

= Hippocrates =

Hippocrates of Kos ( / h??p?kr??ti?z / ; Greek : ?????????? ; Hippokrat?s ; c . 460 ? c . 370 BC ) , also known as Hippocrates II , was a Greek physician of the Age of Pericles ( Classical Greece ) , and is considered one of the most outstanding figures in the history of medicine . He is referred to as the " Father of Western Medicine " in recognition of his lasting contributions to the field as the founder of the Hippocratic School of Medicine . This intellectual school revolutionized medicine in ancient Greece , establishing it as a discipline distinct from other fields with which it had traditionally been associated ( theurgy and philosophy ) , thus establishing medicine as a profession .

However , the achievements of the writers of the Corpus , the practitioners of Hippocratic medicine , and the actions of Hippocrates himself were often commingled ; thus very little is known about what Hippocrates actually thought , wrote , and did . Hippocrates is commonly portrayed as the paragon of the ancient physician , and credited with coining the Hippocratic Oath , still relevant and in use today . He is also credited with greatly advancing the systematic study of clinical medicine , summing up the medical knowledge of previous schools , and prescribing practices for physicians through the Hippocratic Corpus and other works .

= = Biography = =

Historians agree that Hippocrates was born around the year 460 BC on the Greek island of Kos ; other biographical information , however , is likely to be untrue .

Soranus of Ephesus , a 2nd @-@ century Greek gynecologist , was Hippocrates ' first biographer and is the source of most personal information about him . Later biographies are in the Suda of the 10th century AD , and in the works of John Tzetzes , which date from the 12th century AD . Hippocrates is mentioned in passing in the writings of two contemporaries : Plato , in " Protagoras " and " Phaedrus " , and , Aristotle 's " Politics " , which date from the 4th century BC .

Soranus wrote that Hippocrates ' father was Heraclides , a physician , and his mother was Praxitela , daughter of Tizane . The two sons of Hippocrates , Thessalus and Draco , and his son @-@ in @-@ law , Polybus , were his students . According to Galen , a later physician , Polybus was Hippocrates ' true successor , while Thessalus and Draco each had a son named Hippocrates ( Hippocrates III and IV ) .

Soranus said that Hippocrates learned medicine from his father and grandfather ( Hippocrates I ) , and studied other subjects with Democritus and Gorgias . Hippocrates was probably trained at the asklepieion of Kos , and took lessons from the Thracian physician Herodicus of Selymbria . Plato mentions Hippocrates in two of his dialogues : in Protagoras , Plato describes Hippocrates as " Hippocrates of Kos , the Asclepiad " ; while in Phaedrus , Plato suggests that " Hippocrates the Asclepiad " thought that a complete knowledge of the nature of the body was necessary for medicine . Hippocrates taught and practiced medicine throughout his life , traveling at least as far as Thessaly , Thrace , and the Sea of Marmara . Several different accounts of his death exist . He died , probably in Larissa , at the age of 83 , 85 or 90 , though some say he lived to be well over 100 .

= = Hippocratic theory = =

Hippocrates is credited with being the first person to believe that diseases were caused naturally , not because of superstition and gods . Hippocrates was credited by the disciples of Pythagoras of allying philosophy and medicine . He separated the discipline of medicine from religion , believing and arguing that disease was not a punishment inflicted by the gods but rather the product of environmental factors , diet , and living habits . Indeed there is not a single mention of a mystical illness in the entirety of the Hippocratic Corpus . However , Hippocrates did work with many convictions that were based on what is now known to be incorrect anatomy and physiology , such as Humorism .

Ancient Greek schools of medicine were split ( into the Knidian and Koan ) on how to deal with disease . The Knidian school of medicine focused on diagnosis . Medicine at the time of Hippocrates

knew almost nothing of human anatomy and physiology because of the Greek taboo forbidding the dissection of humans . The Knidian school consequently failed to distinguish when one disease caused many possible series of symptoms . The Hippocratic school or Koan school achieved greater success by applying general diagnoses and passive treatments . Its focus was on patient care and prognosis , not diagnosis . It could effectively treat diseases and allowed for a great development in clinical practice .

Hippocratic medicine and its philosophy are far removed from that of modern medicine . Now , the physician focuses on specific diagnosis and specialized treatment , both of which were espoused by the Knidian school . This shift in medical thought since Hippocrates ' day has caused serious criticism over the past two millennia , with the passivity of Hippocratic treatment being the subject of particularly strong denunciations ; for example , the French doctor M. S. Houdart called the Hippocratic treatment a " meditation upon death " .

= = = Crisis = = =

Another important concept in Hippocratic medicine was that of a crisis , a point in the progression of disease at which either the illness would begin to triumph and the patient would succumb to death , or the opposite would occur and natural processes would make the patient recover . After a crisis , a relapse might follow , and then another deciding crisis . According to this doctrine , crises tend to occur on critical days , which were supposed to be a fixed time after the contraction of a disease . If a crisis occurred on a day far from a critical day , a relapse might be expected . Galen believed that this idea originated with Hippocrates , though it is possible that it predated him .

Hippocratic medicine was humble and passive . The therapeutic approach was based on " the healing power of nature " ( " vis medicatrix naturae " in Latin ) . According to this doctrine , the body contains within itself the power to re @-@ balance the four humours and heal itself ( physis ) . Hippocratic therapy focused on simply easing this natural process . To this end , Hippocrates believed " rest and immobilization [ were ] of capital importance . " In general , the Hippocratic medicine was very kind to the patient ; treatment was gentle , and emphasized keeping the patient clean and sterile . For example , only clean water or wine were ever used on wounds , though " dry " treatment was preferable . Soothing balms were sometimes employed .

Hippocrates was reluctant to administer drugs and engage in specialized treatment that might prove to be wrongly chosen ; generalized therapy followed a generalized diagnosis . Generalized treatments he prescribed include fasting and the consumption of apple cider vinegar . Hippocrates once said that " to eat when you are sick , is to feed your sickness . " However , potent drugs were used on certain occasions . This passive approach was very successful in treating relatively simple ailments such as broken bones which required traction to stretch the skeletal system and relieve pressure on the injured area . The Hippocratic bench and other devices were used to this end .

One of the strengths of Hippocratic medicine was its emphasis on prognosis . At Hippocrates ' time , medicinal therapy was quite immature , and often the best thing that physicians could do was to evaluate an illness and predict its likely progression based upon data collected in detailed case histories .

= = = Professionalism = = =

Hippocratic medicine was notable for its strict professionalism , discipline , and rigorous practice . The Hippocratic work On the Physician recommends that physicians always be well @-@ kempt , honest , calm , understanding , and serious . The Hippocratic physician paid careful attention to all aspects of his practice : he followed detailed specifications for , " lighting , personnel , instruments , positioning of the patient , and techniques of bandaging and splinting " in the ancient operating room . He even kept his fingernails to a precise length .

The Hippocratic School gave importance to the clinical doctrines of observation and documentation . These doctrines dictate that physicians record their findings and their medicinal methods in a very clear and objective manner , so that these records may be passed down and employed by other

physicians . Hippocrates made careful , regular note of many symptoms including complexion , pulse , fever , pains , movement , and excretions . He is said to have measured a patient 's pulse when taking a case history to discover whether the patient was lying . Hippocrates extended clinical observations into family history and environment . " To him medicine owes the art of clinical inspection and observation . " For this reason , he may more properly be termed as the " Father of Medicine " .

= = Direct contributions to medicine = =

Hippocrates and his followers were first to describe many diseases and medical conditions . He is given credit for the first description of clubbing of the fingers , an important diagnostic sign in chronic lung disease , lung cancer and cyanotic heart disease . For this reason , clubbed fingers are sometimes referred to as " Hippocratic fingers " . Hippocrates was also the first physician to describe Hippocratic face in Prognosis . Shakespeare famously alludes to this description when writing of Falstaff 's death in Act II , Scene iii. of Henry V.

Hippocrates began to categorize illnesses as acute , chronic , endemic and epidemic , and use terms such as , " exacerbation , relapse , resolution , crisis , paroxysm , peak , and convalescence . " Another of Hippocrates ' major contributions may be found in his descriptions of the symptomatology , physical findings , surgical treatment and prognosis of thoracic empyema , i.e. suppurative of the lining of the chest cavity . His teachings remain relevant to present @-@ day students of pulmonary medicine and surgery . Hippocrates was the first documented chest surgeon and his findings and techniques , while crude , such as the use of lead pipes to drain chest wall abscess , are still valid .

The Hippocratic school of medicine described well the ailments of the human rectum and the treatment thereof , despite the school 's poor theory of medicine . Hemorrhoids , for instance , though believed to be caused by an excess of bile and phlegm , were treated by Hippocratic physicians in relatively advanced ways . Cautery and excision are described in the Hippocratic Corpus , in addition to the preferred methods : ligating the hemorrhoids and drying them with a hot iron . Other treatments such as applying various salves are suggested as well . Today , " treatment [ for hemorrhoids ] still includes burning , strangling , and excising . " Also , some of the fundamental concepts of proctoscopy outlined in the Corpus are still in use . For example , the uses of the rectal speculum , a common medical device , are discussed in the Hippocratic Corpus . This constitutes the earliest recorded reference to endoscopy . Hippocrates often used lifestyle modifications such as diet and exercise to treat diseases such as diabetes , what is today called lifestyle medicine . He is often quoted with " Let food be your medicine , and medicine be your food " and " Walking is man 's best medicine " , however the quote " Let food be your medicine " is an apparent misquotation and its exact origin remains unknown .

= = Hippocratic Corpus = =

The Hippocratic Corpus ( Latin : Corpus Hippocraticum ) is a collection of around seventy early medical works from Alexandrian Greece . It is written in Ionic Greek . The question of whether Hippocrates himself was the author of the corpus has not been conclusively answered , but the volumes were probably produced by his students and followers . Because of the variety of subjects , writing styles and apparent date of construction , scholars believe Hippocratic Corpus could not have been written by one person ( Ermerins numbers the authors at nineteen ) . The corpus was attributed to Hippocrates in antiquity , and its teaching generally followed his principles ; thus it came to be known by his name . It might be the remains of a library of Kos , or a collection compiled in the 3rd century BC in Alexandria .

The Hippocratic Corpus contains textbooks , lectures , research , notes and philosophical essays on various subjects in medicine , in no particular order . These works were written for different audiences , both specialists and laymen , and were sometimes written from opposing viewpoints ; significant contradictions can be found between works in the Corpus . Notable among the treatises

of the Corpus are The Hippocratic Oath ; The Book of Prognostics ; On Regimen in Acute Diseases ; Aphorisms ; On Airs , Waters and Places ; Instruments of Reduction ; On The Sacred Disease ; etc .

= = = Hippocratic Oath = = =

The Hippocratic Oath , a seminal document on the ethics of medical practice , was attributed to Hippocrates in antiquity although new information shows it may have been written after his death . This is probably the most famous document of the Hippocratic Corpus . Recently the authenticity of the document 's author has come under scrutiny . While the Oath is rarely used in its original form today , it serves as a foundation for other , similar oaths and laws that define good medical practice and morals . Such derivatives are regularly taken today by medical graduates about to enter medical practice .

= = Legend of Hippocrates ' daughter = =

The Travels of Sir John Mandeville reports ( incorrectly ) that Hippocrates was the ruler of the islands of " Kos and Lango " [ sic ] , and recounts a legend about Hippocrates ' daughter . She was transformed into a hundred @-@ foot long dragon by the goddess Diana , and is the " lady of the manor " of an old castle . She emerges three times a year , and will be turned back into a woman if a knight kisses her , making the knight into her consort and ruler of the islands . Various knights try , but flee when they see the hideous dragon ; they die soon thereafter . This is a version of the legend of Melusine .

= = Legacy = =

Hippocrates is widely considered to be the " Father of Medicine " . His contributions revolutionized the practice of medicine ; but after his death the advancement stalled . So revered was Hippocrates that his teachings were largely taken as too great to be improved upon and no significant advancements of his methods were made for a long time . The centuries after Hippocrates ' death were marked as much by retrograde movement as by further advancement . For instance , " after the Hippocratic period , the practice of taking clinical case @-@ histories died out , " according to Fielding Garrison .

After Hippocrates , the next significant physician was Galen , a Greek who lived from AD 129 to AD 200 . Galen perpetuated Hippocratic medicine , moving both forward and backward . In the Middle Ages , the Islamic world adopted Hippocratic methods and developed new medical technologies . After the European Renaissance , Hippocratic methods were revived in western Europe and even further expanded in the 19th century . Notable among those who employed Hippocrates ' rigorous clinical techniques were Thomas Sydenham , William Heberden , Jean @-@ Martin Charcot and William Osler . Henri Huchard , a French physician , said that these revivals make up " the whole history of internal medicine . "

The most severe form of hair loss and baldness is called the Hippocratic form .

= = = Image = = =

According to Aristotle 's testimony , Hippocrates was known as " The Great Hippocrates " . Concerning his disposition , Hippocrates was first portrayed as a " kind , dignified , old country doctor " and later as " stern and forbidding " . He is certainly considered wise , of very great intellect and especially as very practical . Francis Adams describes him as " strictly the physician of experience and common sense . "

His image as the wise , old doctor is reinforced by busts of him , which wear large beards on a wrinkled face . Many physicians of the time wore their hair in the style of Jove and Asclepius . Accordingly , the busts of Hippocrates that have been found could be only altered versions of

portraits of these deities . Hippocrates and the beliefs that he embodied are considered medical ideals . Fielding Garrison , an authority on medical history , stated , " He is , above all , the exemplar of that flexible , critical , well @-@ poised attitude of mind , ever on the lookout for sources of error , which is the very essence of the scientific spirit . " " His figure ... stands for all time as that of the ideal physician , " according to A Short History of Medicine , inspiring the medical profession since his death .

= = Genealogy = =

Hippocrates ' legendary genealogy traces his paternal heritage directly to Asklepius and his maternal ancestry to Heracles . According to Tzetzes 's Chiliades , the ahnentafel of Hippocrates II is :

1 . Hippocrates II . " The Father of Medicine "

2 . Heraclides

4 . Hippocrates I.

8 . Gnosidicus

16 . Nebrus

32 . Sostratus III .

64 . Theodorus II .

128 . Sostratus , II .

256 . Thedorus

512 . Cleomytades

1024 . Crisamis

2048 . Dardanus

4096 . Sostratus

8192 . Hippolochus

16384 . Podalirius

32768 . Asklepius

= = Namesakes = =

Some clinical symptoms and signs have been named after Hippocrates as he is believed to be the first person to describe those . Hippocratic face is the change produced in the countenance by death , or long sickness , excessive evacuations , excessive hunger , and the like . Clubbing , a deformity of the fingers and fingernails , is also known as Hippocratic fingers . Hippocratic succussion is the internal splashing noise of hydropneumothorax or pyopneumothorax . Hippocratic bench ( a device which uses tension to aid in setting bones ) and Hippocratic cap @-@ shaped bandage are two devices named after Hippocrates . Hippocratic Corpus and Hippocratic Oath are also his namesakes . The drink hypocras is also believed to be invented by Hippocrates . Risus sardonicus , a sustained spasming of the face muscles may also be termed the Hippocratic Smile .

In the modern age , a lunar crater has been named Hippocrates . The Hippocratic Museum , a museum on the Greek island of Kos is dedicated to him . The Hippocrates Project is a program of the New York University Medical Center to enhance education through use of technology . Project Hippocrates ( an acronym of " Hlgh PerfOrmance Computing for Robot @-@ AssisTEd Surgery " ) is an effort of the Carnegie Mellon School of Computer Science and Shadyside Medical Center , " to develop advanced planning , simulation , and execution technologies for the next generation of computer @-@ assisted surgical robots . " Both the Canadian Hippocratic Registry and American Hippocratic Registry are organizations of physicians who uphold the principles of the original Hippocratic Oath as inviolable through changing social times .