<table>
<thead>
<tr>
<th>Roman Medicine</th>
<th>How often was it used?</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gods cured illnesses and injuries</td>
<td>A lot</td>
<td>- built a temple to Asclepius when the plague hit Rome</td>
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<td></td>
<td></td>
<td>- often a first resort if medical treatment was risky</td>
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<tr>
<td>Doctors observed and recorded</td>
<td>A lot</td>
<td>- Galen used Hippocrates’ ideas of observation and recording</td>
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<tr>
<td>Herbs used as treatment</td>
<td>A lot</td>
<td>- opium used as an anaesthetic</td>
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<td></td>
<td></td>
<td>- turpentine and pitch used as antiseptics</td>
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<td></td>
<td></td>
<td>- Dioscordes wrote a book with 600 herbal medicine</td>
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<tr>
<td>Exercise and diet used as a cure</td>
<td>A lot</td>
<td>- took exercise at public baths and gymnasiums</td>
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<td></td>
<td></td>
<td>- should exercise every day</td>
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<tr>
<td>Simple operations</td>
<td>A lot</td>
<td>- used bleeding, trepanning, amputated limbs, cataracts removed using needles</td>
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<td></td>
<td></td>
<td>- internal operations were rare</td>
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<td>Doctors researched the causes of disease</td>
<td>Not at all</td>
<td>- not interested in research</td>
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<td></td>
<td></td>
<td>- Galen was more interested in practical knowledge</td>
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</tbody>
</table>

**New Technology (Tools):**

- Catheter – to assist the passing of water
- Speculum – used for internal investigations such as child birth

The Romans did, however, have a large number of *practical, traditional* remedies for disease. Substances such as unwashed wool (for sores), yolk of eggs (for dysentery) and boiled liver (for sore eyes). The Roman Army doctor assembled a list of some 600 herbal cures in his 'Herbarium' (a book that was used for the next 1,000 years).

Romans believed in the healing power of nature and the use of opposites - eg hot pepper to cure a cold and (cool) cucumber to cure a fever.