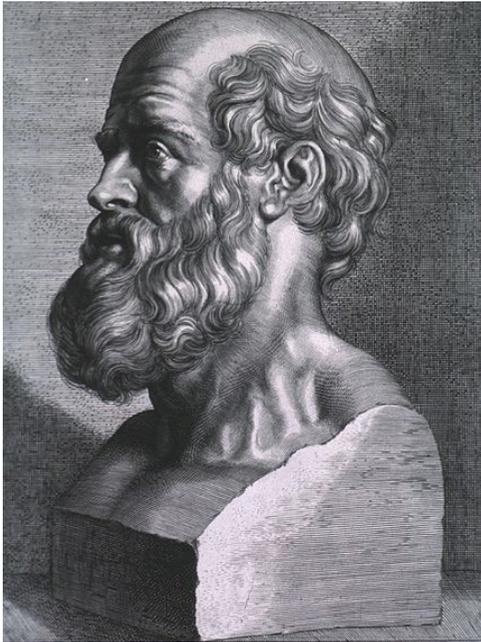


# Who Was More Important, Hippocrates or Galen?

## Hippocrates

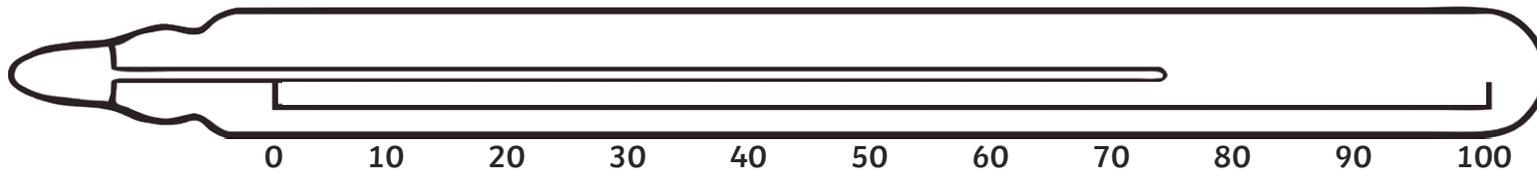


Hippocrates (c.460 BC – c.370 BC) was an Ancient Greek doctor. Hippocrates observed the symptoms of all his patients and recorded everything he saw. He made his **theory of humours**, from the Greek word for 'fluid', based upon his observations.

He believed that the body was made up of four fluids or 'humours'. These were **blood, phlegm, yellow bile** and **black bile**. If your humours were out of balance, you would be ill. Hippocrates believed the four humours were the cause of a disease, not the symptoms. He saw that people got colds in winter, and so taught that in winter, the body produces too much phlegm which bungs up the nose and causes a fever. It was a very natural theory of illness and disease.

Hippocrates linked the four humours to the four seasons and the four elements.

Humour	Season	Element	Qualities	Ancient Name
Blood	Spring	Air	Hot and Wet	Sanguine
Yellow Bile	Summer	Fire	Hot and Dry	Choleric
Black Bile	Autumn	Earth	Cold and Dry	Melancholic
Phlegm	Winter	Water	Cold and Wet	Phlegmatic



# Who Was More Important, Hippocrates or Galen?

## Galen



Galen (129 AD – c. 210) was another Ancient Greek doctor who further developed Hippocrates' theories on the four humours. He lived the 2nd Century AD and was known to be quite arrogant. Galen had extensive experience as a physician of a gladiator school and then as the personal physician of several Roman Emperors. By the time Galen died, he had written over 350 books, which were extensively read.

Galen believed that diseases could be treated using **opposites**. He developed the theory that different foods, drinks, herbs and spices contained humours which could **balance** the excessive humour that was causing the disease. For example, if a patient was suffering from a fever, he could be cooled down by eating a cucumber.

Galen further taught that the body circulated blood that was created in the liver and then travelled around the body. Galen's developed theory of the four humours was incredibly popular because it was very detailed and it could explain any disease or illness people suffered, even those which couldn't be seen like mental illness. There were no other scientific explanations for disease at the time, so the theory was used by most physicians and most people had heard about it. Sometimes physicians twisted the theory to fit people's symptoms for an easier fix. It was a very fluid theory and often interpreted in many different ways.

Match the symptoms below to the appropriate treatment Galen might have suggested using.

Symptoms
Runny nose
Melancholy (depression)
Fever
Blocked nose
Toothache

Treatment
Have a priest make a cross on your head
Sit in cold water
Release blood
Put mustard up your nose
Eat chilli or pepper

