Medieval Medicine

Extra comments:

Slide 2 bullet 4

Midwives helped during childbirth. But they didn’t have very much medical knowledge. They didn’t even know simple things like washing your hands before delivery.

Slide 2 bullet 4

On official holidays you would see even the peasant bathed, nicely dressed, and smelling sweet.

Slide 3 bullet 7

They did not have refrigerators so it was difficult for them to store food. They usually ate their food fresh. If they had too they would it rancid meat if it was the only source of food they could find.

A major problem with their poor storage was that grain would spoil. A fungus called ergot would contaminate the grain. The fungus if eaten made them go insane, giving them a sensation of being burned alive. This poison often ended in death.

Slide 5 bullet 2

For example cold and dry linen could be used to dry up ulceration. Or pasta which is warm could be used for a hot stomach.

Slide 6 bullet 4

Of course the idea of humors is untrue. The theory of humors came from Hellenic philosophy in an attempt to relate all things to universal laws. Like there being four seasons and four gospels, four elements of nature, and the four stages of human life.

Slide 9 bullet 2

Some affects of phlebotomy include infection, weakening of the already sick patient, accidently cutting up the an artery and causing unstoppable bleeding or cutting up a nerve, the most common thing that happened was the patient losing consciousness.

Despite the fact that phlebotomy did many harmful things to the body the medieval people believed it truly worked. After the winter people would go to the doctor to receive phlebotomy to rid themselves of the bad humors they acquired during the winter. During the winter due to food shortages they would eat a lot of salted meat. Their diets would become unhealthy because of all the meat they consumed. They would then develop symptoms of scurvy due to lack of vitamin C. But once the Catholic tradition of Lent began in the spring they were not allowed to eat meat. This would improve their diet and they would feel much better. They would praise phlebotomy for their enhanced health rather than just the healthier diet that they had.

Slide 12 bullet 2

The Medieval people thought highly of feasting and fasting was a religious duty. They would fast on Wednesday, Friday, and Saturday and feasts could have between 15 to 36 dishes. To remain healthy the doctors want them to avoid both extremes of their eating.

Slide 12 bullet 3

If a person was forced to breathe a foul smell or stagnant air they might hold a handkerchief to scented with peppermint or rosemary to their nose.

Slide 13 bullet 5

Physicians were trained in the logical method of diagnosis. They would look at theories and make new ones. They could make a diagnosis but hardly ever cured a patient.

Slide 16 bullet 1

The doctors did not check your pulse to measure your blood pulse (because they did not know that blood circulated) but to measure the strength of your heart beat.

Slide 18 bullet 3

This may not seem like a treatment but doctors knew that depressed people got sick easier and healed slower than happy optimistic people.

Slide 22 picture

Physicians tried to protect themselves when they were treating plague patients by wearing leather gowns and birdlike masks with herbs inside of them.

Slide 23 bullet 5

Cupping is using a glass to increase blood supply to an area of skin

They tried to prevent the plague by drinking elderberry juice everyday and wearing a jade necklace, of course this had no effect.

In Italy they would isolate the people with the plague from the rest of the population. Places that did this did suffer fewer casualties.

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