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Recipes for Women in the History of Arabic Medicine

After 8th Century, the Arabic pharmaceutical knowledge was developed due to many factors such as the translation movement from Greek, Persian, and other languages into Arabic, then adding new information about using simple drugs and preparing internal/external formulations. These factors had an impact in authoring some important Arabic pharmaceutical sources, which include many formulations those Arabic medieval physicians were producing for the treatment of ailments in general, however, these sources contain many recipes to be used for women.

In parallel, around middle of 15th century, al-Shirwānī wrote a pharmaceutical encyclopaedia where the purpose of writing it was to provide a reference for all pharmaceutical workers that would give them comprehensive information about recipes and their methods of preparation. He quoted information from many sources, and according to their geographical distribution; we could consider his book as a conclusion for the Arabic medieval pharmaceutical knowledge.

Based on this important pharmaceutical encyclopaedia, this talk is going to look after the main recipes that were mentioned by the author in aiming to heal diseases or symptoms that might happen for the women, and there will be a discerning between recipes used internally or externally. Moreover, the talk will shed light on recipes that were applied for women to take care them before being pregnant, during it, and even after it. In the conclusion of talk, the audience will gain an overview about the medieval Arabic pharmaceutical culture, and know more about how the Arabic physicians dealt with different kinds of recipes for the women.

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