

The Salerno Health Regimen

By Lady Isobel of Carnewyth

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The Four Humors



Sanguine personality type is described primarily as being highly talkative, enthusiastic, active, and social. Sanguines tend to be more extroverted and enjoy being part of a crowd; they find that being social, outgoing, and charismatic is easy to accomplish. Individuals with this personality have a hard time doing nothing and engage in more risk seeking behaviour.

Choleric individuals tend to be more extroverted. They are described as independent, decisive, and goal-oriented, and ambitious. These combined with their dominant, result-oriented outlook make them natural leaders. In Greek, Medieval and Renaissance thought, they were also violent, vengeful, and short-tempered

Melancholic individuals tend to be analytical and detail-oriented, and they are deep thinkers and feelers. They are introverted and try to avoid being singled out in a crowd. A melancholic personality leads to self-reliant individuals who are thoughtful, reserved, and often anxious. They often strive for perfection within themselves and their surroundings, which leads to tidy and detail oriented behavior.

Phlegmatic individuals tend to be relaxed, peaceful, quiet, and easy-going. They are sympathetic and care about others, yet they try to hide their emotions. Phlegmatic individuals also are good at generalizing ideas or problems to the world and making compromises.

Origin of the Four Humors

- Hippocrates, On the Nature of Man (c. 460 – c. 370 BCE)
- Galen (129-201 CE), On the Temperaments
- Avicenna, The Canon of Medicine (1025)



The three great ancient teachers of medicine: Galen Roman, Avicenna Persian, and Hippocrates Greek. Woodcut from an early 16th century Latin language medical book. 1511

Greek system- Thales, Hippocrates, Galen

- Greek philosophy that all matter is composed of four elements:
 - Fire (hot)
 - Water (wet)
 - Air (cold)
 - Earth (dry)
- Everything connected
 - Planets, stars, nature
- All of life depends on water and heat
- Greek “chymos” = Latin “humor” has a literal meaning of fluid
- Within the body, these qualities are condensed to:
 - Blood (hot, wet)
 - Phlegm (cold, wet)
 - Yellow bile (hot, dry)
 - Black bile (cold, dry)
- Qualities for both body and behavior (temperament)

Summary Descriptions

Humor	Element	Physical Quality	Season	Age of Life	Temper	Description
Phlegm	Water	Cold, wet	Autumn	Maturity	Dull, plodding, calm, unemotional	Phlegmatic
Blood	Air	Hot, wet	Spring	Adolescence	Courageous, hopeful, amorous	Sanguine
Yellow Bile	Fire	Hot, dry	Summer	Childhood	Angry, stubborn, short tempered, ambitious	Choleric
Black Bile	Earth	Cold, dry	Winter	Old Age	Thoughtful, gloomy, introspective, sentimental	Melancholic

Humoral balance

- Impact of natural causes on illness vs. spiritual
- Disturbance from food or drink, degree of physical exertion, or changes in environment
- Importance of observation of the patient (fever, urine, breathing, headache, posture, etc.)
- Impact of seasons – blood hotter in the summer and so get nosebleeds and dysentery
- Bloodletting persisted through the 19th century



School of Salerno

Salerno

Roman colony of Salernum was founded in 197 BCE on the site of an earlier Etruscan town.

Lombard duchy of Benevento from 646 CE, capital of an independent Lombard principality in 839.

Norman control from 1076 until sacked by the Swabian Hohenstaufens in 1194.

Eventually reverted to the Kingdom of Naples.

<https://www.themaparchive.com/norman-colonies-and-states-in-southern-italy-to-1085.html>

<https://www.britannica.com/place/Salerno-Italy>



Schola Medica Salernitana

Founded c. 900 CE, Closed 1861

Golden period of 11th - 13th centuries, co-ed students and professors

Source of re-entry of the Greek-Latin knowledge base which had been maintained in Byzantine and Arabic traditions, merged with Jewish and Arabic medical knowledge. (Founded by Pontus, Salernus, Helinus, Abdela)

Other famous texts include the *Antidotarium Nicolai* and the *Trotula* texts.

Curriculum studiorum consisted of 3 years of logic, 5 years of medicine

Constantine the African

Benedictine monk from Carthage, arrived in Salerno in 1077.

Translated Galen's and Hippocrates' works into Latin, including anatomical studies from Galen's time in Alexandria.

16th century image



Trotta of Salerno

Trotula: 12th c. collection of three books on women's medicine including *Practica secundum Trotam*. Debates about identity, authorship

Other female physicians of Salerno fame included Abella (14th c.), Mercuriade (14th c.), Rebecca Guarna (12th c.), Maria Incarnata (14th c.), and Constantia Calenda (15th c.).



London, Wellcome Library, MS 544 (Miscellanea medica XVIII), early 14th century (France), a copy of the intermediate *Trotula* ensemble.

Disbalance and treatment (11th and 12th c.)

Trotula On the Conditions of Women

- “...I have labored assiduously to gather in excerpts the more worthy parts of the books of Hippocrates and Galen..”
- “In order that we might make a concise summary of the treatment of women, it ought to be noted that certain women are hot, while some are cold.”
- “Because contraries are cured by contraries, let us place marsh mallows, violets, and roses in water...”

Hildegarde’s Physica

- “Peas are cold and a bit phlegmatic. They oppress the lungs a bit. Nevertheless, they are good for a warm-natured person to eat.”
- “Licorice is of moderate heat. No matter how it is eaten, it gives a person a clear voice. It makes one’s mind agreeable, and his eyes clear. It soothes his stomach for digestion. It is of great benefit to an insane person. If eaten frequently, it extinguishes the furor in his head.”

*Regimen
Sanitatis
Salernitanum*

Origin

- Commonly attributed to John of Milan
 - Or the School of Salerno
- Importance of diet and hygiene
- Popularity due to rhyming verse
- Written for “England’s King” Robert II (Curthose), c. late 11th/ early 12th century
 - Eldest son of William the Conqueror
 - Succeeded him as Duke of Normandy in 1087 and reigned until 1106
 - Claimant to the throne of England, which had been given to his younger brother, William Rufus
 - Died in captivity and Normandy reverted to England under his brother, Henry I.
 - Became acquainted with the Salerno School during the First Crusade



Legend of Robert and Sibylla

The image represents the legendary story of Robert, Duke of Normandy. Mortally wounded by an arrow during the crusades, he was heroically saved by his wife who sucked the poison as prescribed by the doctors of Salerno.

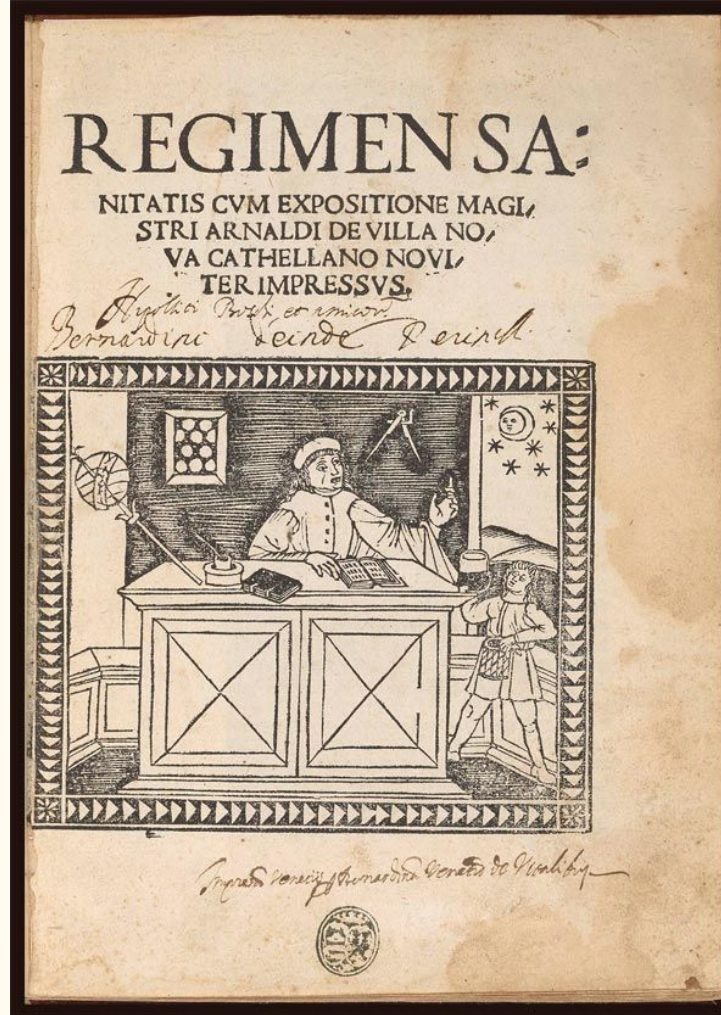
From a copy of Avicenna's *Canon of Medicine*.



Later translations and additions

- Earliest traceable version was 362 lines in a commentary by Arnaldus de Villa Nova (early 14th c. compendium for James II of Aragon)
- Vernacular translations including Irish, Bohemian, Occitan, Hebrew, German, Anglo-Norman, and Italian with nearly forty different editions produced before 1501.
- Commentators added their own “improvements” and recipes.

Regimen sanitatis cum expositione magistri Arnaldi de Villa Nova cathellano (Ed. and Com. Arnau de Vilanova [ca. 1240–ca. 1311])



Later translations and additions - English sources

- 1871 translation in rhyming verse by the American doctor John Ordronaux denotes de Villa Nova's commentary as well as text later added found in his 19th c. source document from Paris.
- 1976 translation by Patricia Cummins (available on Gode Cookery) translates the Latin into modern English prose but does not separate out original text, rather analyzing a “corrected” French version from 1480.
- Sir John Harington's 1608 verse translation likewise converts an “extended” version into contemporaneous English.

Daily activities

Hygiene and Diet

The early Regimen was organized by Galen's six non-naturals: Air, food, exercise, sleep, excretions and passions.

On the Preservation of Health. Code of the School of Salerno

I. Of Mental Conditions and Certain Remedies.

Salerno's School in conclave high, unites to
consel England's King, and thus indites:

If thou to health and vigor wouldst attain,
Shun weighty cares- all anger deem profane,
From heavy suppers and much wine abstain.
Nor trivial count it, after pompous fare, To
rise from table and to take the air. Shun
idle, noonday slumber, nor delay The urgent
calls of Nature to obey. These rules if thou
wilt follow to the end, Thy life to greater
length thou mayest extend.

from Ordranax's 1871 translation.



DE

CONSERVANDA BONA VALETUDINE.

LIBER SCHOLÆ SALERNITANÆ

I.

*De Animi Pathematis et Remediis quibusdam
singularibus.*

A NGLORUM REGI scribit Schola tota Salerni.

Si vis incolumem, si vis te reddere sanum,
Curas tolle graves, irasci crede profanum.

Parce mero—cœnato parùm, non sit tibi vanum
Surgere post epulas; somne fuge meridianum;
Ne mictum retine, nec comprime fortiter anum;
Hæc bene si serves, tu longo tempore vives.

Refreshment for the Brain: Example of later additions

- Arnaldus de Villa Nova (13th c.) commentary
- Continued “improvements” into the 19th c.

Refreshment for the Brain.

AT early dawn, when first from bed you rise,
Wash, in cold water, both your hands and eyes.
With comb and brush then cleanse your teeth and hair,
And thus refreshed, your limbs outstretch with care.
Such things restore the weary, o'ertasked brain ;
And to all parts ensure a wholesome gain.
Fresh from the bath get warm. Rest after food,
Or walk, as seems most suited to your mood.
But in whate'er engaged, or sport, or feat,
Cool not too soon the body when in heat.

(Addition A. V.)

Recreation for the Sight.

Groves, Brooks and Verdure, weary eyes relieve,
At dawn, seek Mountains, Streams at dusky eve.

(Addition from Paris Ed., 1861.)

At eve the shore, at morn the groves, frequent,
Whose varied hues, to cheer the sight, present
Blue tints and green, with dusky-yellow blent.

Of Noontime Sleep - English translation differences

JH (1608): “If R be in the month, their iudgements erre, That thinke that sleepe in afternoone is good, If R be not therein, some men there are That thinke a little nap breeds no ill blood, But if you shall herein exceed too farre, It hurts your health, it cannot be withstood: Long sleepe at afternoones by stiring fumes, Breeds Slowth, and Agewes, Aking heads and Rheums, The Moysture bred in Breast, in Iawes and Nose, Are cald Catarrs, or Tysique, or the Pose.”

JO (1871): “Let noontime sleep be brief, or none at all; Else stupor, headache, fever, rheums will fall On him who yields to noontide’s drowsy call.”

PWC (1976): “Take a short afternoon nap, or none at all, as Fever, indolence, headache and chest cold May result from that nap.”

Excretions and Retentions

Great harms haue growne, and maladies
exceeding
By keeping in a little blast of wind,
So Cramps, and Dropsies, Collicks have their
breeding,
And Mazed Braines for want of vent behind.
Besides we find in stories worth the reading,
A certaine Roman Emperor was so kind,
Claudius by name, he made a Proclamation,
A Scape to be no losse of reputation.
Great suppers do the stomacke much offend,
Sup light if quyet you to sleepe intend.

Note from Culpeper 1652 on
Harrington's 1608 translation:

“It is said, too, that [Claudius (10 BCE-54 CE)] intended to publish an edict, 'allowing to all people the liberty of giving vent at table to any distension occasioned by flatulence,' upon hearing of a person whose modesty, when under restraint, had nearly cost him his life.”
From "Tiberius Claudius Drusus Caesar" in Lives of the Twelve Caesars, by Suetonius.]”

Food and Drink

Wine as medicine



Highlights

- Don't eat until you are hungry
- Bad for sick people to eat: Peaches, apples, pears, milk, cheese, salted meats, Deermeat, rabbit, goat, and beef (melancholic)
- Nutritious: Fresh eggs, red wines and rich gravies, Wheat, milk, and fresh cheese, testicles, pork meat, brain, marrow, sweet wines, good tasting foods, raw eggs, ripe figs, and fresh grapes. (and more)
- Wines should be tested for smell, taste, brightness, and color. If you want good wines, these five things should be tested in them: How strong, brilliant, fragrant, cool, and fresh they are.
- Most nutritious are the heavy white wines.
- If too much red wine is drunk, It causes constipation and raucousness of the voice.

Highlights cont'd

- The air must be pure, habitable, and bright, It should be neither contaminated nor smell of the sewer.
- If you develop a hangover from drinking at night, Drink again in the morning; it will be your best medicine.
- The best wine engenders the best humors. If wine is dark, it renders your body indolent; Wine should be clear, aged, subtle, ripe, Well diluted, zesty, and taken in moderation.
- Beer should not be sour but clear. It should be brewed From healthy grains, and sufficiently fermented and aged.
- Your stomach will not be weighed down from drinking beer.
- Take a moderate quantity of food in the springtime; Summer's heat is also harmful to those who eat immoderately. In autumn beware that fruits do not become cause for mourning. Eat as much as you like in winter.

Salerno Regimen set to music

1. Wine makes pork better
2. Eat boiled meats with wine for sea sickness
3. Seasonal eating
4. Sage, rue, and rose can fix bad drinks
5. Garlic, sage, pepper, salt, parsley, and good wine
6. Wash your hands
7. Eat fresh, crustless bread



Continued interspersion of advice for wine

- Must (new wine) interferes with urination and acts as a laxative; It causes stoppage of the liver and spleen, and engenders kidney stone.
- Eating eels is bad for the voice As those who know anything about medicine will attest, and Cheese and eel are harmful when eaten together in great quantity, Unless you drink wine often.
- After each egg drink another cup of wine; After fish have nuts, after meat serve cheese. One kind of nut is good, a second is harmful, a third kind brings death.
- Wine soup will always give you comforts four: Clean teeth and a sharp sight, an increased store Of flesh - should you be deficient in this; Or, if obese, your flesh it will dismiss.

Observational Medicine and Nutrition

- I prescribe a regular diet for all people: I recommend keeping that diet unless it is necessary to change it. Hippocrates attests that disease may result otherwise. A proper diet is one of the foremost goals of medicine; Attend to your diet, or you foolishly direct your other efforts and take care of yourself badly.
- What kind? what? when? how much? how often? where to be given? These things a doctor should quickly take note of while prescribing a diet.

Multiple uses of herbs

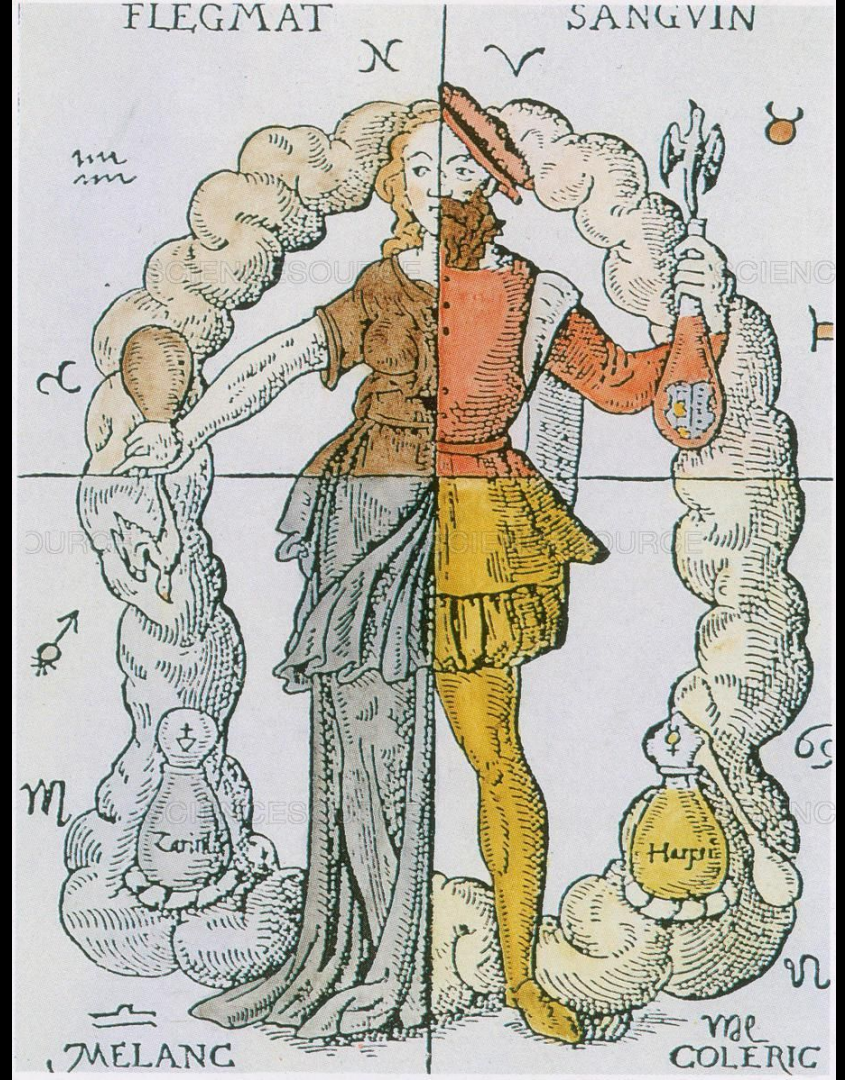
- Why should a man die in whose garden grows sage? Against the power of death there is not medicine in our gardens But Sage calms the nerves, takes away hand Tremors, and helps cure fever. Sage, castoreum, lavender, primrose, Nasturtium, and athanasia cure paralytic parts of the body. O sage the savior, of nature the conciliator!
- Noble is rue since it gives you keen eyesight. With its help, certainly as a man, you will see sharply. Rue decreases coitus in man and increases it in women. Rue makes man chaste, intelligent and cunning. When cooked, rue makes the house safe from fleas.

Additional herbal highlights

- The willow's juice kills worms when poured into their ears; Its bark cooked in vinegar cures warts; The juice of the fruits and the flower are harmful to human reproduction.
- Baths, wines, Venus, wind, pepper, garlic, smoke, Leeks, onions, lentil, weeping, beans, mustard, The sun, coitus, fire, work, a blow, spicy foods, dust: These things hurt the eyes, but staying up late hurts them more so.

Four humors

Correcting disbalance



Sanguine

Description

The *Sanguin* gamesome is, and nothing nice,

Loues wine, and women, and all recreation.

Likes pleasant tales, and newes, plaies cards and dice,

Fit for all company, and euery fashion:

Though bold, not apt to take offence, nor irefull,

But bountifull, and kind, and looking chearefull:

Inclining to be fat, and prone to lafter,

Loues myrth, and musicke, cares not what comes after.

Disbalance

If *Sanguin* humour do too much abound,

These signes will be thereof appearing
cheefe, The face will swell, the cheeks
grow red and round, With staring eies, the
pulse beate soft and breefe, The veynes
exceed, the belly will be bound, The
temples, and the forehead full of grieve,
Vnquiet sleeps, that so strange dreames
will make To cause one blush to tell when
he doth wake:

Besides the moysture of the mouth and spittle,

Will taste too sweet, and seeme the throat to tickle.

Choleric

Description

Sharpe *Choller* is an humour most
pernitious,
All violent, and fierce, and full of fire,
Of quicke conceit, and therewithal
ambitious,
Their thoughts to greater fortune still
aspyre,
Proud, bountifull enough, yet oft
malicious,
A right bold speaker, and as bold a lyer,
On little cause to anger great inclin'd,
Much eating still, yet euer looking pin'd,
In younger yeares they vse to grow apace,
In elder, hairy on their breast and face.

Disbalance

If *Choller* do exceed, as may sometime,
Your eares will ring, and make you to be
wakefull,
Your tongue will seeme all rough, and
oftentimes
Cause vomits, unaccustomed and hatefull,
Great thirst, your excrements are full of
slime,
The stomacke squeamish, sustenance
vngratefull,
Your appetite will seeme in nought
delighting,
Your heart still greeued with continuall
byting,
The pulse beate hard and swift, all hot,
extreme,
Your spittle soure, of fire-worke oft you
dreme.

Phlegmatic

Description

The *Flegmatique* are most of no great growth, Inclining to be rather fat and square, Given much vnto their ease, to rest and sloth, Content in knowledge to take little share,

To put themselues to any paine most loth,
So dead their spirits, so dull their sences
are:

Still either sitting, like to folke that
dreame, Or else still spitting, to avoid the
flegme,

One quality doth yet these harmes
repayre, That for most part the
Flegmatique are fayre.

Disbalance

If *Flegme* abundance haue due limits past,
These signes are here set downe will
plainly shew, The mouth will seeme to you
quite out of taste, And apt with moisture
still to overflow, Your sides will seeme all
sore downe to the waist, Your meat wax
loathsome, your digestion slow, Your head
and stomacke both in so ill taking, One
seeming euer griping tother aking: With
empty veynes, the pulse beat slow and
soft, In sleepe, of seas and ryuers
dreaming oft.

Melancholic

Description

The *Melancholy* from the rest do vary,
Both sport, and ease, and company
refusing,
Exceeding studious, euer solitary,
Inclining pensiue still to be, and musing,
A secret hate to others apt to carry:
Most constant in his choice, tho long a
choosing,
Extreme in loue sometime, yet seldom
lustfull,
Suspitious in his nature, and mistrustfull.
A wary wit, a hand much giuen to
sparing,
A heauy looke, a spirit little daring.

Disbalance

But if that dangerous humour ouer-raigne,
Of *Melancholy*, sometime making mad,
These tokens then will be appearing
plaine, The pulse beat hard, the colour
darke and bad:
The water thin, a weake fantasticke
braine, False-grounded ioy, or else
perpetuall sad,
Affrighted oftentimes with dreames like
visions,
Presenting to the thought ill apparitions,
Of bitter belches from the stomacke
comming,
His eare (the left especiall) euer humming.

Bloodletting guidelines

Differences in translations

De conservada bona valetudine, scholae
Salernitanae opusculum. Franc.: Apud Chr.
Egenolphum [1553]



Of Bleeding and of the Age for Bleeding

Phlebotomy is scarcely needed before a person is seventeen.

The more productive spirit will escape with your blood during phlebotomy,
But these spirits will soon be replaced by drinking wine, and
Any harm done by the humors will be gradually repaired by food.

Phlebotomy clears your eyes, freshens your
Mind and brain, makes your marrow warm,
Purges your bowels and restrains your stomach
and belly from vomiting or menstruation;
It purifies the senses, brings on sleep, takes away weariness;
It cultivates and improves hearing, speech, and strength.

Ere seventeen years we scarce need
drawing blood; High spirits fall by tapping
life's own flood. Wine may restore a
wonted, joyous mood, But loss of blood is
late repaired by food. Bleeding the body
purges in disguise, For it excites the
nerves, improves the eyes And mind, and
gives the bowels exercise. Brings sleep,
clear thoughts, and sadness drives away,
And hearing, strength and voice augments
each day.

Time of year

These are the good months for phlebotomy
- May, September, April -
Which are lunar months just as are the
Hydra days.

Neither on the first day of May nor the last
day of September or April

Should blood be drawn or goose be eaten.

In the old man or in the young man whose
veins are full of blood

Phlebotomy may be practiced in every
month.

These are the three months - May,
September, April -

In which you should draw blood in order to
live a long time.

Called lunar, are September, April, May,
Because they move beneath the Hydra's
sway. Two days - September first, May
thirty-first- for bleeding and for eating
goose are cursed. When blood abounds in
full age or in youth, May'est bleed in any
lunar month, forsooth; Yet chiefly in
September, April, May, Bleed freely if you
would prolong life's day.

Of Obstacles to Bleeding

Cool constitution, a cold region, great pain,
Bathing, sexual intercourse, youth and old age,
Long illness, heavy drinking, and eating - if you are in one of these situations
Or if you are nauseous, then phlebotomy is not good for you.

Cold nature, clime, or when some sharp pain laces; And after baths that follow love's embraces; In youth, old age, amid disease's traces; Or when of food a surfeit overplies The stomach, and to constant qualms gives rise, Then letting blood is truly most unwise.

Latin translation differences: *Fac plagam largam mediocriter*

Make the wound rather large...

(PWC, 1976)

Make your incision large, and not too
deepe...

(Harrington 1608)

A medium-sized incision always
make...

(JO 1871)

Summary highlights:

From Arnoldus de Villa Nova's commentary:
joyful mind, rest, and a moderate diet.

Wash your hands

Skip noontime naps

Eat seasonally

Walk after dinner

Wine fixes everything- but drink in
moderation



Regimen sanitatis ad regem Aragonum (14th century) by Arnoldus de Villa Nova

But here the Salerne Schoole doth make
an end: And heere I cease to write, but
will not cease To wish you live in
health, and die in peace: And ye our
Physicke rules that friendly read, God
graunt that Physicke you may neuer
neede.

Resources for English Translations

J.Ordronaux's 1871 Translation into English verse of Regimen Sanitatis Salerni.

Available online at:

<https://ia802307.us.archive.org/10/items/codehealthschoo00salegoog/codehealthschoo00salegoog.pdf>
and <https://archive.org/details/codehealthschoo00salegoog/page/n24>

Sir John Harington's 1608 translation available from Dr. Becker's course materials online at: <https://faculty.humanities.uci.edu/bjbecker/PlaguesandPeople/week3d.html>

J.L. Matterer's Gode cookery repository of P. Cummins 1976 translation of the Regimen Sanitatis Salernitanum (missing some passages) is available online at: <http://www.godecookery.com/regimen/regimen.htm>

Contact information

Lady Isobel of Carnewyth, Barony of Stierbach

isobelofcarnewyth@gmail.com

<https://carnewythapotheca.wordpress.com/>

<https://www.facebook.com/carnewythapotheca/>

