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A Recipe by Aspasia (VI D.C.) – the Use of Medicinal Plants in the Light of Modern Biochemistry

The immemorial use of medicinal plants is based on the empirical observation of the therapeutic properties of plants. Among the most used, there is the group that the Greeks called aromatic, which include aromatic resins, such as myrrh and incense, spices and perfumes. For the ancient people, what would be pleasant to smell, would please the gods and be useful in the treatment of diseases and wounds. On the other hand, what smelled bad was associated with poor health and decay. Modern phytochemical studies have made it possible to identify anti-inflammatory, antimicrobial and healing components in many of these plants. In this communication, we present a recipe by Aspasia, a Byzantine doctor from the 6th century AD, for difficult labour analyzing the possible therapeutic efficacy of the mentioned ingredients in the light of current phytochemical studies.

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