



# 板蓝根能穿在身上? 它能扎染出千年前的“流行色”

Indigowoad Root Can Be Worn? Tie-Dyeing Revives the "Fashion Colors" of a Thousand Years Ago

## 板蓝根扎染制作工序



成品等待自然阴干。

扎染古称“绞缬(xié)”，是中国古老的纺织品染色技艺，充满智慧的古人很早就开始使用植物染色。在自然界，有很多植物可以用作蓝色的染料，其中最著名的就是板蓝根，板蓝根的叶子经过发酵、氧化后，便形成了一种叫靛花的漂浮物，比蓝色的染液更鲜亮，正所谓“青出于蓝而胜于蓝”。

Tie-dye, also known as "Jiaoxie" in ancient times, is an ancient Chinese textile dyeing technique, in which wise ancients extensively utilized plant dyes. In nature, there are numerous plants that can be used as blue dyes, with the most famous being Indigowoad Root. After the leaves of Indigowoad Root undergo fermentation and oxidation, they form a substance called indigo, which floats on the surface and is brighter than the blue dye solution, hence the saying "the blue color comes from indigo, yet is better than indigo".

画图、缝线、抽紧、染制、拆线、阴干……以洁白布匹为载体，用植物染料浸染，一场古老而又前卫的“幻化之术”由此展开。扎染因其绚丽多变的特点以及环保的制作过程受到越来越多外国人的喜爱。

Through drawing, stitching, tightening, dyeing, removing stitches, and air drying, tie-dyeing unfolds as an ancient yet avant-garde "art of transformation" on pristine white fabric, using plant dyes for immersion. Tie-dyeing is increasingly favored by more and more foreigners due to its dazzling and environmentally friendly production process.

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1 绘制图形



2 扎花缝线



3 抽紧打结



4 清水浸泡



5 搅匀染缸



6 阴干氧化



7 清水清洗



8 拆线解结

- ① 绘制图形
- ② 扎花缝线
- ③ 抽紧打结
- ④ 清水浸泡
- ⑤ 搅匀染缸
- ⑥ 阴干氧化
- ⑦ 清水清洗
- ⑧ 拆线解结