



Bildung und Kultur



Euro-Projektseminar s.r.o.



Europäisches Bildungswerk für  
Beruf und Gesellschaft gGmbH

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**Sokrates**



**DIAN**  
Publications

# Welcome to *proHealth*

*- Protecting and Prevention of Health by awareness-rising  
and information -*

## **Modul 5**

# THE ROOTS OF MEDICINE

## Ancient Greece



# Ancient Greece

The foundation of modern medicine is to be found in the medicine of the ancient Greeks.

# Ancient Greece

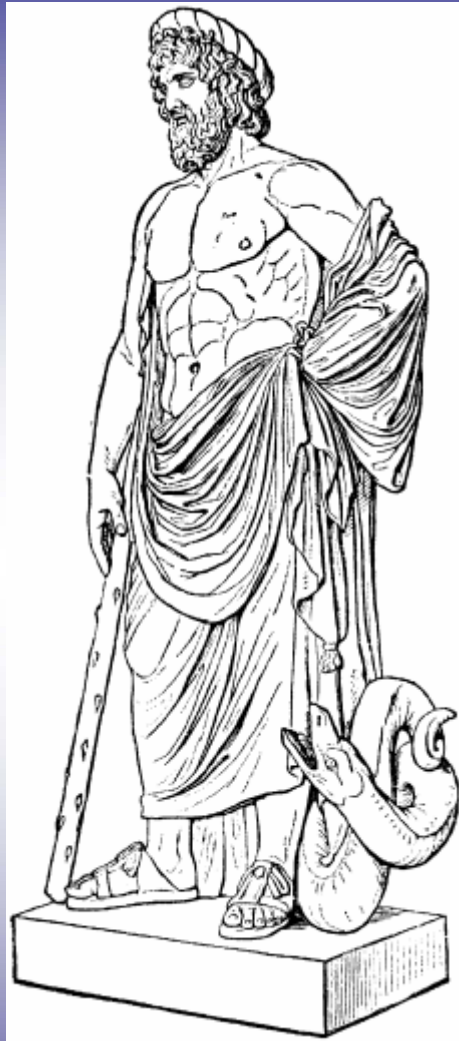
Before the scientific method developed, most people still saw medicine as a religion, and believed that superstitions, evil spirits and punishments caused illness from the gods.

# Ancient Greece

While Greek Medicine, particularly from the 5th century B.C onwards, increasingly used scientific method to develop cures, there still however remained people that considered medicine to be a religion.

The ancient Greeks (Hellenic) made important discoveries about the human body and health, so by the sixth century BC, medicinal practices focused largely on a more clinical approach involving observation. Their discoveries were made by firstly studying the human anatomy using dissection and vivisection, finding ways to heal using things such as plants and herbs, then finally practising surgery on the human body using different instruments.

# Ancient Greece

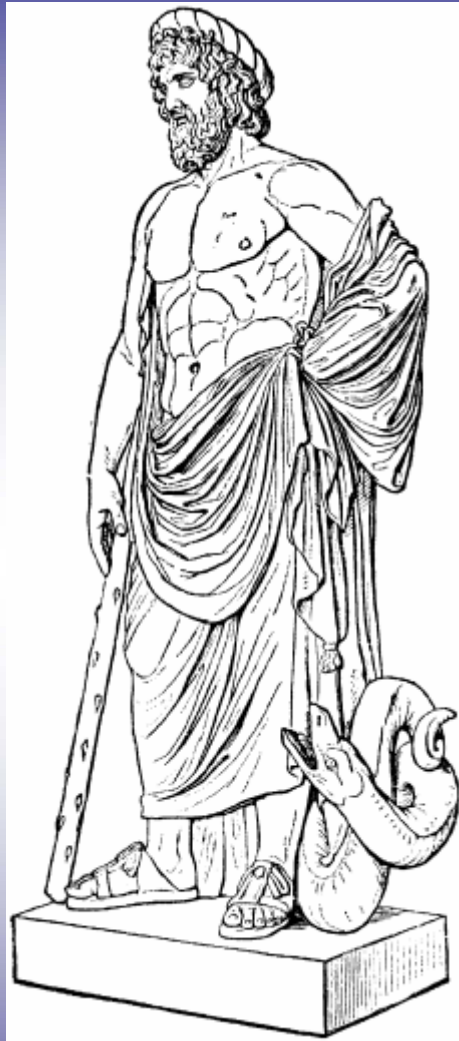


Aesculap – God of medicine

Those who saw medicine as a religion worshipped Apollo - god of medicine and his son Aesculapius – god of healing.

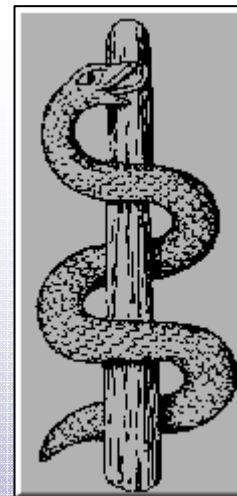
The cult of Aesculapius, a religion and a system of therapeutics was at its peak from the fifth century B.C. to as late as four hundred A.D. Worshipers built large temple complexes all over the Mediterranean in Aesculapius's name.

# Ancient Greece



Aesculap – God of medicine

Aesculapius was often pictured carrying a staff with a snake wrapped around it and the snake staff became the caduceus, the symbol of medicine.



# Ancient Greece

The ancient Greeks knew that health and fitness (philosophy regimen) affected their quality of life.

Most people became concerned with the amounts of exercise they had, what they ate, drank and made sure they had enough sleep.

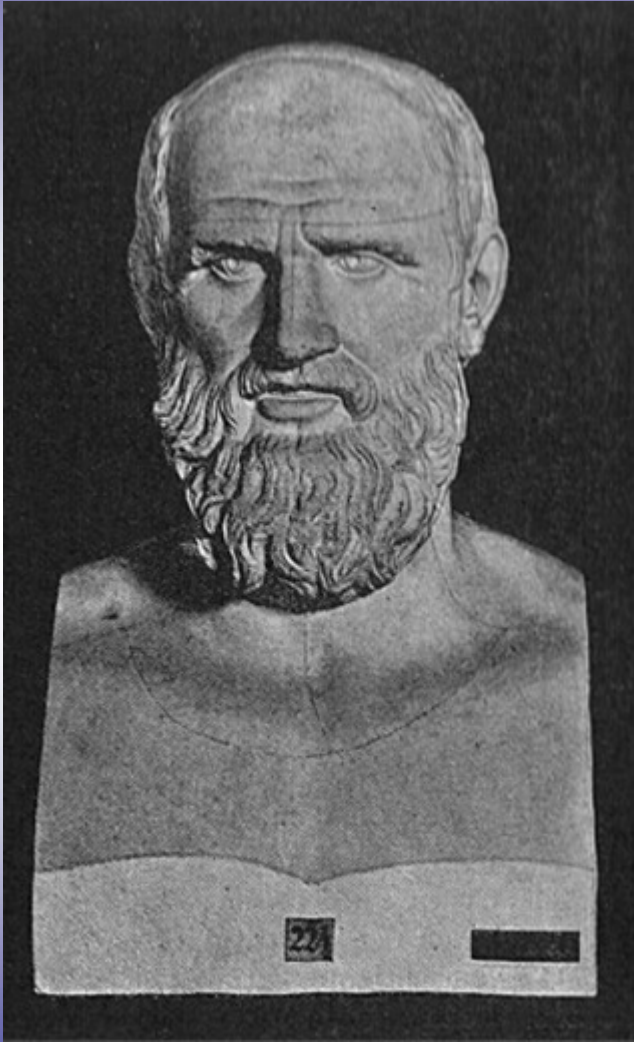


# Ancient Greece

The best-known ancient Greek physician **Hippocrates**, made several important medical discoveries in Ancient Greece. He was born on the island of Cos and is revered as the '**Father of Medicine**'. He was the first man to make medicine a profession and to see medicine as a science and not a religion.

Hippocrates devised an oath, which every new doctor still swears to this day.

# Ancient Greece



## Hippokrates of Kos

(ca. 460 BC – ca. 370 BC)

Physican of the Ancient  
Greece

# Hippocrates and his Medicine

Hippocrates and his followers looked at the cause of the disease rather than the symptoms. Hippocrates saw that diseases came from natural causes; he discovered that thought came from the brain and not from the heart, and he saw that the body needed to be treated as a whole and not just a series of parts.

# Hippocrates and his Medicine

## Theory of four humours

# Hippocrates and his Medicine

The theory of the four humours originated from the works of Aristotle. The idea of humours is usually credited to Claudius Galen, a Greek physician of the second century A.D. But although he organized the idea more accessibly, he was probably not its creator. Centuries earlier, in the fourth century B.C., Hippocrates wrote of the bodily humours in his Hippocratic Corpus.

# Hippocrates and his Medicine

The physician believed that the body was made up of four components or

**“four humours”.**

Hippocrates argued that when these four fluids were out of balance disease occur-red.

# Hippocrates and his Medicine

## **The four components are:**

Blood formed at the heart – Spring – Air

Phlegm in the brain – Winter – Water

Yellow Bile in the liver – Summer – Fire

Black Bile in the spleen – Autumn – Earth.

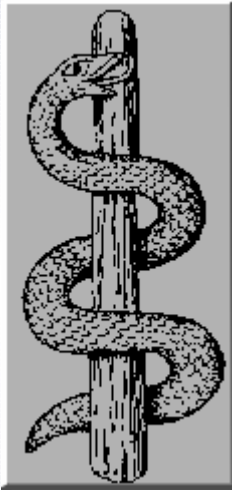
# Hippocrates and his Medicine

Health was seen as a proper balance of the four humours, so if these were out of balance, disease occurred.

Treatment of a disease is an attempt to rebalance the four humours; this could be done by diet, exercise, administering purgatives, diuretics or emetics, and bloodletting.

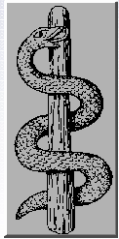


# THE ROOTS OF MEDICINE



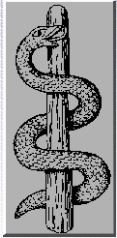
## The Hippocratic Oath

# The Hippocratic Oath



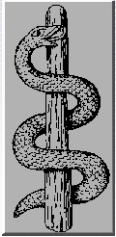
I swear by Apollo the Physician and by Asclepius and by Hygieia and Panacea and by all the gods as well as goddesses, making them judges [witnesses], to bring the following oath and written covenant to fulfillment, in accordance with my power and my judgment:

# The Hippocratic Oath

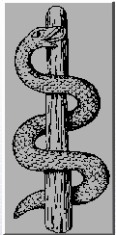


To regard him who has taught me this art as equal to my parents, and to share, in partnership, my livelihood with him and to give him a share when he is in need of necessities, and to judge the offspring [coming] from him equal to [my] male siblings, and to teach them this art, should they desire to learn [it], without fee and written covenant, and to give a share both of rules and of lectures, and of all the rest of learning, to my sons and to the [sons] of him who has taught me and to the pupils who have both make a written contract and sworn by a medical convention but by no other.

# The Hippocratic Oath



And I will use regimens for the benefit of the ill in accordance with my ability and my judgment, but from [what is] to their harm or injustice I will keep [them].



And I will not give a drug that is deadly to anyone if asked [for it], nor will I suggest the way to such a counsel. And likewise I will not give a woman a destructive pessary.

# The Hippocratic Oath



And in a pure and holy way I will guard my life and my art.

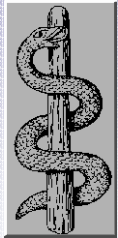


I will not cut, and certainly not those suffering from stone, but I will cede [this] to men [who are] practitioners of this activity.

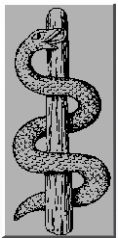


Into as many houses as I may enter, I will go for the benefit of the ill, while being far from all voluntary and destructive injustice, especially from sexual acts both upon women's bodies and upon men's, both of the free and of the slaves.

# The Hippocratic Oath



And about whatever I may see or hear in treatment, or even without treatment, in the life of human beings -- things that should not ever be blurted out outside --I will remain silent, holding such things to be unutterable [sacred, not to be divulged],



If I render this oath fulfilled, and if I do not blur and con-found it [making it to no effect] may it be [granted] to me to enjoy the benefits both of life and of art, being held in good repute among all human beings for time eternal If, how-ever, I transgress and per-jure myself, the opposite of these.

# Ancient Greece

The Romans employed many Greek physicians and through them the Greeks discoveries in medicine gradually spread throughout the ancient world. Greece was a country that gave birth to some of the most important medical pioneers in human history. Through Continuous studies, they changed people from seeing medicine as a religion. Their study of disease and the human body to the scientific method has resulted in the advanced medical knowledge we have today.



# Ancient Greece



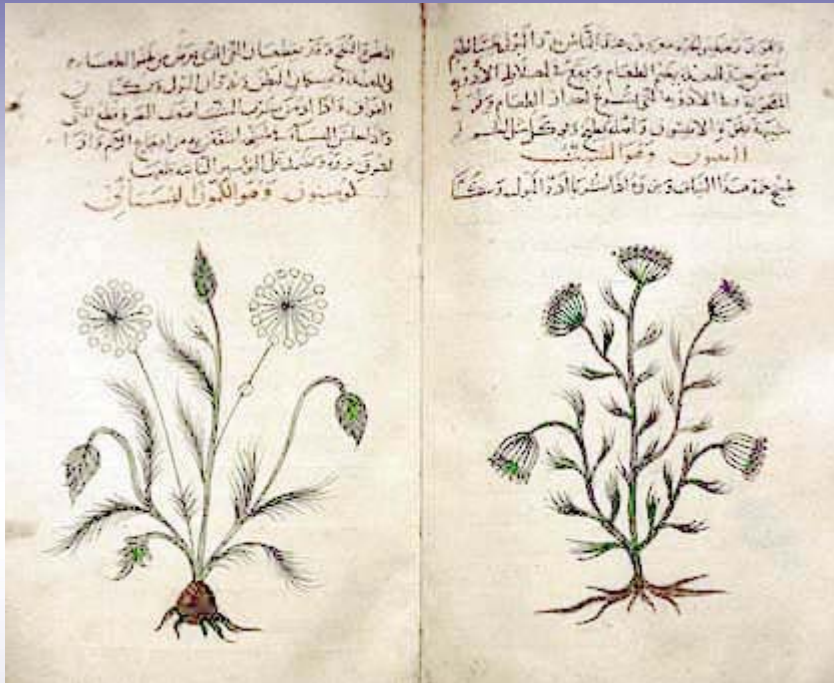
## Pedанийос **Dioskurides**

(1. JH. AD)

Dioskurides was an ancient greek physician, pharmacologist and botanist who practised in Rome at the times of Nero.



# Ancient Greece



Arabic herbal medicine guidebook  
- *De Materia Medica* -

Dioscorides is famous for writing a five volume book *De Materia Medica* that is a precursor to all modern pharmacopeias, and is one of the most influential herbal books in history.

# THE ROOTS OF MEDICINE

## Slovakia



# Slovakia

Since time immemorial medicinal plants have played the most important part in the composition of therapeutic and various preparations used in popular doctoring, the experience of simple people being the basis for the use of these medicinal plants.

In past centuries about 600 or 800 species were used for curative purposes.

# Slovakia

In the Old Slavonic period - about 900 AD – a lot of plants were used.

In the course of the 17th century the peasants acquired the ability to produce vegetable and plant oils.

## **The Slovakian „Oilman“**

# Slovakia



Essential oils were exported by the so-called **oilmen** of East and West Europe.

The travelling **oilmen** prepared the oils and peddled them along with other pharmaceutical preparations between villages.

# Slovakia

Essential oils, obtained by distillation or pressing of various herb parts, were used as the basis of many treatments with the practice becoming widespread during the 18th and 19th centuries.



# Slovakia



The using of herbs in the Old Slavic period (about 900 AD)

In this short survey of traditions in popular doctoring it is necessary to mention also the **herbalists**, i.e. people who dispensed medicinal herbs in order to cure specific diseases.

In the regions of their activity these „**popular doctors**“ were highly respected



# Slovakia

In regard to Slovak history contemporary modern phytotherapy in our country continues with the rich traditions of popular doctoring.

The development of natural sciences with their exact methods of investigation makes the therapeutic effect of the substances contained in these plants and the therapeutic value of each plant more precise.

# THE ROOTS OF MEDICINE

## Turkey



## **Lokman Hakim - wreathed in legends**

# Turkey

Lokman Hâkim, a myth in Islamic and Turkish culture, was a medical doctor and pharmacist of his age. Much that is said about him is legendary. The Arabs say that he lived around 1100 B.C., was a coal-black Ethiopian with wooly hair, and the son of Baura, who was a son or grandson of a sister of Job.

Some westerners claime that Lokman is often confused with **Aesop**, who was also a negro, and who, it appears, adapted some of Lokman's fables for his own use.

Aesop lived 500 years after Lokman.

# Turkey



**Aesop**  
( ca. 600 BC)

Canvas of Diego Velasquez (spanish painter)

# Turkey

According to the legend, Lokman, who could understand the language of the flowers and grasses, after seeing all the world, settled in Mopsuestia (Turkish: Misis – Yakapınar) which is between Adana and Ceyhan in the Mediterranean region of Turkey.

# Turkey

Lokman Hâkim was perhaps the most famous for his longevity times, which was supposedly equivalent of seven eagles' lives (approximately 560 years) as well as his belief that he found the secret of immortality. He had collected all cures for diseases and the elixir of immortality in a black book.

Prophet Mohammad quoted him as an authority and named the thirty-first chapter of Kur'an after him.

Luqman (sura) with 34 ayat



# Turkey

Of Lokman's intimate life, all we know is what may be deduced from his proverbs and from anecdotes. But he was accepted as both a wiseman, known as "hâkim" in Turkish, and doctor, also known as "hekim" in Turkish. In Turkish culture, he has been accepted as the master of all doctors and knows the plants very well, from which he made a lot of herbal preparations for any kind of disease. Therefore, in Turkey, most of the unlicensed herbal shops are inspired by his name and mission and called them "Lokman Hakim's store".

# THE ROOTS OF MEDICINE

## Germany





## **Hildegard of Bingen (1098 – 1179 AD)**

The probably well- known representative of the herbal-medicine is Hildegard of Bingen.

Her popularity has in the last years particularly in German area considerably increased. The treatise "Physica of the salvation-plants ", with which she delivered a description of the effect of medical plants is the basis of many textbooks of the herbal-medicine.

# Germany

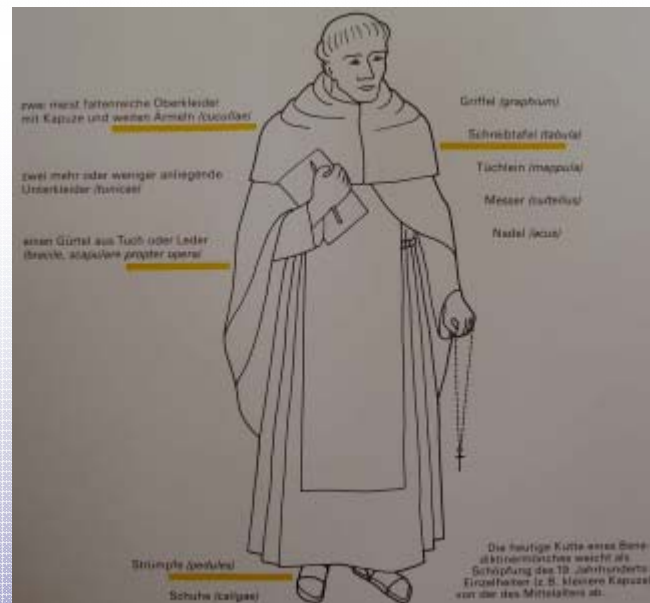
The big work of the saint Hildegard of Bingen - Physica " – represents a type popular pharmacology and nature-history.

The special meaning and the value of the Physica lie justified in it that the scholarly nun created her traditions directly from the people as well as own nature-observations and views described.

# Germany

In our latitudes, it was above all the monastery that rendered services to the medical-herbs Benedictine already in the early Middle age herbal-gardens put on.

Monks brought with their trips native and foreign medical-herbs and cultivated them in their extended monastery-gardens.





# Germany



Monastery Blaubeuren – church's cloister and monastery garden

# Germany



Philippus Aureolus Theophrastus  
Bombastus of Hohenheim  
also so-called:

**Paracelsus**  
(1493 AD - 1541 AD)

# Germany

Paracelsus introduced the chemistry in the drugstores. That got plant-medicine into the disadvantage, but has never stopped until today to play the role, that it has played from outset of all human culture, - that of the most immediate and most natural medicine.



# Germany



**Leonart Fuchs**  
(1501 AD – 1566 AD)

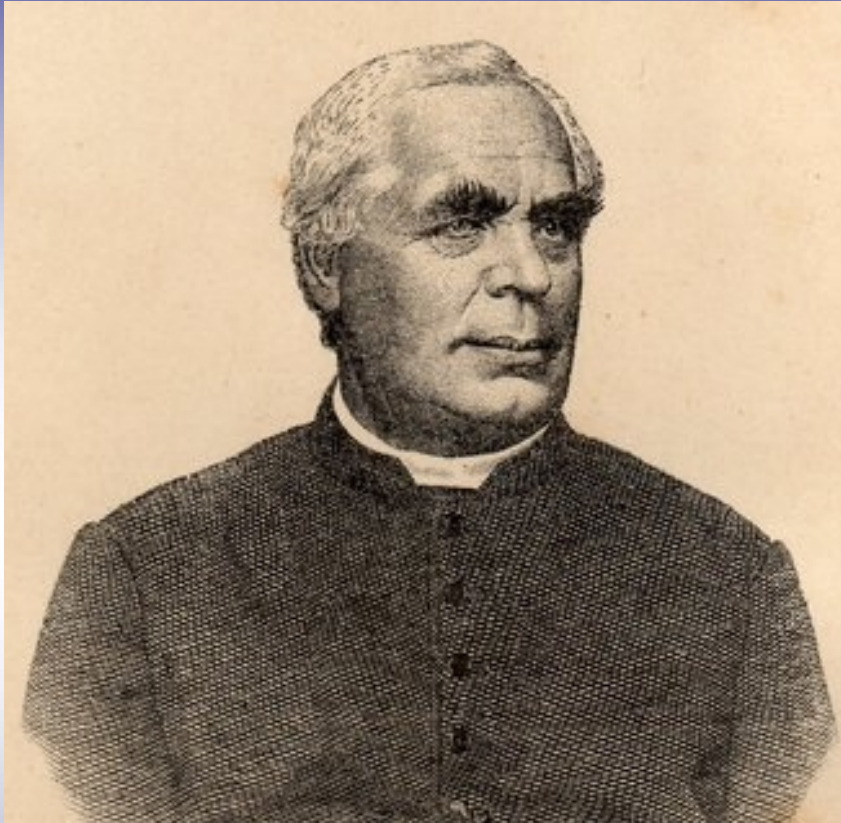
Prof. of Medicine

# Germany



## „The New Kreuterbuch“

of Leonart Fuchs based on Greek medicine.



## **Sebastian Kneipp** (1821-1897)

Kneipp was a Bavarian priest and one of the founders of the Naturopathic medicine movement. He is most commonly associated with the "Kneipp Cure" form of hydrotherapy, a system of healing involving the application of water through various methods, temperatures and pressures.

# Germany

Sebastian Kneipp acquired his knowledge over salvation-botany over collecting own realizations and limited up usual application-variety on a modern measurement to this time.

He included the healing power of mild-working plants into his concept of the nature healing under holistic points of view.