

organ and thereby remove them. An example is honey water. It should be noted that every cleansing drug may also be a laxative even though it has no purgative power.

- 1 uqiya = 29.8 gm [LB]

- Yellow bile refers to the bilious humor that is hot and dry and is the foam of blood. It is bright in color. It is light and pungent. The more red, it is, the hotter it is. It is formed in the liver and then follows one of two courses: either it circulates with the blood or it passes on to the gallbladder. The part which passes into the blood stream assists in two purposes. First of all, the portion which goes to the blood is essential for nutrition of organs like the lungs. It makes the blood light and thin for easy passage through the narrow channels of the body. The portion which goes into the gallbladder is thus prevented from vitiating the body and providing nutrition to the gallbladder. Its subsidiary functions are the cleansing of the intestine from the thick and viscid mucus and stimulation of the musculature of the intestine and rectum for proper defecation. That is why stasis or obstruction in the bile duct may produce colic.

Excretory Organs: Butter is a laxative. However, its excessive use causes purgation. In treating hard swellings of the intestines, uterus and testicles, butter is taken as an enema. Butter is used with other medicines prepared for wounds to close the orifice of the bladder. Cooking butter used with almond oil may cause constipation because of the potency of constricting the tissues or canals of the body, but, in most cases, it relaxes the bowels.

Poisons: Butter is an anti-poisonous drug. It proves to be useful in treating snake bites, in particular, when used locally. Cooking butter is an antidote for oral poisons.

Cabbage

Arabic Name(s): *Kurunb* (Cabbage)

Persian Name(s): *Kalam* (Cabbage)

Latin Name(s): *Brassica oleracea alba* (White Cabbage);

Crambe maritima (Sea Cabbage)

Avicenna's Division of Tables

and the Rules Governing Simple Drugs:

Nature: Cabbage is a well-known plant.

Temperament: Cabbage roots are whiter and more moist than its leaves. Wild cabbage is warmer and drier than the

garden type. It is hot in the first degree and dry in the second. There are many types of cabbage: (1) garden cabbage; (2) sea cabbage; (3) wild cabbage; and (4) water cabbage. Wild cabbage is bitter, • pungent • and not suitable as a food. The boiled down form of its roots is a good food when taken with pomegranate juice. Cabbage is thick and produces viscid blood and fluids. When it becomes large in size, its digestibility is reduced. It produces excessive gas • in the digestive tract around the navel and the sides of the chest. It causes pain. This pain does not move, unlike pain caused by gases in general.



Dioscorea oppositifolia alba, Chou blanc, Meerrettich, Kapf, Kohl.

Dioscorides • states: "That which is called (sea cabbage) is altogether different from the cultivated, with many thin leaves similar to the round aristolochia. Every one of them springs from reddish branches out of one stalk (similar to cissus). It has white juice but not in any great abundance. It is salty to the taste and somewhat bitter with a fatty substance. The whole herb is an enemy to the stomach, sharp, and eaten boiled excessively loosening to the bowels. Some (because of its sharpness)

boil it together with fat from rams."•

Sea cabbage grows on seashores, in lofty places and their surroundings. It resembles garden cabbage, but it is whiter and more fibrous. It is bitter in taste. When boiled with pomegranate juice, it becomes sweet and palatable. There is another type of western cabbage that differs from garden cabbage. Its leaves are long like the leaves of round tropical herbs or woody vines with sharp and biting aromatic rootstocks and very irregular flowers. Its leaf stalks are very close to the small red branches that are similar to lablab. Its milky fluid content is not much. It is somewhat salty and mildly bitter in taste. Its intake relaxes the bowels when it is in cooked form.

Explanatory Note(s):

- A bitter taste is less hot than a pungent taste. This is because it is more capable of dissolving, diluting and cleansing.

- Both pungent and bitter substances scratch the tongue with one difference. While the pungent goes deeper because it is substantially sharp and penetrating, the bitter scratches the surface alone because it is heavy and dry.

- A gas-producing (wet or moist) drug is a drug having foreign and dense humours. When innate heat acts on it, it does not dissolve swiftly, but is transformed into stomach gas. Kidney beans are an example. All gas-producing substances create headache and are harmful for the eyes. But humours of some of the drugs and foods are transformed into gas in the first phase of the digestion producing gas in the stomach. This gas-production is reduced when it reaches the intestines. A substance that has unnecessary, superfluous humour contains gas-producing substance. Its reaction takes place not in the stomach, but in the veins or is not completed in the stomach, but remains only partial, the rest being completed in the veins. That drug, the reaction of which is to be completed in the stomach, is transformed into gas, but that which has no reaction in the stomach, its reaction takes place in the veins retaining the airiness. In short, every drug having unnecessary, superfluous foreign humour is gas-producing. Examples include all those drugs that produce gas in the veins cause the penis to become erect displaying an appetite for coitus.

- *The Herbal of Dioscorides the Greek*, p 271.

Healing Properties: Wild cabbage has oxidating, • laxative and drying• properties, particularly when cooked and used after discarding the first water in which it was boiled. The ash of its branches is highly drying and is a pain reliever. Its nutrient

property is small. It is comparatively more moist than lentil. Its pulp is inferior in quality. Its quality slightly improves when it is cooked with fat, meat and chicken.

Explanatory Note(s):

- An oxidating (hot, coctive) drug is a drug that matures the humour because of the possibility of its moderate energy and astringent properties that retain the humour until it is ripe. It does not rapidly dissolve it. It separates its fluidity from its dryness. This process is called "oxidization of blood."

- A drying (dry) drug is a drug that destroys fluids by means of its qualities of dissolving and diluting.

Swellings and Pimples: All types of cabbage, wild, sea and garden types have maturing effects on inflammations affecting the soft connective tissue. The leaves of the wild and garden type, when crushed mildly and used as a poultice, either alone or with flour, are useful in treating all treating hot inflammations, phlegmatic swellings, an acute, fever producing disease characterized by diffusely spreading deep-red inflammation of the skin or mucous membranes and hives.

Wounds and Ulcers: Wild cabbage heals wounds. It prevents the spread of malignant ulcers. It is used on burns with the white of an egg. Its is useful when treating the easily spread skin disease caused by a very small species of mite or scabies and eczema when in combination with salt.

Joints: The dried branches of wild cabbage are burnt and combined with old clarified butter to relieve chronic pain in the chest or ribs. It is useful in treating the disease of the nervous system characterized by jerky, involuntary movements. It is used with fenugreek on gout. Its boiled down form is poured on organs affected by arthritis. When mixed with fenugreek flour and sesame oil and used as a poultice, it is useful in treating gout and arthritis.

Explanatory Note(s):

- Some drugs are burnt to reduce or to enhance their usefulness. Pungent, tenuous and moderate drugs, when burnt, reduce their pungency as well as their heat. This occurs because the inherent hot and dry substance of such a drug is dissolved. Drugs that are dense and neither hot nor intense in their potency increase their intensity when burnt. It should be noted that drugs are burnt for five reasons: (a) reduce their intensity; (b) increase their potency; (c) dilute their dense substance;

(d) prepare them for grinding; and (e) eliminate corrupt substances within them.

Organs of the Head: The boiled down form of wild cabbage and seeds delay intoxication. In addition, they prove to be useful for removing dandruff. The sniffing of the extract cleanses the head. A dehydrating effect on the tongue is one of its main characteristics. It is sleep producing• and also cleanses the face.

Explanatory Note(s):

• A sleep producing drug (cold) is an extremely cold drug. It cools the entire body. With its cooling effect, it dissolves the "breath" of an organ to the extent that its motor and sensory power takes on a cold temperament. Its substance becomes dense. It desensitizes the temperament of the organ so much so that it does not respond to the psychic faculties.

Visual Organs: Cabbage darkens eyesight, but is used as an ingredient in some collyria. Dioscorides• states that its oral use is useful in treating weakness of eyesight.

Explanatory Note(s):

• This description was not found in *The Herbal of Dioscorides the Greek*.

Respiratory Organs and the Chest: Gargling with its extract or boiled down form and sesame oil proves to be useful in treating diphtheria. Its oral use clears the voice. When chewed or sipped as a juice, it restores the voice.

Food and Alimentary Organs: It is not suitable to be used with stomach ailments. The oral intake of its extract with black grape wine is useful in treating splenic diseases and jaundice. The white type of cabbage is slow to digest. Dioscorides• states that summer cabbage is harmful to the stomach, but its central part is good for gastric ailments. Its intake with salt and water is harmful. Its fresh leaves, when taken with vinegar, are useful for patients suffering from splenic diseases.

Explanatory Note(s):

• This description was not found in *The Herbal of Dioscorides the Greek*.

Excretory Organs: Wild cabbage is diuretic and stimulates menstruation. When its seeds are used with lupins, they kill worms. Its buds also stimulate menstruation. A device worn

in the vagina to support a displaced uterus made from its extract of the flour of tares and its flowers, kills a fetus. Post-coital use of its seeds as a device worn in the vagina to support a displaced uterus spoil semen. The ash of its roots dissolve • kidney stones. Sea cabbage is saltish and bitter. It stimulates bowel movement and acts as a laxative, especially when it is used with fat pieces of meat. Its leaves are similar to those of tropical herbs or woody vines with sharp and biting aromatic rootstocks and very irregular flowers and grow out of a single root. A rub made from these leaves relieves grips. Dioscorides • is of the view that when it is boiled mildly and taken orally, it stimulates bowel movements, but if boiled mixed with water, it causes constipation. The use of cabbage extract along with the root of iris, called orris root, and sodium nitrate causes the bowels to relax. The use of a suppository of its flowers after conception kills a fetus. The oral intake of Egyptian cabbage seeds kills worms.

Explanatory Note(s):

• A dissolving drug is a drug that because of the intensity of its heat, it is capable of dispersing the humour by gradually evaporating and dislodging it after a continuous struggle until, through its energy, it eliminates whatever humour is left.

• This description was not found in *The Herbal of Dioscorides the Greek*.

Poisons: Wild cabbage extract mixed with wine is used against insect bites and rabies. Egyptian cabbage seeds are used as an ingredient in antidotal formulations.

Caltrop

Arabic Name(s): *Hasak*

Persian Name(s): *Hasak, Seh kūhak*

Latin Name(s): *Tribulus terrestris* (Caltrop);

Trapa natans (Water Caltrop)

Greek Name(s): *Tribolos enudros*

Avicenna's Division of Tables

and the Rules Governing Simple Drugs:

Nature: Dioscorides states: "(Caltrop) has two types: the land kind has similar leaves to (wild purslane) yet they are thin.