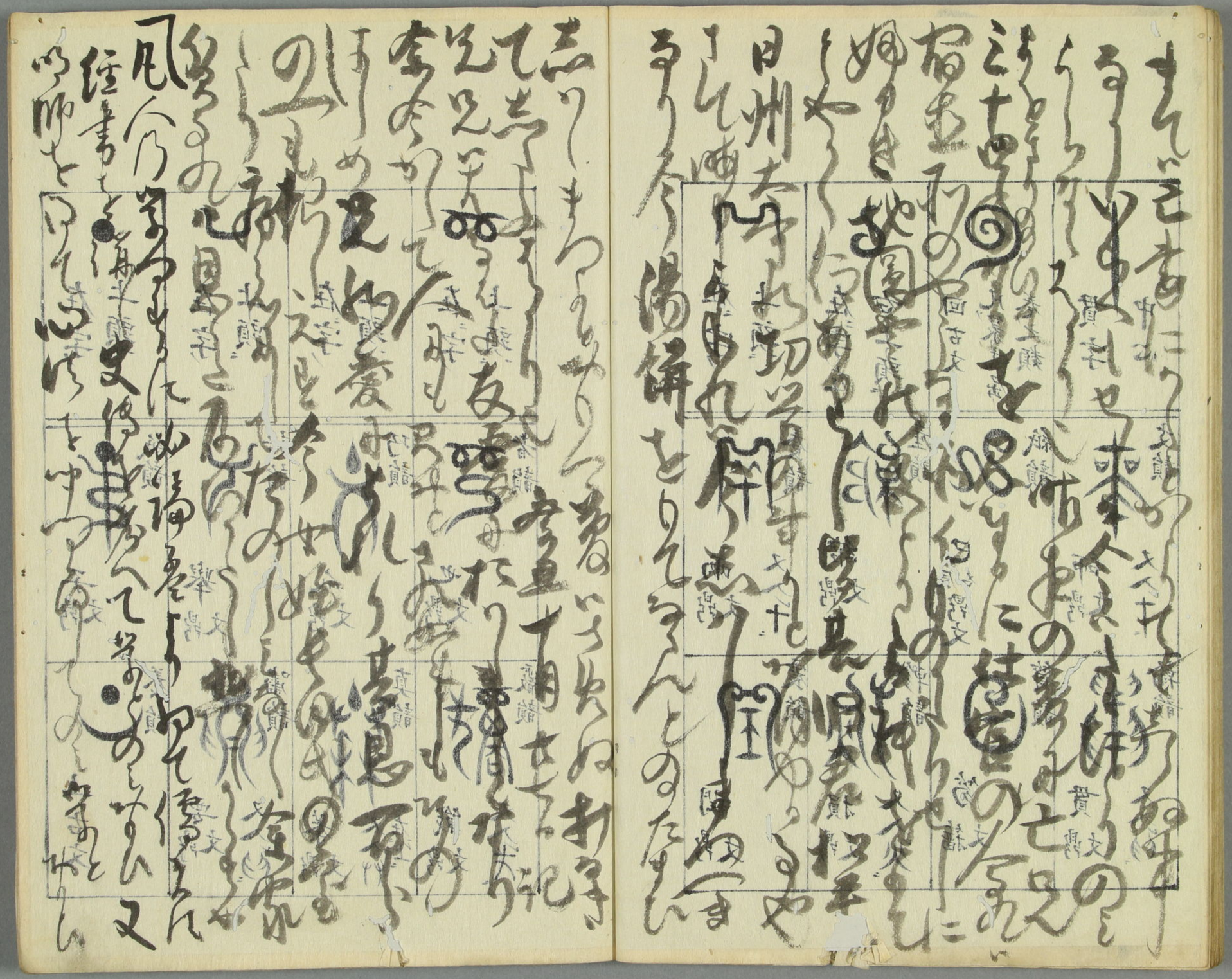

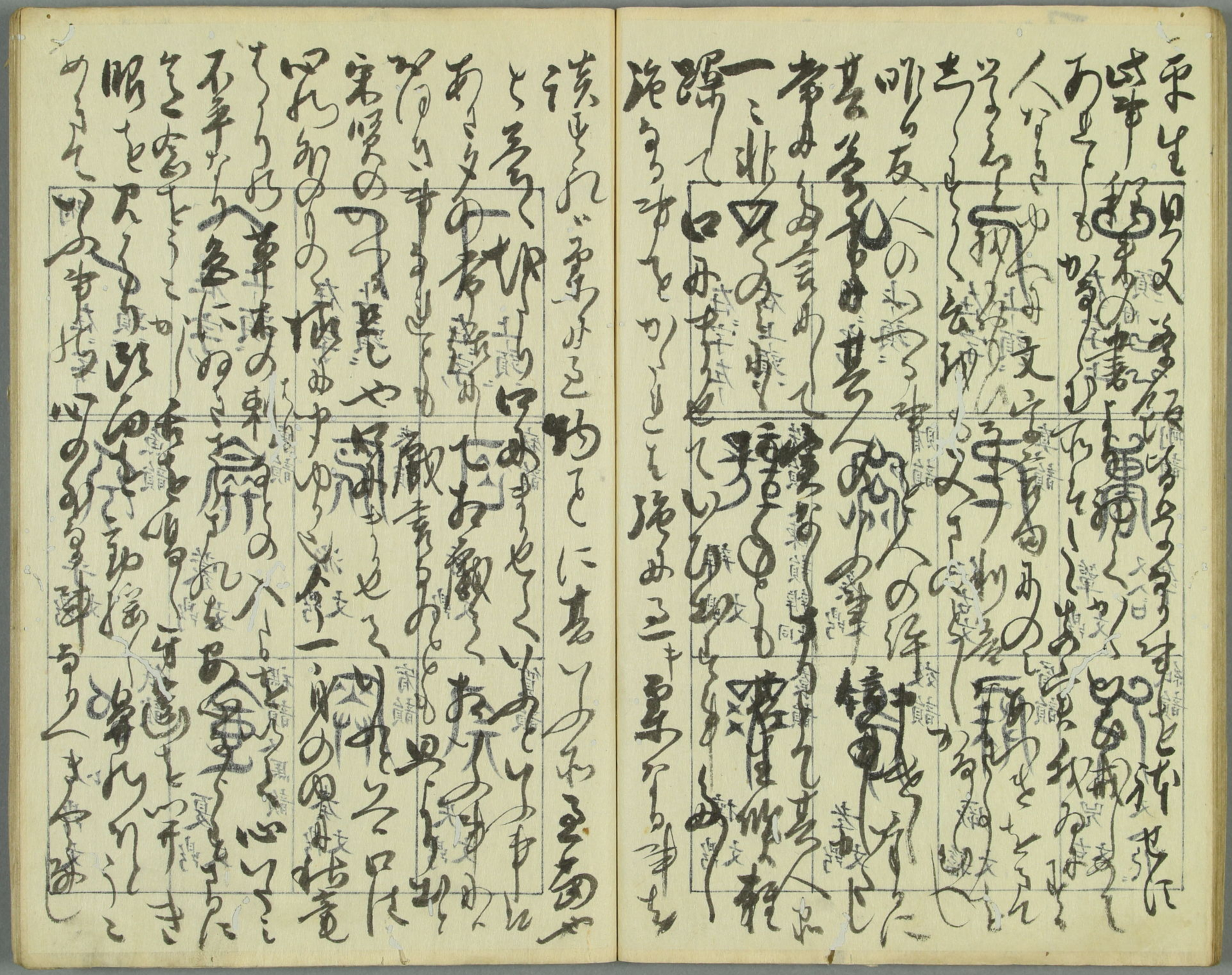

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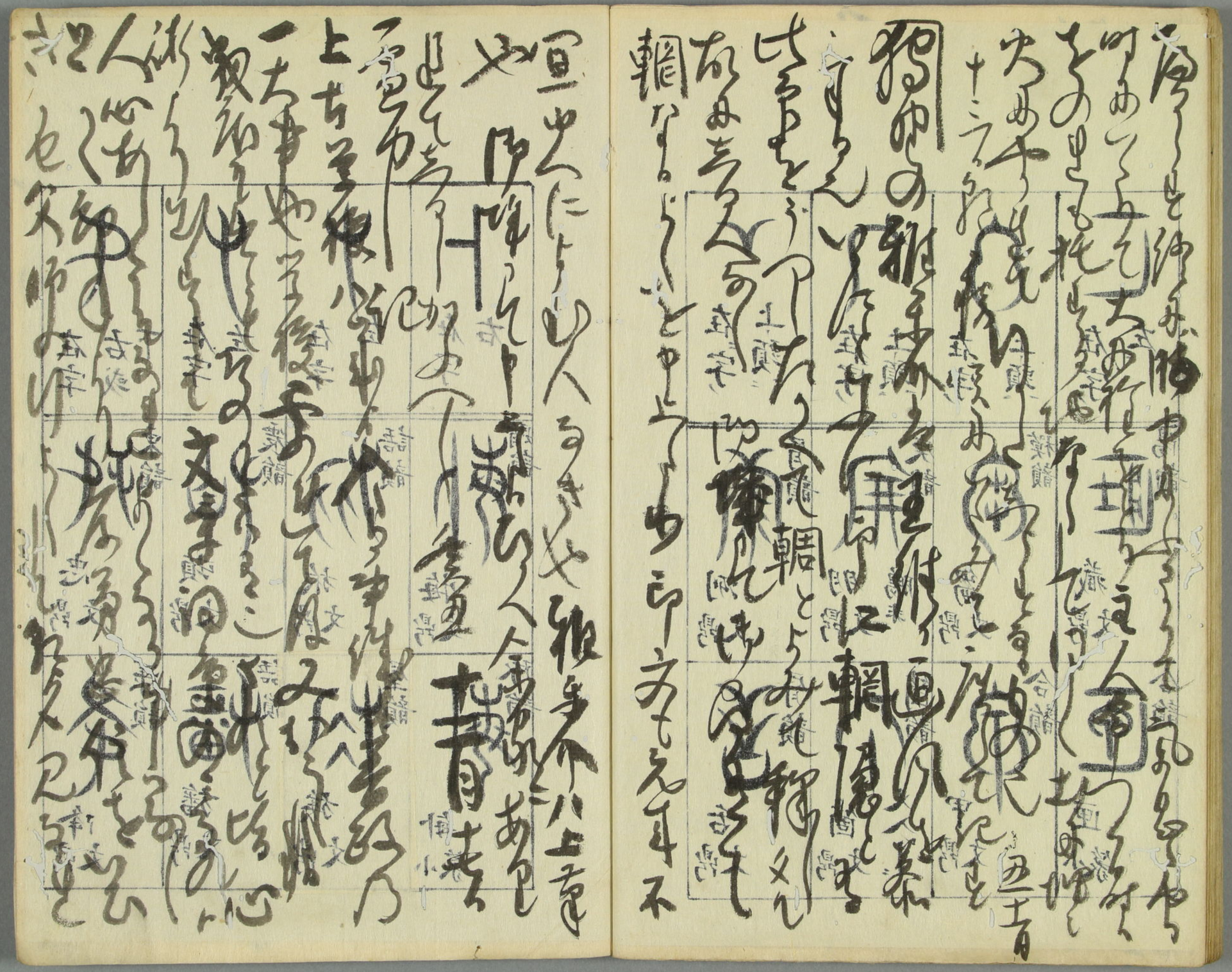

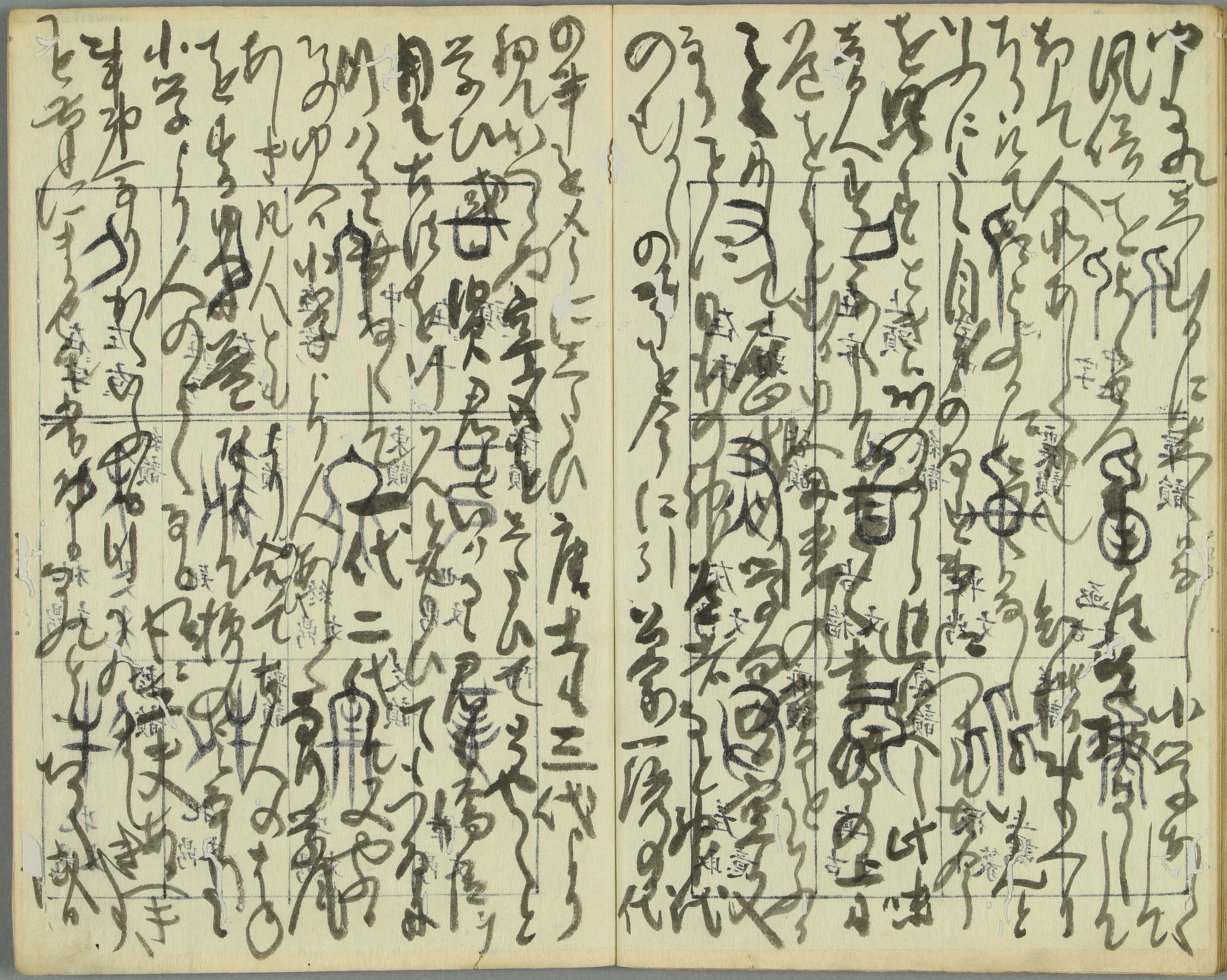

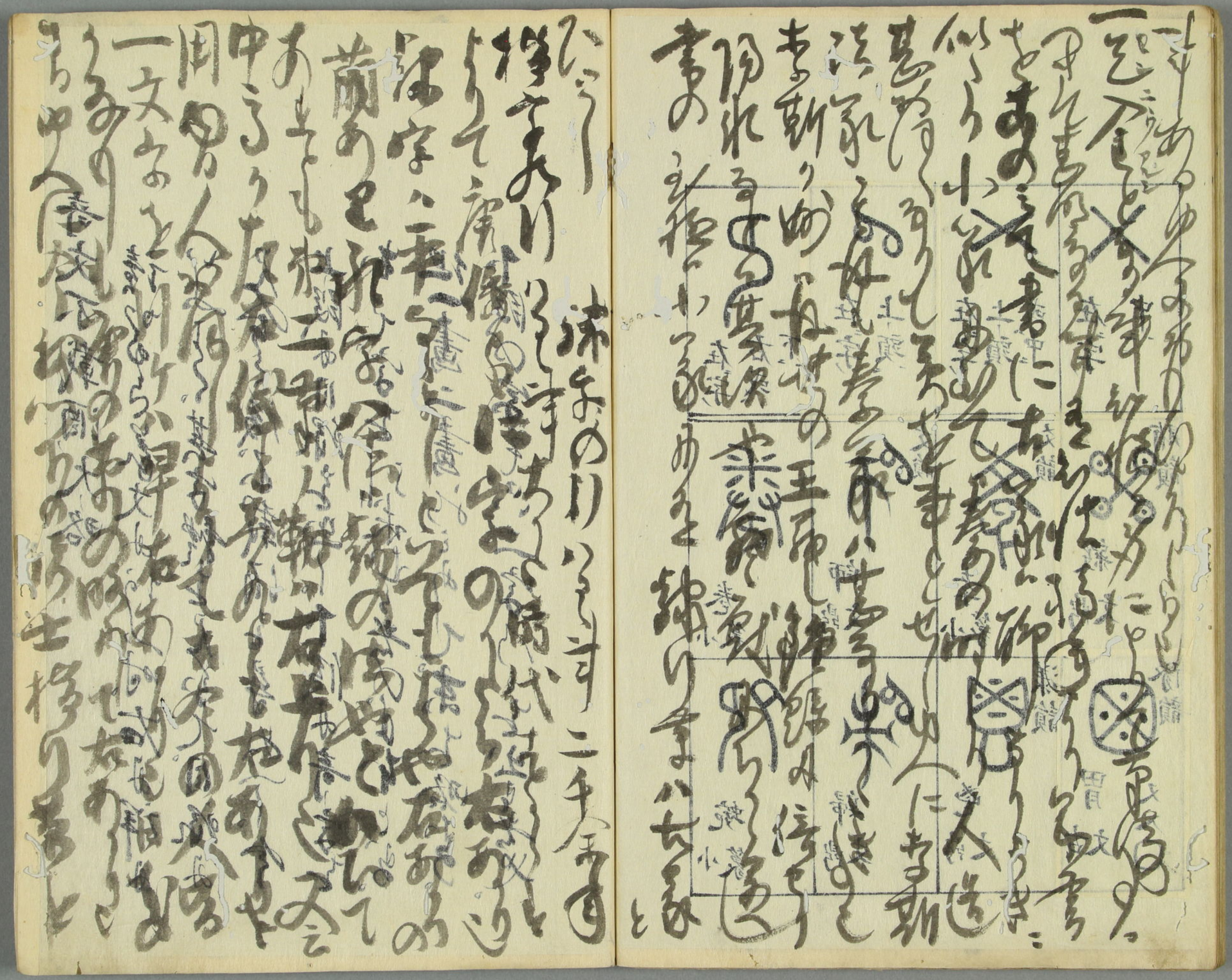

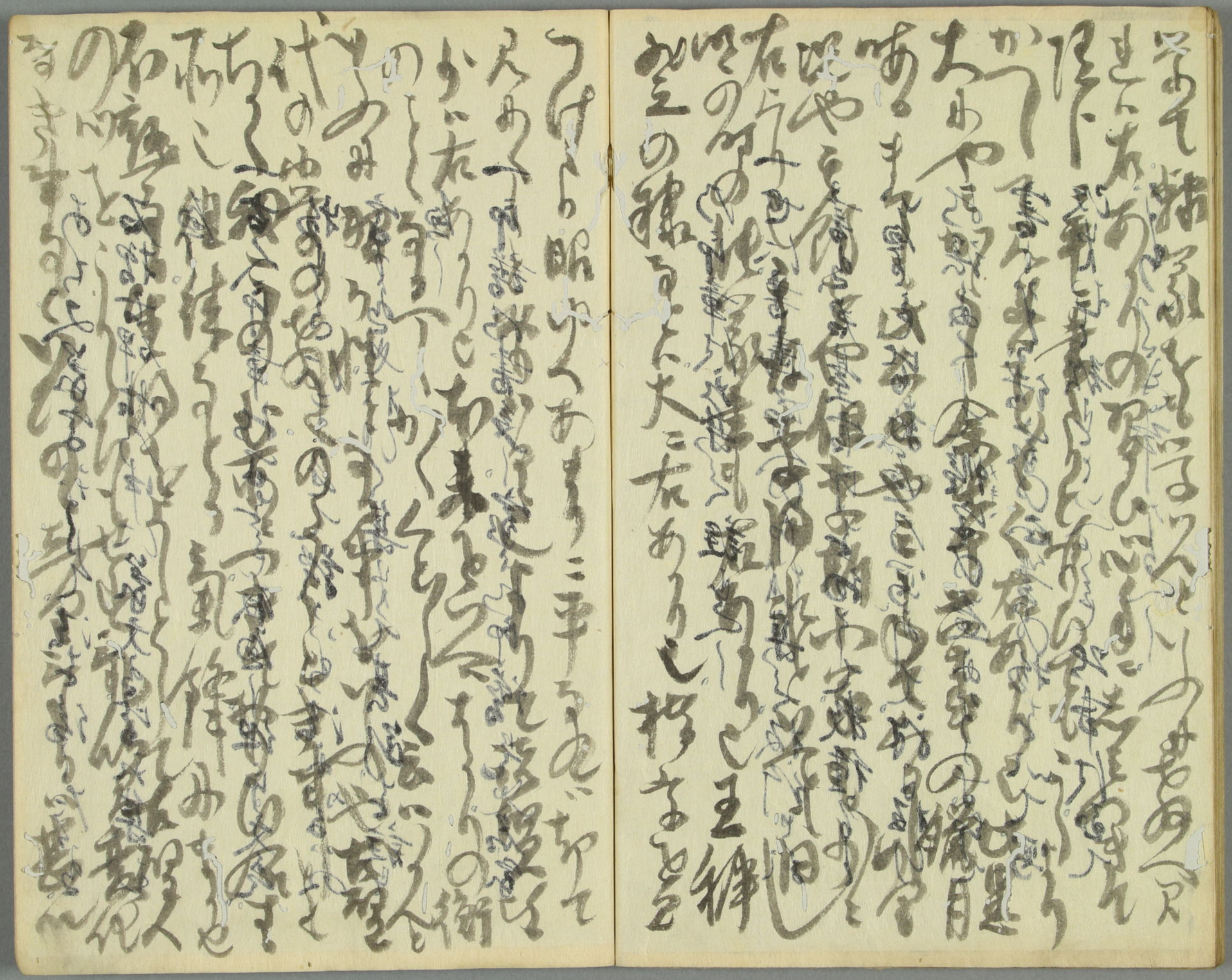

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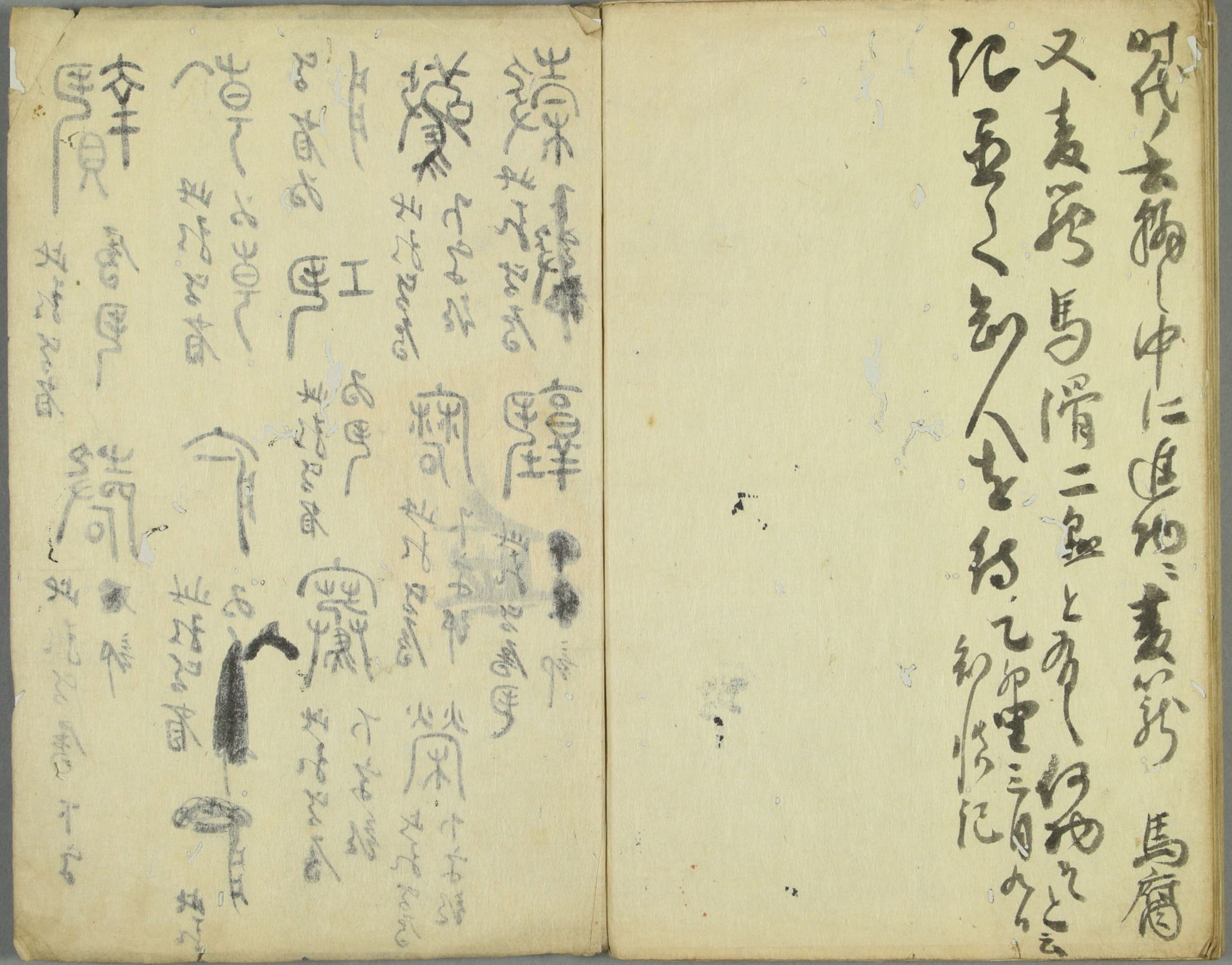
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