Natural Remedies

MODULE 4

Vocabulary: Health













1. Read the first part of the text (Para A) and label the pictures.

2. Read the text again and match the following titles to the paragraphs. There is one extra title that you do not need to use.

1 A doctor in the royal family
2 The knowledge that was lost
3 The doctor of the caves
4 Both warriors and doctors
5 Medicine is everywhere in nature
6 The new life of traditional medicine
7 Passing on the knowledge

3. Study the Key Words. What do they mean?

Key Words: Health

Pharmacy root remedy powder ointment describe treat heal consider extract teeth bloodletting plaster splint wound

Traditional Medicine over the Centuries

A _____ When you get sick, you are usually given pills or antibiotics to make you feel better. However, your parents can sometimes offer you a drink of raspberry tea or hot milk with honey or just to eat some berries to get more vitamins. These are not sold in pharmacies. They are all around us. They all come

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from nature. Herbs and plant roots are used to make different remedies, like teas, powders and ointments.

B___ Traditional medicine goes back to ancient times. People lived on the territory of Ukraine thousands of years ago. It's quite probable that they used herbs, minerals and other natural remedies to treat most diseases. Their knowledge was passed down from generation to generation before it was described in manuscripts and books.

C___ In the 11th century the Kyivo-Pechersk Lavra became a real centre of culture. It was also the place where the first doctors began to treat their patients. The most famous doctor of that time was Agapetus of Pechersk. He was born in Kyiv and became a monk and later a doctor. A lot of people came to see him. He was known for his skill and he never took any money from the poor. The Chronicles say that he healed Volodymyr Monomakh when the Prince was close to death. Agapetus died in 1095 and was buried in the Pechersk caves.

D___ Another monument of medical culture of that time is the book called Ointments. The book was written in the 12th century by the granddaughter of Volodymyr Monomakh, Princess Yevpraksia. She studied traditional medicine and healed people. Her book is considered the first scientific work on medicine in Kyivan Rus.

E___ In the 15th - 17th centuries, life in the Zaporizhian Sich was marked by military campaigns and battles. The Cossacks were keen followers of the medical traditions of the past. They used that knowledge to treat the sick and the wounded. That's why they were pretty good at extracting teeth, bloodletting, making plasters for healing wounds, and splints for treating broken bones. When they started a campaign they always took some medicines with them along with weapons and food.

F___ Traditional medicine in Ukraine was rediscovered in the middle of the 19th century when scientists began to study old books from the 15th - 18th centuries. These days a lot of books are written on traditional methods of healing but we still know very little about the medicine of the past.

4.Read the text again and answer the questions.

0 Why is it hard to trace the beginnings of traditional medicine? *Because they go back to ancient times.*

1 What famous person did Agapetus heal?

2 When was the book Ointments written?

3 What medical practices were the Cossacks keen on?

4 What three things did they take on campaigns?

5 What helped scientists to study traditional medicine?

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