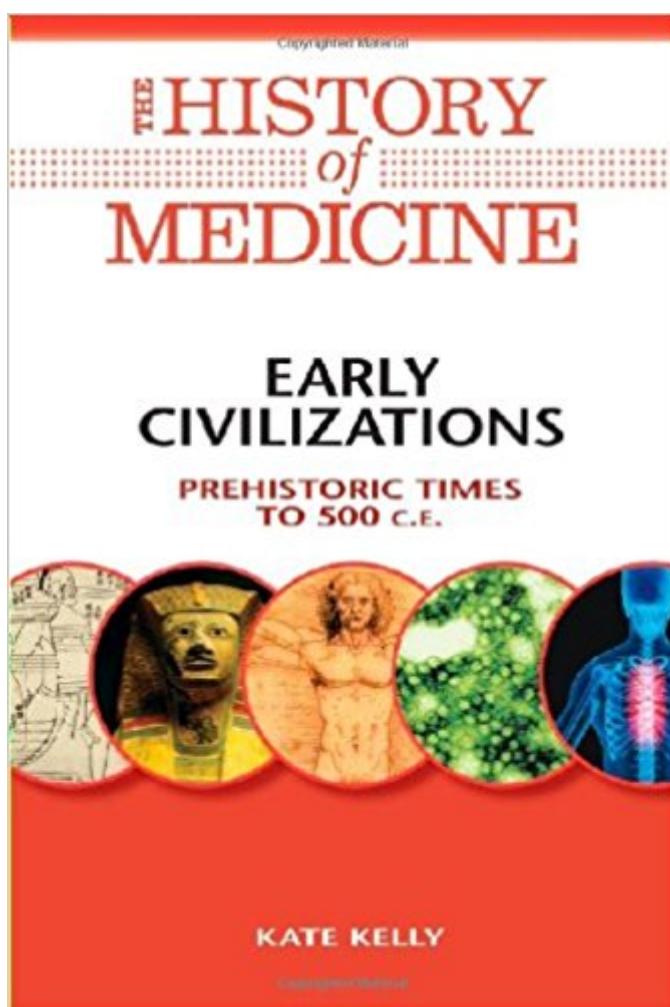


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# Early Civilizations: Prehistoric Times To 500 C.E. (History Of Medicine)



## Synopsis

The story of early medicine is one of magic and sorcery, religion and prayers, shamans and surgeons, and ingenuity and experimentation. This title includes chapters such as: Paleopathology - the Study of Disease in Prehistoric Times; What the Mummies Reveal; Indian Influence on Medicine; and, Medical Progress During the Roman Empire.

## Book Information

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Grade 6 Up "This eye-opening and information-rich first volume in the series shows that ancient human beings were quite knowledgeable about health and well-being. This book discusses medical advances from prehistoric times through the Roman Empire. Information is provided about the treatment of diseases; early dentistry, surgeries, and gynecology; herbal treatments; and the creation of the first vaccines. Coverage is global with discussions of Chinese, Egyptian, Greek, Islamic, Indian, and Roman civilizations' contributions to medicine. More than 40 color photographs and sidebars are integrated into the text, and an appendix contains the translated text of the Hippocratic Oath along with the standard back matter. Readers will gain a deepened appreciation of and insights into modern medicine by examining this book. Because of its inclusion of new research, it is recommended as a first purchase for most libraries." Caroline Geck, Newark Public Schools, NJ Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Kate Kelly specializes in science, history, and medicine. She is the author of more than 30 books, including *That's Not in My Science Book!*, a layperson's guide to complex scientific concepts. Her recent medical collaborations have been on heart disease, macular degeneration, and allergies and asthma. She also speaks regularly at middle and high schools about the history of the American ballot box.

Mankind started out as hunter gatherer and nomads. Moving place to place with tier animals it would take a god many a years before they settled down into sedentary farmers. With the establishment of civilizations along such rivers as the Nile, Indus River, Mesopotamia and others mankind was getting exposed to more and more pathogens. This was cause by lower amounts of protein in the diet an higher carbs for one. But also with people being so close together and the fact that people knew very little about hygiene it would come as no surprise that diseases could wipe out entire populations. Also the close proximity to animals and their manure also brought about the increase of sickness. Since man has been plagued by sickness and disease, man has tried to find cures for what was ailing him. Many thought that the gods were upset and so they sent a sickness to punish the man or society. Gradually their healing techniques would become more scientific based and less mystical. At first healing techniques were thought to come from the spirit world and shamans would go into a trance to find out cures for all that ailed the tribe. Most healing relied upon herbs and natural remedies but the ancients did in fact employ surgery. Paleopathologist, people who study ancient diseases and their treatment have been able to determine how people died and what treatments were used. Trephination or making the hole in the skull was one such example. Bodies that have been preserved in bogs and mummies have presented the best specimens for archaeologists to examine. The first group of people discussed was the Egyptians. They did not know much about the body but they did know about herbs and how they could be used to heal people. Surgery was not done regularly and the dead body was never allowed to be dissected for medical reason or autopsies. They could submerge a body in the river and as the water eroded away the skin the doctors could see what was going on. The most qualified doctors were taught in the temple's medical school. The next group discussed were the Chinese. They believed that the body was composed of five main elements. Fire, Water, wood, earth and metal. They have to be in a balance in for their to be health. The main emphasis was on the holistic balance between the yin and the yang. The whole body has to be strong. The Ancient Indians were also discussed, They believe in moderation and right living. They would use herbs to help the body.

They used yoga to regulate and nourish the mind and the body. Ayurvedic medicine was based on restoring a balance. The Indians believed in prana or energy. Much like the Chinese belief in qui. The Greeks held belief in good diet and exercise plus the balancing out of humors in the body. The Romans were to emphasize bathing and hospitals. From the era Hippocrates and Galen were best known. Nifty little book.

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