

AS.140.105 SPRING FINAL EXAM STUDY GUIDE 2024

Health and Healing in the Classical Era

1. The Humoral System
2. The Medical Marketplace
3. Hippocratic Therapeutics

1. Humoral system is the thinking and content that underlay Hippocratic medicine – technical aspects of how Hippocratic practitioners and authors thought about bodies, health, and disease
 - a. They think about the body as containing and being made up of four fundamental bodily fluids – blood, yellow bile, black bile, and phlegm (four humors)
 - i. You eat food, digest it, then your body purifies it and eventually makes it into the four humors
 - ii. Health is balance of humors – you have a unique bodily constitution and thus a particular balance of humors
 - iii. Illness is imbalance of humors – changes in environment and lifestyle can change your balance of humors; the type of imbalance and your own personal constitution are going to determine the nature of disease
 - iv. Therapies aim to restore proper balance
 - v. Balance is *individual* to each person, but different peoples also follow their own general constitutions
 1. Greeks consider themselves to have the best general constitution – live in the best environment, have the best regimen, etc.
 - vi. The way that people thought of how the humors worked fit into a view of the universe that recognized a few fundamental elements that make up everything – air, fire, water, earth
 - vii. The elements' properties have to do with temperature and moisture
 - viii. Elements are associated with individual humors and these humors share the elemental properties
 - ix. In turn, elements and humors are associated with particular seasons that likewise share these qualities
 - b. Cornerstone of a system that dominates medical thought in the West for an incredibly long period of time
 - c. Diagnosis is not important to the Greeks in the sense of actually trying to figure out a name for the specific disease you have
 - d. What really matters to them is figuring out what the actual imbalance is – the nature of it (what you have too much or too little of and what your ideal balance is in order to remedy the imbalance)
 - i. Very imprecise about disease categories; want to know what's going on physiologically inside the body in terms of the humors
 - e. When we look at the Hippocratic text, we find that in general too much bile or too much phlegm tend to be the most common causes of illness
 - i. Weather can cause an overabundance of one over the other – environment

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