



Egyptian Medicine

(All of these recipes are authentic and were taken from the Papyrus Ebers.)

Found in Egypt in the 1870s, the Ebers Papyrus contains prescriptions written in hieroglyphics for over seven hundred remedies. This prescription for an asthma remedy is to be prepared as a mixture of herbs heated on a brick so that the sufferer could inhale their fumes.

Cure for Diarrhoea:

1/8th cup figs and grapes, bread dough, pit corn, fresh Earth, onion, and elderberry.

Cure for Indigestion:

Crush a hog's tooth and put it inside of four sugar cakes. Eat for four days.

Cure for Burns:

Create a mixture of milk of a woman who has borne a male child, gum, and, ram's hair. While administering this mixture say: Thy son Horus is burnt in the desert. Is there any water there? There is no water. I have water in my mouth and a Nile between my thighs. I have come to extinguish the fire.

Cure for Lesions of the Skin:

After the scab has fallen off put on it: Scribe's excrement. Mix in fresh milk and apply as a poultice.

Cure for Cataracts:

Mix brain-of-tortoise with honey. Place on the eye and say: There is a shouting in the southern sky in darkness, There is an uproar in the northern sky, The Hall of Pillars falls into the waters. The crew of the sun god bent their oars so that the heads at his side fall into the water, Who leads hither what he finds? I lead forth what I find. I lead forth your heads. I lift up your necks. I fasten what has been cut from you in its place. I lead you forth to drive away the god of Fevers and all possible deadly arts.

Reference Used:

Brier, Bob. Ancient Egyptian Magic. Quill Press: New York, 1981.



Herbal Remedies used by the Ancient Egyptians

Acacia (*acacia nilotica*)- vermifuge, eases diarrhea and internal bleeding, also used to treat skin diseases. ·

Aloe vera - worms, relieves headaches, soothes chest pains, burns, ulcers and for skin disease and allergies. ·

Basil (*ocimum basilicum*)- excellent for heart. ·

Balsam Apple (*malus sylvestris*) or Apple of Jerusalem - laxative, skin allergies, soothes headaches, gums and teeth, for asthma, liver stimulant, weak digestion. ·

Bayberry (*Myrica cerifera*) - stops diarrhea, soothes ulcers, shrinks hemorrhoids, repels flies. ·

Belladonna - pain reliever; camphor tree - reduces fevers, soothes gums, soothes epilepsy. ·

Caraway (*Carum carvi*; Umbelliferae)- soothes flatulence, digestive, breath freshener. ·

Cardamom (*Elettaria cardamomum*; Zingiberaceae)- Used as a spice in foods, digestive, soothes flatulence. ·

Colchicum (*Citrullus colocynthus*) - also known as "Meadow Saffron", soothes rheumatism, reduces swelling. ·

Common Juniper tree (*Juniperis phoenicea*; *Juniperus drupacea*)- digestive, soothes chest pains, soothes stomach cramps. ·

Cubeb pepper (*Piper cubeba*; Piperaceae)- urinary tract infections, larynx and throat infections, gum ulcers and infections, soothes headaches. ·

Dill (*Anethum graveolens*)- soothes flatulence, relieves dyspepsia, laxative and diuretic properties. ·

Fenugreek (*Trigonella foenum-graecum*) - respiratory disorders, cleanses the stomach, calms the liver, soothes pancreas, reduces swelling. ·

Frankincense (*Boswellia carterii*) - throat and larynx infections, stops bleeding, cuts phlegm, asthma, stops vomiting. ·

Garlic (*Allium sativa*) - gives vitality, soothes flatulence and aids digestion, mild laxative, shrinks hemorrhoids, rids body of "spirits" (note, during the building of the Pyramids, the workers were given garlic daily to give them the vitality and strength to carry on and perform well). ·

Henna (*Lawsomia inermis*) - astringent, stops diarrhea, close open wounds (and used as a dye). ·

Honey was widely used, a natural antibiotic and used to dress wounds and as a base for healing unguents, as was castor oil, coriander, beer and other foods. ·

Licorice (*Glycyrrhiza glabra*) - mild laxative, expels phlegm, soothes liver, pancreas and chest and respiratory problems. ·

Mustard (*Sinapis alba*) - induces vomiting, relieves chest pains. ·

Myrrh (*Commiphora myrrha*) - stops diarrhea, relieves headaches, soothes gums, toothaches and backaches. ·

Onion (*Allium cepa*) - diuretic, induces perspiration, prevents colds, soothes sciatica, relieves pains and other cardiovascular problems. ·

Parsley (*Apium petroselinum*) - diuretic. ·

Mint (*Mentha piperita*) - soothes flatulence, aids digestion, stops vomiting, breath freshener. ·

Sandalwood (*Santallum albus*) - aids digestion, stops diarrhea, soothes headaches and gout (used, of course, in incense). ·

Sesame (*Sesamum indicum*) - soothes asthma. ·

Tamarind (*Tamarindus indica*) - laxative. ·

Thyme (*Thymus/Thimbra*) - pain reliever. ·

Tumeric (*Curcumae longa*) - closes open wounds (also was used to dye skin and cloth). ·

Poppy (*papaver somniferum*) - relieves insomnia, relieves headaches, anesthetic, soothes respiratory problems, deadens pain.