

Medicine in Ancient Knidos

Since, in the ancient period, people did not have scientific and real information about health and diseases, they tried to improve their health and to cure diseases with the possibilities they had. According to the information obtained from ancient sources, people mostly focused on herbal treatments.

Medical centers, which started in the 6th century BC and became very famous in the following centuries, were established. These are Kos, Sicily, Knidos Medical Center and School. Founded in the 12th century BC, Knidos was one of the most important trade and cultural centers of the ancient period according to archaeological documents and findings. Owing the maritime trade, Knidos became the export center of wine, olive oil, almond, and raisins. In addition to consuming export products as food, health and treatment methods were also used.

The earliest investigations began with priests Kalliphon and his son Demoketes, who were the priests of Asclepius, the god of medicine and lived in Knidos in the 6th century BC. Euryphon and his student Herodicus, who were the most famous doctors of Knidos and Ancient Period, were important people who lived before the Hippocrates of Kos, investigated the causes of diseases and eventually created an important health and health teaching center. The pioneer physician Euryphon (500 BC?) and his method to determine the female infertility was very famous in Knidos and ancient Greece. Physician Herodicus (500 BC) recommended good diet and massage using beneficial herbs and oils, and his theories are considered the foundation of sports medicine. Ctesias (416 BC) of Knidos was a Greek physician who served as royal physician to king Artaxerxes II of Persia.

As a result of the researches, it is understood that the physicians from Knidos were more observant, and they gave importance to the classification, so they collected more records. In addition, with their rational approach, they achieved what the other physicians could not. Their achievements must have increased their respect and reliability. Thus, Knidos medical school strengthened their success.

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