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The Thinning Diet in Classical Antiquity, from Hippocrates to Galen's Medical Practice

Different theories coming from Hippocratic times persists and are present in Galen's work, which became a definitive factor in the configuration of Hippocratic tradition through Roman medicine. The distinctive physiological theories, the clinical analysis, the conception of diseases, the drug prescription in Galen's medical tradition reflects his sophisticate knowledge. The thinning diet is a demonstrative example of this.

The thinning diet was indicated in chronic diseases without any other pharmacological treatment, with very good results. The diet was useful in kidney, chronic breathing difficulties, joint diseases and pain. Loss of weight has a direct effect in thinning each humour in the body and, consequently, act on promotion and recuperation of health. Any body which was full of thick, sticky, and cold humours, will be benefited by food with sharp and cuttine faculties.

The aim of this document is to analyze the uses and indications of the thinning diet, and also to have a general overview of its components, vegetables, meats, fruits, and their physiological mechanisms. The promotion of an ideal of slender figures, both for women and men, was a characteristic of grecoroman culture and a prelude for the healthy body modern conception.

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