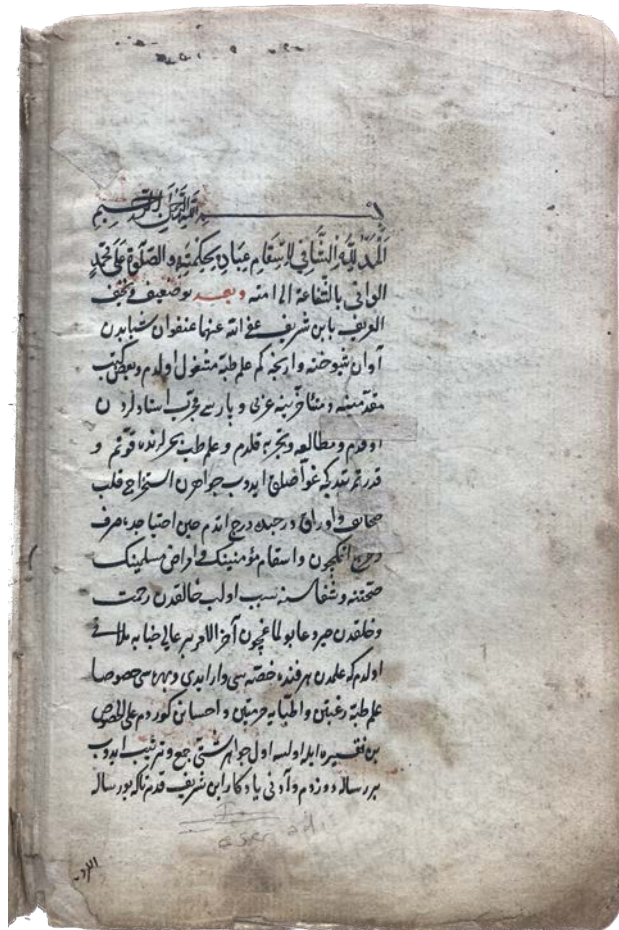


MSS\_172

Traditional Medical Manuscript



**Tabib Ibn-i Şerif**

**Yâdigâr-i Ibn-i Şerif**

**Manuscript in Ottoman Turkish**

Copied by Derviş bin Ahmed in Istanbul

8th Rebiülevvel 986 H [1570 AD]

185 leaves (370 pages)

14 x 21 cm, old leather binding

Many handwritten notes of the time in the margins

Transcript into modern Turkish:

Tabib Ibn-i Şerif, Yâdigâr, edited by Orhan Sakin et al.,

Istanbul: Merkezefendi Geleneksel Tıp Dernegi 2017

Yâdigâr is one of the oldest medicine books written in Ottoman Turkish. Ibn-i Serif was interested in and practiced medicine from his youth. He studied medical books written in Arabic and Persian to gain knowledge and described his work as *collecting pearls from seas*. After finishing his book between 1421 and 1428, he assumingly presented it to Umur Bey in Bursa.

Yâdigâr consists of five parts:

1. General healthcare issues and how to keep free from disease including nutrition, sleep, the right clothes, sex, bathing, exercise, the advantages and disadvantages of alcohol, the human body's ways of cleansing itself, protection from constipation, vomiting, and sweating.
2. Therapies for diseases including recipes for the treatment of headache, articular pain, phlegm, cough, dizziness, acne, common cold, constipation, diarrhea, dyspepsia, urinary stones, epilepsy, and dyspnea
3. Drugs against malaria, varicella, and smallpox
4. Wounds
5. Fractures and dislocation of joints

It includes knowledge from other medical books of that time, e.g. Ibn-i Sina (980–1037 AD) and Ibn-i Baytar (1197–1248). The book became one of the favorite medical books because it was clearly written and easy to understand.

Ibn-i Serif presented recipes with traditional drugs for the treatment of diseases. More than 160 formulas can be found in the book, e.g. a formula against dizziness and vertigo: 1 dank karabaş otu (*Lavandula stoechas*), 1 dank ebuçehil karpuzu (*Citrulus colocynthis*), 1 drachma ayaric-i faykara (a mixture of herbals), 0.5 drachma black salt, and 0.5 tar buble (1 drachma 5 3.086 g; 1 dank 5 1/6 of 1 drachma) blend together and make pills.

He also presented recommendations for doctors, including investigation of the patient, examination and cure of different body aches, keeping the patient warm, nutrition of the patient, and emergency therapies for fever.

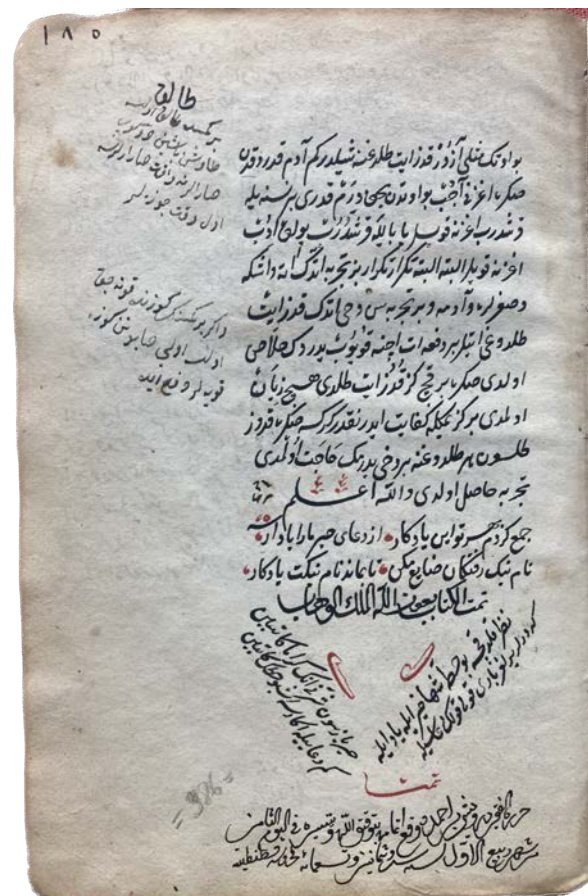
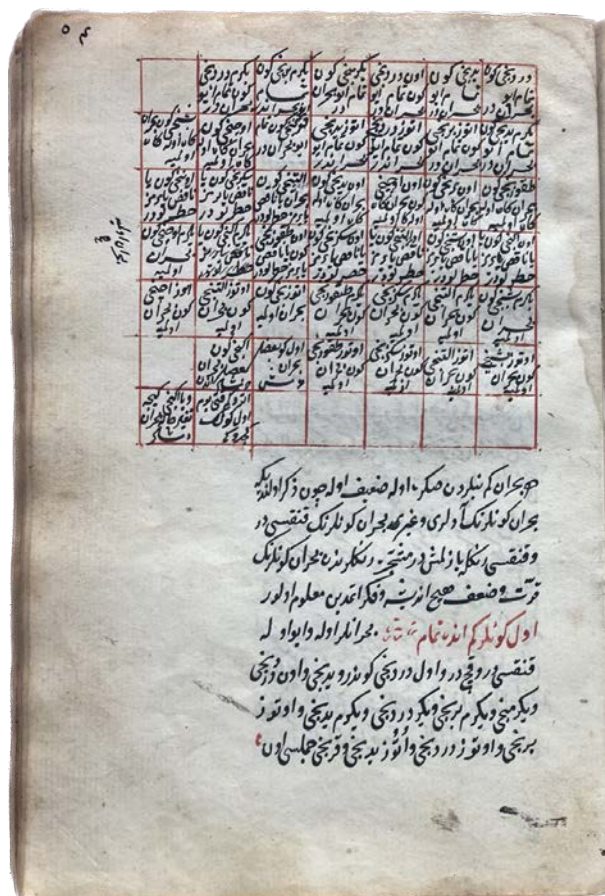
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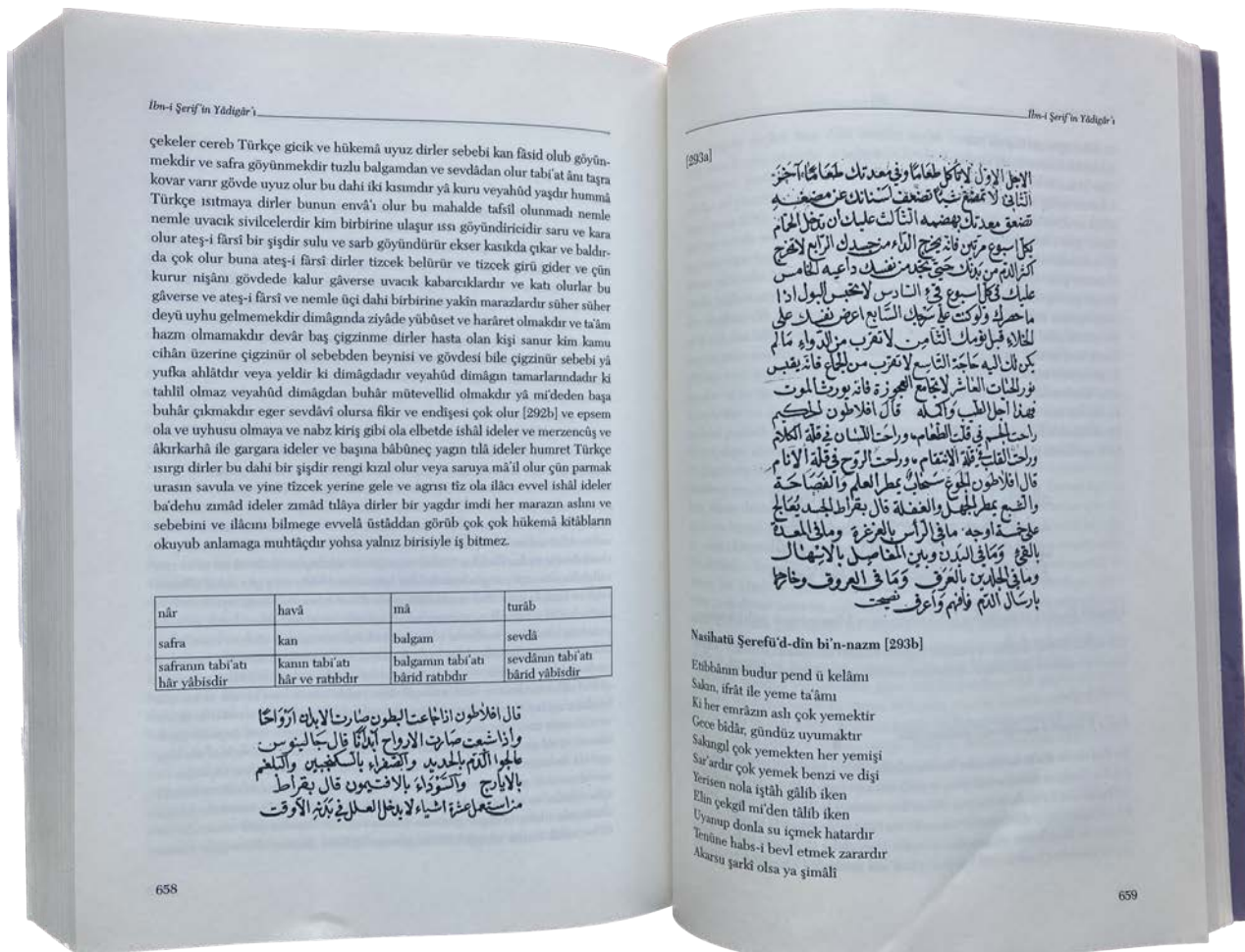
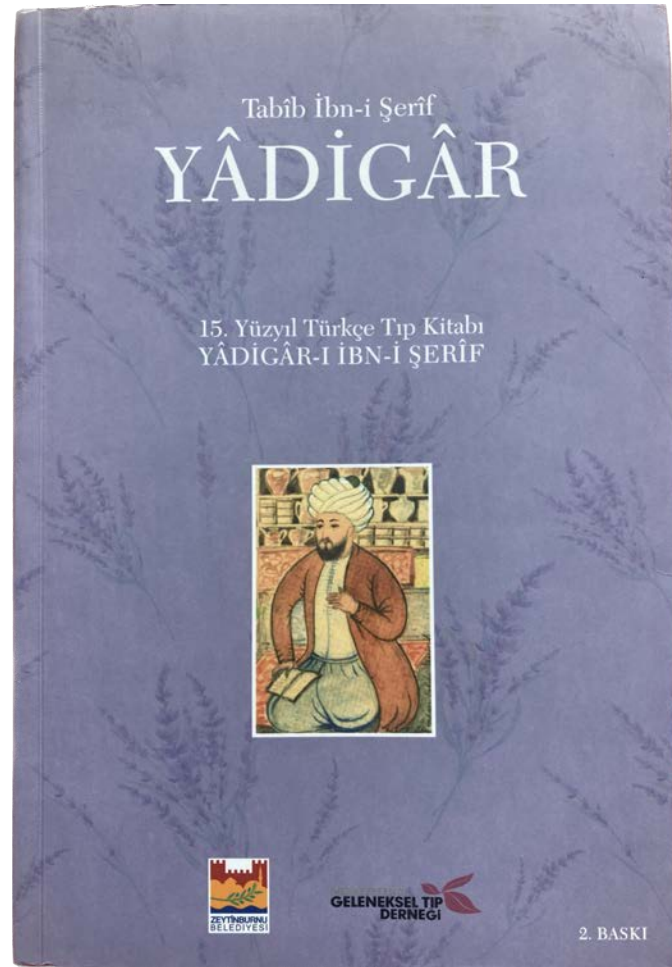
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