**Humoral treatment**

* **Blood-letting** was common practice for an imbalance of humours. The idea was that bad humours could be removed by draining blood. Mostly performed by a Barber Surgeon, not a physician.
* They could cut a vein, usually near the elbow, or use leeches (10- hour process!), or maybe cupping which involved placing a heated cup over the wound and the vacuum would suck the blood out.
* Sometimes people would die from this procedure.
* People believed clearing the digestive system was important to remove any bad humours. This would be done by giving the patient either an **emetic** (vomit) or a **laxative** to clear them out.
* Emetics were usually strong herbs like aniseed or parsley. Laxatives were often mallow leaves stewed in ale.
* Sometimes a **clyster** would be used to administer medicine anally. This is sometimes called an enema.

**Herbal remedies**

* People often given **herb**s to sniff, eat or drink to make them better e.g. Aloe Vera to improve digestion.
* Herbs included: mint, camomile, almonds, saffron etc.
* **Theriaca** was very popular – this was a mix of 70 ingredients including ginger and pepper. Galen had written a lot about them.

Renaissance

Medieval

**Blood letting**

* Humoral treatment still in use e.g. bleeding, purging and sweating.
* **Transference** introduced – this meant that an object like a vegetable would be rubbed against the wound to drain the badness from it (e.g. warts, boils etc.)

**Herbal remedies**

* Continued to be popular, although changed slightly.
* Herbs were chosen because of their colour e.g. yellow herbs like saffron being used to treat jaundice (which turns your skin yellow). Red wine used to cure red diseases
* New remedies started to appear from the New World (America) e.g. sarsaparilla, ipecac and cinchona (used in treating malaria). Others include tea, coffee, tobacco and cinnamon.

**Chemical cures**

* Growth of alchemy meant people began to look for metals to cure illness, this is known as iatrochemistry.
* Pharmacopoeia Londinensis (1618) includes 2,140 remedies. 122 of which suggest using mercury and antimony in small doses. Mercury tablets were used to treat syphilis (STI).
* Patients would leave cups of antimony overnight and drink it in the morning. It would encourage vomiting which was thought to be good as purging.