

The Place of Salt in the History of Turkish Medicine According to the Ottoman Archives' Documents and Turkish Medical Manuscripts and Some Results

OSMANLI ARŞİVİ BELGELERİNE VE TÜRKÇE TIP YAZMALARINA GÖRE TUZUN TIP TARİHİNDEKİ YERİ VE BAZI SONUÇLAR

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Özet

Salt has been used both as a nutritive matter and as a traditional drug among Turkish people for centuries. For example, salt is rubbed on the skin with pain and wound. Moreover, it is known as a hemostatic drug by Turkish people. Salt is also used for the treatments of some skin diseases. For example, some traditional prescriptions are applied for scabies. We can give many examples from Turkish Medical Manuscripts. Salt is also recorded in some Ottoman Archives' Documents. All these characteristics of salt are also accepted by the modern medicine.

Key Words: Salt, History of medicine, Turkish medical manuscripts, Otoman Archive

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Summary

Tuz, yüzyıllardır Türk halkı tarafından hem bir besin maddesi, hem de geleneksel bir drog olarak kullanılmaktadır. Örneğin tuz, ağrılı ve yaralı deri üzerine uygulanır. Ayrıca hemostatik bir ilaç olarak da bilinir. Bu arada bazı deri hastalıklarının tedavilerinde de kullanılır. Örneğin bazı geleneksel reçeteler uyuz hastalığında uygulanır. Türkçe tıbbi yazmalardan bazı örnekler verebiliriz. Tuz, aynı zamanda bazı Osmanlı Arşiv belgelerinde de kayıtlıdır. Tuzun bütün bu özellikleri modern tıp tarafından da kabul edilir.

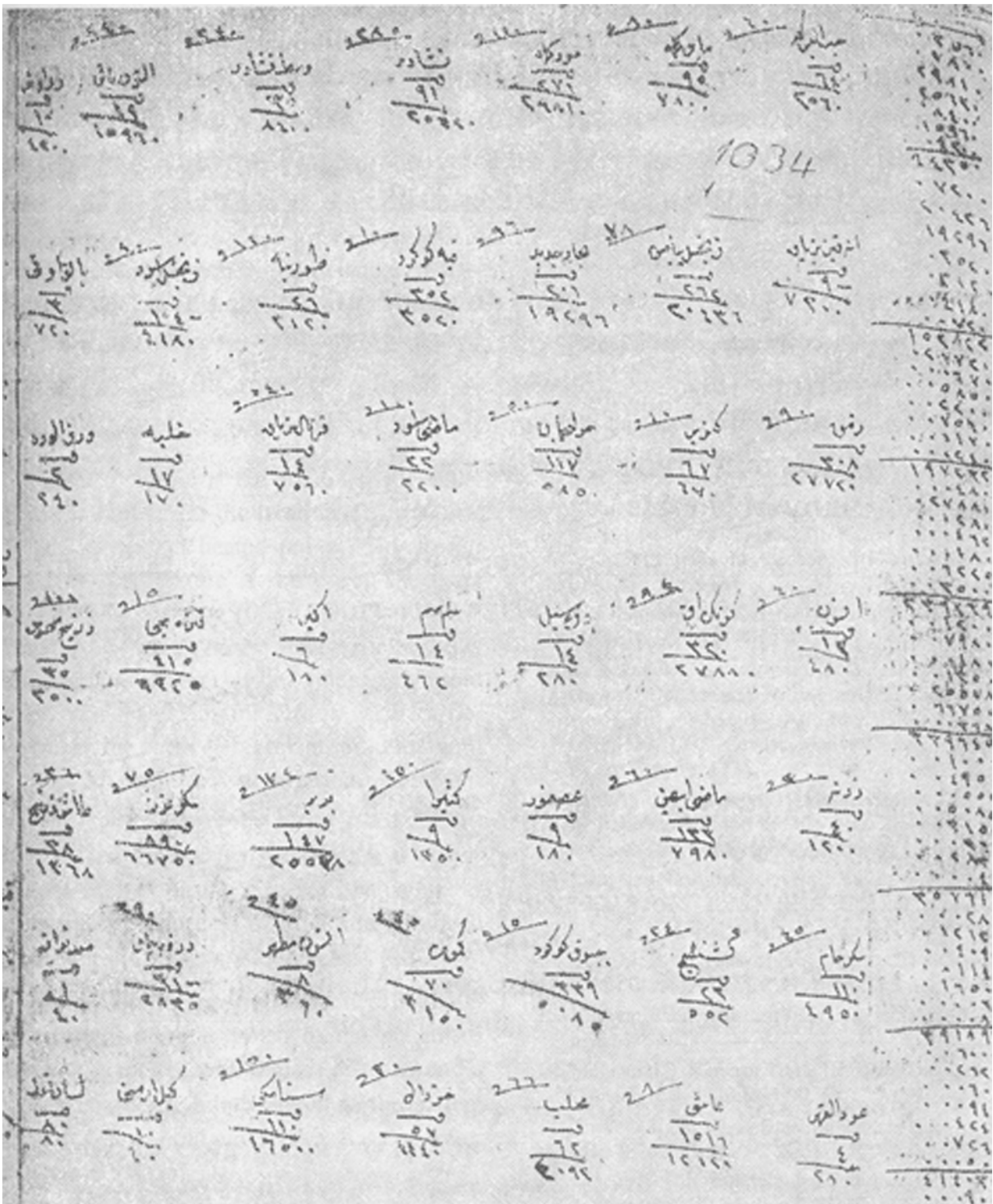
Anahtar Kelimeler: Tuz, Tıp tarihi, Türkçe tıbbi yazmalar, Osmanlı Arşivi

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Salt was an important nutritive therapeutical matter of ancient Turks. Uygur Turks (The seventh century A.D) used some kinds of salt such as kayatuzu (rock-salt), yalgagu, adi tuz (simple salt), yedigtuz (1). Yusuf Yaqup Ibn Ishak al-Kındi (800-870 A.D) who was an important Muslim author of the Middle Ages mentioned some treatments in his manuscript called Aqrabadhin. 68th chapter of this book gives stresses some prescriptions with regard to salt. Black myrobalan, oak, cinnamon and salt were mixed and this mixture was rubbed on decayed teeth (2). Moreover, yellow myrobalan, black myrobalan, sumac, oak, cinnamon and salt are mixed and this mixture is used in the form of gargle for earache and throatache. Sesami seed, pepper, sugar and salt are mixed in the mortar and hot water is added to this mixture (3,4). It is administered to the patient

in the form of pill for the treatments of epilepsy and migraine. Ebül Kasım Zehravi who was a Muslim Turkish physician (854-932 A.D) mentioned some subjects in his book called Al-Tasrif fit-Tıbb. According to him, salt, wine and vinegar are mixed and this mixture was used as gargle after toothextract (5-8).

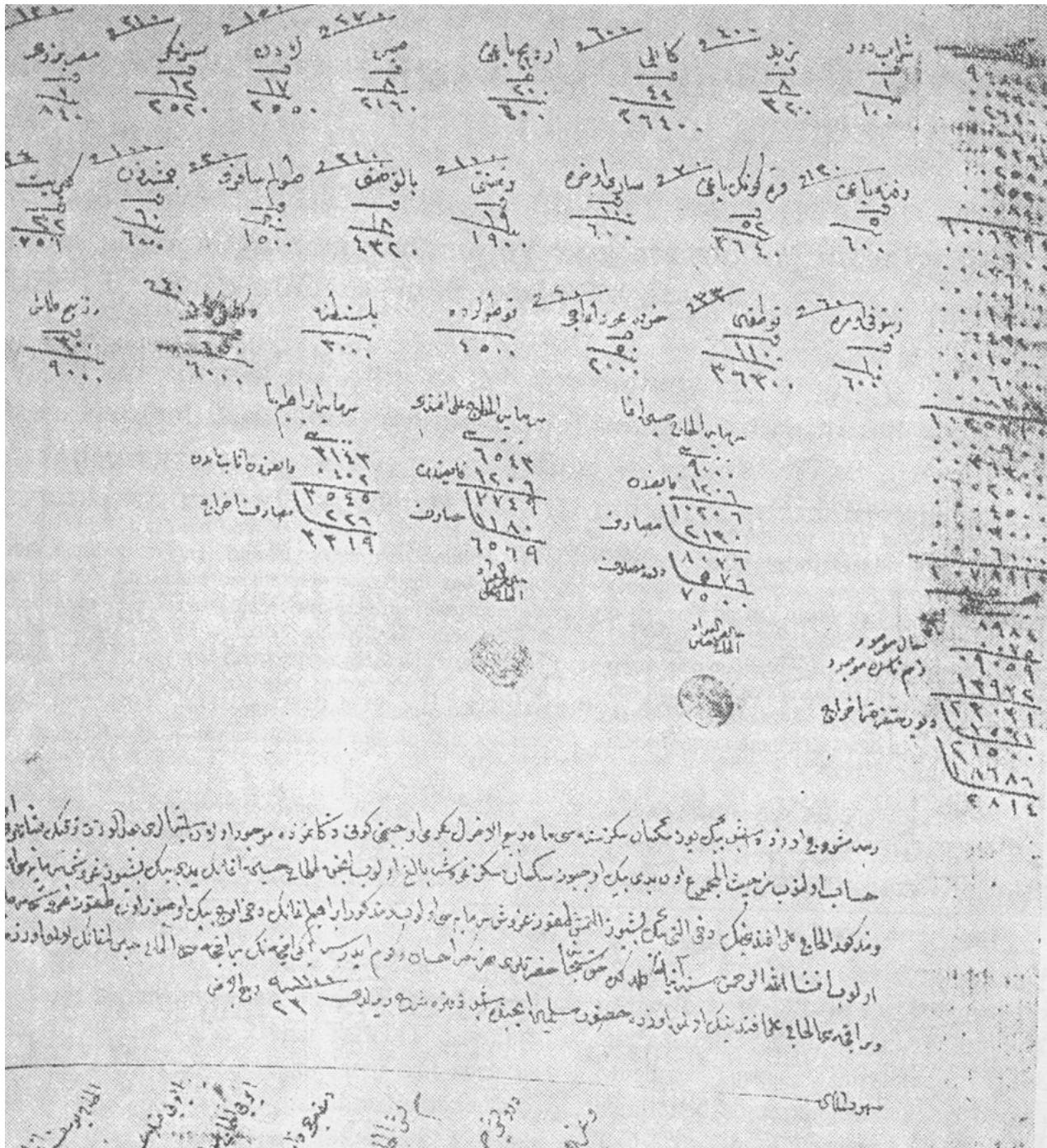
Salt was an important matter for the Ottoman Turks (9). Salt could be obtained from every place of Ottoman Empire (10). Salt was an important trade matter. For example, some knowledge about Eflak Salt and Silistre Salt are present in a document with the date of 1696. A document with the date of 1832 mentions İzmir, Batnos and Focha Salt. Salt was also sold by the old Turkish herbalists. Thus, salt was recorded in the books of herbalists with the date of 1690 and 1774 (11).



Picture 1. Başbakanlık Osmanlı Arşivi Belgesi (Ottoman Archive's Document): Cevdet, Sıhhiye, No.1034, with the Date of 1774,

Some treatments with salt were written in the Turkish medical manuscripts in the period of Ottoman Empire. Esref bin Muhammed who was a

famous Turkish physician stressed the importance of salt in the fifteenth century (12). Nidai who was an important Turkish physician of the sixteenth



Picture2. The Second Page of same Document

century used salt for neckache. Radish is pounded and is mixed with salt and this mixture is rubbed on neck. Moreover, alum was mixed with salt and this mixture was applied on lip sore and mouth sore (13). Another Turkish physician, Salih bin Nasrullah pointed out that salt regulated digestion and it was used for bleedings (14).

Salt is recorded in Düsturu'l Edviye which is a Turkish codex (15). This codex is with the date of 1874. Mustafa Hami Pasha mentioned that salt in normal amount regulated digestion. Serafeddin Magmumi pointed out the chemical characteristics of salt, its importance for digestion in his book called Kamus-u Tıbbi (Medical Dictionary) (1910)

(16). According to Mustafa Hami Pasha, salt was found in the composition of tooth-powders (17).

Some Samples From Traditional Uses of Salt in Turkey

Salt is used among people for many diseases' treatments (18). Water with salt is rubbed on burning skin. Moreover, salt is present in the composition of some prescriptions for the treatment of scabies. Water with salt is rubbed on skin with dandruff for the treatment of dandruff. Salt is also used for the treatment of wart. Onion and salt is pounded and this mixture is rubbed on the wound in the form of poultice (19).

Salt is also used for the treatment of ache. Heated salt is rubbed for the treatment of rheumatism. A half of lemon is heated and it is mixed with salt and then this mixture is rubbed on the parts with pain (20). According to an Anatolian belief, water with salt which flows from rocks treats stomach-ache. Moreover, garlic, vinegar, salt and honey are mixed and this mixture is used for decayed tooth in the form of ointment. Solution with salt is dropped into eyes for eyeache. Moreover, this solution is used for ear-ache (21).

Salt is used for epistaxis and gingiva bleedings. Salt is rubbed on the part with hamatom. If salt is mixed with mint and this mixture is rubbed on mother-breast, mother-milk decreases (22).

Moreover 10 grammes salt is melted with 100 grammes water and it is given to the patient. 5 grammes salt is melted with a glass of water and a part of this mixture is administered to the patient for the treatment of cold and then a glass of water is also given to the patient.

Moreover, water with salt is also applied on bit place for insect bite (14).

Result

These traditional treatments are known by modern medicine (23). But, some prescriptions are primitive samples (24). So, they should be controlled in the modern laboratories and they should be prepared according to the pharmacopoeias (25-28).

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