Sentence Outline

Research Question: How did Hippocrates influence Ancient Greek medical practice?
Thesis: Hippocrates changed Ancient Greek medical practice by altering the perception of medicine, specifically the four humors and disease, changing the role of the physician, and creating the scientific era.

Body Paragraph #1: Four Humors
• Topic Sentence: Hippocrates altered the viewpoint of the four humors
  ○ He used Empedocles', a Greek philosopher, idea that “the four elements in nature: earth, air, fire, water correlated with the four humors of man: phlegm, blood, yellow bile, and black bile” and produced a pattern that was believed to hold an explanation for disease. (BBC)
  ○ He believed that precise balance of the four humors called pepsis would result in good health and that disease reflected an imbalance. (Traditional Greco-Arabic and Modern Western Medicine: Conflict or Symbiosis?)

Body Paragraph #2: Contributions
• Topic Sentence: Hippocrates contributed many things to Greek medicine such as the Hippocratic Oath and the Hippocratic Corpus.
  ○ All of the works in the Corpus share basic assumptions about how the body works and what disease is, providing a sense of the substance and appeal of ancient Greek medicine as practiced by Hippocrates and other physicians of his era. (Britannica)
  ○ He was most remembered by his Hippocratic Oath which set high ethical standards for the practice of medicine.
    ■ Quote: “Now if I carry out this oath, and do not break it, may I gain forever a reputation from all others for my life and for my art; but if I transgress it and break my oath, may the opposite befall me.”

Body Paragraph #3: Physician
• Topic Sentence: Hippocrates also changed the role of the physician.
  ○ Because of Hippocrates, the physician became less of a healer who moved from place to place and more of a stable member of a community. (Hippocrates Book)
  ○ The job of the physician was to diagnose the illness, observe the progress of the patient as the disease took its course, reached a crisis, and then ended in death or recovery. (Hippocrates Book)

Body Paragraph #4: Scientific Era
• Topic Sentence: Hippocrates started the scientific era of medicine, introducing new terms such as diagnosis and prognosis.
  ○ Physical diagnosis was the determination of disease by external examination of the body. It was based upon close attention to observation, and Hippocrates constantly advised Greek physicians to observe their patients meticulously. (ABC-Clio)
  ○ The concept of a prognosis was also developed by Hippocrates, by which a physician could predict the course and outcome of a disease based upon previous observation of similar cases. (Hippocrates Book)

Conclusion: Though Hippocrates died in 337 BCE, his exemplary life has been a constant source
of inspiration for physicians throughout history.

HIPPOCRATES:

THE FATHER OF MEDICINE

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World History F
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Before Hippocrates, the Greek’s perception of medicine was closely related to religion. In Greek mythology, there were deities and heroes who possessed the art of healing and practiced primitive forms of medicine. Greeks believed that Gods sent disease that led to death, and disease could be healed by propitiation, “the action of appeasing Gods through sacrifices and rituals.”¹ There were many gods identified with disease and injury, the most prominent being Asclepius, the god of medicine. Most Greek towns had created a temple to pray to Asclepius, and the chosen citizens would pray to the gods in return for good health.² This perception of medicine influenced Hippocrates, a physician who was born on the island of Chios in 460 BCE. He initially started learning medicine from his father who was also named Hippocrates.

Hippocrates pioneered the study of medicine known as the Hippocratic approach. Hippocrates changed Ancient Greek medical practice by altering the perception of medicine, specifically the four humors and disease, changing the role of the physician, and creating the scientific era.

Hippocrates created the viewpoint of the four humors. Hippocrates realised that prayers were useless against illnesses such as the plague, and disease was not caused by the gods.³ Instead, disease was caused by environmental factors.⁴ He applied the Greek philosopher Empedocles’ idea that “the four elements in nature: earth, air, fire, water correlated with the four humors of man: phlegm, blood, yellow bile, and black bile” and produced a pattern that was

¹Emmanouji, Magiorkinis, Beloukas, Aostolos, and Diamantis Aristidis, *Ancient Greek medicine before and after Hippocrates: the scientification of medicine*, Balkan Military Medical Review 14 (2011), 54
²Ibid. 65
⁴Ibid
believed to hold an explanation for disease. He believed that precise balance of the four humors called pepsis would result in good health and that disease reflected an imbalance. Hippocrates said that the physician sought evidence that one of the four humors—blood, phlegm, black bile, yellow bile—was dominant in the system that was the cause of the disease. For example, winter colds were due to excess in phlegm, and mania resulted from excess bile in the brain. By changing the understanding of the four humors, Hippocrates was able to be the first person to believe that diseases were caused naturally.

Hippocrates also contributed the Hippocratic Oath and the Hippocratic Corpus to Greek medicine. A collection of texts were compiled into the Hippocratic Corpus, but none of these works can be attributed to Hippocrates because many of his disciples signed their works under his name since they viewed him as a god. All of the works in the Corpus share basic assumptions about how the body works and what disease is, providing a “sense of the substance and appeal of ancient Greek medicine as practiced by Hippocrates and other physicians of his era.” However, he is most remembered for his famous Oath, which set high ethical standards for the practice of medicine. In the Oath, it stated that “Now if I [a physician] carry out this oath, and do not break it, may I [a physician] gain forever a reputation from all others for my life and for

6Hakim, Said, Traditional Greco-Arabic and Modern Western Medicine, (Karachi, Pakistan: Hamdard Academy, 1975) 19
Hippocrates’ contributions still inspire modern physicians and philosophers.

Hippocrates changed the role of the physician. Because of Hippocrates, the physician became less of a healer who moved from place to place and more of a stable member of a community. Previously, healers focused on the disease and symptoms whereas the Hippocratic medicine focused on the patient taking into account the observation and the evaluation of the physical findings. Hippocrates thought the job of the physician was to diagnose the illness, observe the progress of the patient as the disease took its course, reached a crisis, and then ended in death or recovery. In the section, Epidemics, in the Hippocratic Corpus, Hippocrates analyzed a patient and wrote “the man of Clazomenae was seized with fever. Pain at the beginning in head, neck, and loins, followed immediately by deafness. No sleep; seized with acute fever, hypochondrium swollen, but not very much; distension; tongue dry.” These detailed observations by Hippocrates helped him discover the underlying cause of the disease and offer treatments. By changing the role of the physician, Hippocrates established medicine as a profession.

Hippocrates started the scientific era of medicine, introducing new terms such as diagnosis and prognosis. Physical diagnosis was the determination of disease by external examination of the body. It was based upon close attention to observation, and Hippocrates

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11Herbert Goldberg, Hippocrates (iUniverse, 2006), 671
constantly advised Greek physicians to observe their patients meticulously.\(^{13}\) The concept of prognosis was also developed by Hippocrates, by which a physician could predict the course and outcome of a disease based upon previous observation of similar cases.\(^{14}\) The skill of forming a prognosis had an important function in society. By foretelling the future of a disease process, physicians gathered confidence and trust from their patients and were elevated in status above traditional healers.

Hippocrates was a very influential person, and his studies are still relevant today. He was a prominent physician and philosopher who impacted the development of medicine and on the ethics of being a physician. This allowed for medicine to be more prevalent and advanced in the western world. His ideal of a physician was someone who was wise, caring, compassionate, and honest. Many consider him the father of medicine. Under Hippocratic medicine, a well-trained physician could cure illness with knowledge gained from medical writings or from experience, and modern medicine is still based on this assumption. Though Hippocrates died in 337 BCE, his exemplary life has been a constant source of inspiration for physicians throughout history.


\(^{14}\)Herbert Goldberg, *Hippocrates* (iUniverse, 2006), 513
Hippocrates realised that prayers were useless against illnesses such as the plague, and that epilepsy was not caused by the gods. Instead, disease was caused by environmental factors. Thus the way was open for an entirely natural theory of the cause of disease. Based on the theory that natural matter comprised four basic elements, the Greek philosophers came up with the idea that the human body consisted of the four humours, which had to be kept in balance. Then, derived from his study of mathematics, the Greek philosopher Hippocrates came up with the idea of the balance of opposites. Hippocrates thought that disease occurred when the humours of the body fell out of balance. Greek doctors made careful studies of the different kinds of illness - in particular they noted the natural history of the illness. BBC is a very reliable source. They are the world's leading public service broadcaster. Its mission is to enrich people's lives with programmes that inform, educate and entertain. I could use this in the paragraph about the four humors.


Hippocrates was born on August 18, 460 BCE. Since he was a boy, he was honored when he was born. He began study of medicine under his father. Medicine was closely related to religion and superstition. However, Hippocrates felt that remedies should be more concerned with the well-being of the patient's mind as well as his body "Asclepiads can be looked upon as an ancient medical guild of which Hippocrates, because of his having been born the son of one of these physicians, was a member." There were many medical learning centers, the most prominent being in Cos. Schools before were recommending treatments that were directed to the restoration of physical harmony; they relied on changes of diet-accompanied by friction-bathing, and exercise. No women could be recognized as a physician. They used charms, spells, amulets, and magic to try to cure illnesses. Before Hippocrates, the early forms of medicine are documented from
carvings, paintings in caves, and engraving in stones. They were extremely elementary. Man's food and habit were far simpler and more in harmony with nature. They used primitive tools-flint, stone or fragments of shell. The purpose was to afford relief from convulsions, epilepsy, headache, and mental disorders for a skull injury. For amputations, one had to realize that hopeless damage had been done to the parts, knowledge of the potentially fatal effect of snakebite, there were ceremonial and sacrificial reasons, and realization that a person with a badly injured organ might be better off if it were removed. Primitive healers known as medicine men were trying to appease the spirits, purpose was to permit the exit of an evil spirit from the body. Both medicine and surgery appear to have had their beginnings in magic. Physicians practiced art in healing temples called asclepieia. When medicine became a science, it was revolutionary. Many new terms were instigated as well. Physical diagnosis was determination of disease by external examination of the body. It was based upon close attention to observation, and he constantly advised Greek physicians to observe their patients meticulously. "One must note the following: conditions that disappear of their own accord; blisters such as come from fire, where this or that is beneficial or harmful; shapes of parts affected, kinds of motion, swelling, subsidence of swelling, sleep, wakefulness, restlessness, yawning;--lose no time in acting or preventing; vomit, evacuations, spittle, mucus, coughing, belching, swallowing, hiccup, flatulence, urine, sneezing, tears, scratching, plucking or feeling at hairs or bedding, thirst, hunger, plethora, dreams, pain, absence of pain, the body, the mind, ability to take in one's meaning, memory, voice, persistent silence." Physicians were supposed to ask questions of a patient. Disease spread from person to person. Body fluids were important to disease. He also felt that the good or bad quality of the blood was a very good indicator of disease. Surgery-branch of medicine which treats disease by manual and operative procedures. One needed good assistant, correct instruments, direct lighting, hot to bandage. Also, fever was the symptom of disease that results in increased body temperature, Hippocrates recognizes it as the most important single sign of disease. It can occur in a single isolate individual without spreading. Herbert S. Goldberg was born in New York City and is a Professor Emeritus and Associate Dean Emeritus of the University of Missouri School of Medicine. He has long been interested in bringing knowledge of biology and medicine to the public. He has accomplished this by writing in a variety of medical subjects as well as lecturing in this country and abroad. I could use this information in my paper by incorporating it into the introductory paragraph or body paragraphs 3 and 4 since it provides information about the medicine before Hippocrates, the role of physicians, and prognosis.


Hippocrates was born in 460 BCE. He is regarded as the father of medicine. His Hippocratic Oath states the ethical standards for medical practice. He was a great physician who had an influence on the development of medicine and on the ideals and ethics of being a physician. His collection of works are compiled into the Hippocratic Corpus. All of the works in the Corpus share basic assumptions about how the body works and what disease is, providing a “sense of the substance and appeal of ancient Greek medicine as practiced by Hippocrates and other physicians of his era.” He helped
technical medicine develop. Britannica is a reliable source. It is known for its
information. I could incorporate this into my paper by putting the information into the
paragraph about his contributions.

Lawson, Russell M. "Near Eastern and Greek medicine." In World History: Ancient and
Medieval

Near contemporaries of Hippocrates had different approaches to medicine. Petron
believed
that disease derived from improper diet. Hippon thought moisture was the key to health.
Philolaus determined that there were three rather than four humors—bile, blood, phlegm.
Thrasymachus focused on an excess of heat or cold. Menerates sought a balance of
blood, bile, phlegm, and breath. Hippocratic approach assumed that the body had a
precise balance and that disease reflected an imbalance. Hippocrates advised: "Let nature
alone, and let disease run its course" The physician sought evidence that one of the four
humors—blood, phlegm, black bile, yellow bile—was dominant in the system. The job of
the physician was to diagnose the illness, observe the progress of the patient as the
disease took its course, reached a crisis, and then ended in death or recovery. Because of
Hippocrates, the physician became less of an healer who moved from place to place and
more a stable member of a community. Some city-states employed physicians for healing
the poor. Women physicians specializing in women's health became more prevalent, as
well. Russel M. Lawson majored in history at the University of Oklahoma. He then went
on to master in Ancient Mediterranean history at Oklahoma State University. He is now
a professor of History at Bacone University in Oklahoma. Russel M. Lawson is a
credible source because he has a masters in Ancient Mediterranean history which is my
topic, which means he has a lot of knowledge about this topic. I could use this
information by incorporating it into the paragraph about the four humors. It talks about
how Hippocrates thought that disease was caused by imbalance in the four humors.

Magiorkinis, Emmanouji, Aostolos Beloukas, and Aristidis Diamantis. "Ancient Greek medicine
before and after Hippocrates: the scientification of medicine." Balkan Military Medical Review

Greeks believed that Gods sent disease and provoked death. All disease could be healed
by the process of propitiation (the action of propitiating or appeasing a god, spirit, or
person) of the Gods through sacrifices and other rituals. Only the chosen ones could
communicate with the Gods; they were people who were worshiped after their death as
deities and were undertaking the task to mediate between the patient and the God for the
sake of the first. During the Classical Period in Greece (500-336 BCE), medicine
practiced by physicians who have been trained by renown tutors or in medical school by
medical assistants, empirical doctors, and by charlatans who employed filters and other
magical therapies. Physicians focused on the disease and symptoms whereas the
Hippocratic medicine focused on the patient taking into account the observation and the evaluation of the physical findings. Hippocratic corpus represents the first medical recording of ancient Greek medicine. Medicine draws conclusions based on facts which are gathered on the basis of interview and thorough patient examination. Disease is because of natural mechanisms not religious causes or god-like causes. Hippocratic oath: promise of ethical practice. Hippocrates started the scientific era of medicine. Before Hippocrates, medicine wandered between myth and history. Deities and heroes who possessed the art of healing and practiced primitive forms of medicine as shown in Greek mythology. Emmanouil Magiorkinis has a bachelors, Medical Degree, and a Ph.D. He works at the Metaxas Memorial Anticancer Hospital Greece. Aristidis Diamantis is the Head of Cytopathology Dept. and Laboratory Division at Naval Hospital of Athens and Veterans, Hellas. He has a masters in Greek medicine and history. I could use this information by incorporating it into the medicine and the understanding of illness before Hippocrates. Also, I could use this information because it gives a brief summary of the Hippocratic method and his understanding of illness.


None of the works in the Hippocratic Corpus can be proven to be written by him. He is the father of medicine. Illness was caused by an imbalance of four different humors (liquids) in the body-blood, black bile, yellow bile, and phlegm. He wrote the Hippocratic oath. He challenged the methods of many physicians who used magic and witchcraft to treat disease. He taught that diseases have natural causes. He could be studied and possibly cured according to the workings of nature. Under Hippocratic medicine, a well-trained physician could cure illness with knowledge gained from medical writings or from experience. Modern medicine is still based on this assumption. John Scarborough is professor at the University of Wisconsin-Madison School of Pharmacy. He gained a Bachelor Degree from Baker University with double majors in zoology and history and double minors in German and chemistry. He acquired a masters in Byzantine studies at the University of Denver. He continued his graduate work in classical languages at the University of Pennsylvania. He had a teaching stint at West Virginia Wesleyan College. He obtained a Ph.D degree at the University of Illinois in Greek and Roman history combined with the history of medicine. I could use this information by incorporating it into the introductory paragraph about Hippocrates because it gives a brief overview of Hippocrates and his studies.


He was born in 460 BCE. He started "scientific medicine". The Hippocratic Corpus dealt with nearly all branches of ancient medicine, everything from anatomy to surgery. He was a philosopher who pondered the nature of the four humors which are the building blocks of the body. ABC-Clio is a reliable source because it is well known for its information. It gives the most current scholarship and perspectives on those topics. I
could use this in my research paper by incorporating it into the introduction about Hippocrates since it gives an overview.


In the Hippocratic Case Studies, it talks about how Hippocrates would approach a patient. It talks about diagnosis and the Hippocratic Method. ABC-Clio is a reliable source because it is well known for its information. It gives the most current scholarship and perspectives on those topics. I could use this in my research paper by incorporating it into the paragraph about the Hippocratic method.


This Hippocrates' quote talks about that good health is a blessing, and how one should benefit from his illnesses. ABC-Clio is a reliable source because it is well known for its information. It gives the most current scholarship and perspectives on those topics. I could use this by incorporating it into the paragraph about Hippocrates understanding of four humors.


In the Hippocratic Oath, it talks about doing ethical work while being a physician. ABC-Clio is a reliable source because it is well known for its information. It gives the most current scholarship and perspectives on those topics. I could incorporate it into the paragraph about the Hippocratic Oath.