

HIPPOCRATES OF THE SCYTHIANS

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Hippocrates was the first scholar, who defined and described from the scientific point of view the influence of natural factors on the pathology formation [1, p. 19]. In his notable treatise «On Airs, Waters and Places» Hippocrates left valuable information about the Scythians. He wrote that in Europe there was Scythian commonalty settled the country next to the Meotian Lake (the Sea of Azov). This people differed a lot from other nations. Their women rode horses, shoot from bows, and threw spears. They kept virginity until the killing of three enemies. Girls did not have a right breast, because in the infancy mothers put red-hot copper instrument on it for the prevention of its growth and accumulation of full strength in the right humerus and arm. After Hippocrates, the Scythians were nomadic tribes, and they did not build houses. They lived in felt wagons with 4 (6) wheels, which protected them from rain, snow and wind. The wagons were pulling by two or three pairs of hornless bulls. Women and children spent their life in those wagons, men were riding horses. They were followed by herds of sheep, cows and horses. They stayed at the same place until there was enough food for their cattle, and when the last one was missing, they moved to another country. The Scythians ate boiled meat, drank mare's milk, and consumed hippacus (horse cheese).

Hippocrates paid the attention on the feeding of the Scythians. He wrote that this people ate the same food in summer and in winter, wore the same clothes, drank melt water, and did not do any physical exercises. Hippocrates made the conclusion that because of such lifestyle Scythians were thick, fleshy, moist and weak. Obesity made male and female bodies similar. Obesity and horse riding caused problems in sexual life and fertility.

Hippocrates considered that bloodletting used by the Scythians for treatment of joint pain, resulted male impotence.

Moreover, Hippocrates emphasized that excess riding led to sciatica and podagra. For the sexual relations they were completely unsuitable.

It is interesting fact, that after Hippocrates the Scythians were sure that the causes of sexual disorders happened because of anger of gods.

References:

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