






MEDICINAL PLANTS OF THE AEGEAN BRONZE AGE



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“MEDICINE HAS LONG HAD ALL ITS MEANS TO
HAND, AND HAS DISCOVERED BOTH A
PRINCIPLE AND A METHOD, THROUGH WHICH
THE DISCOVERIES MADE DURING A LONG
PERIOD ARE MANY AND EXCELLENT...”

-Hippocrates, *Ancient Medicine* (5th century BCE)



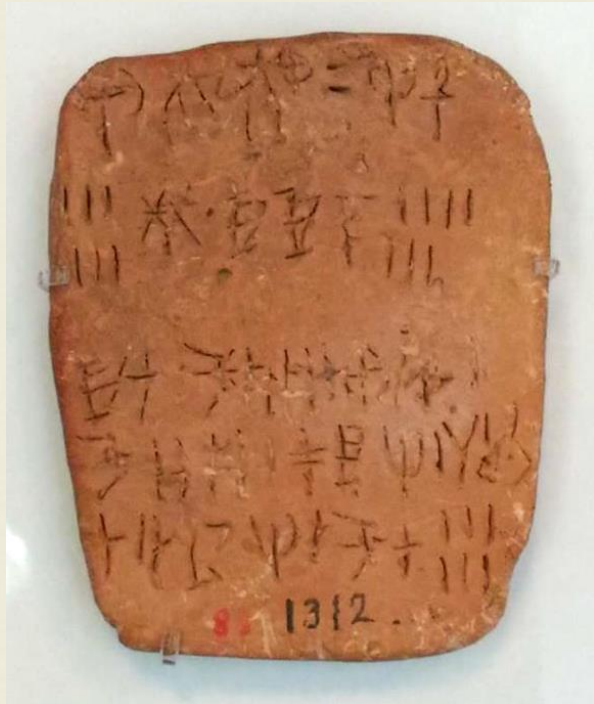


THE AEGEAN BRONZE AGE



3200–1100 BCE

LINEAR A



LINEAR B



PLANTS MENTIONED IN LINEAR B

SESAME	SA-SA-ME
CUMIN	KU-MI-NO
CORIANDER	KO-RI-A-DA-NA
PENNYROYAL	KA-RA-KO
TREE MALLOW	E-PI-KA
SAFFRON	KO-RO-KI-NO



Tablet Py Eq 146

Crocus sativus (Saffron)



Mentha pulegium (Pennyroyal)





CROCUS SATIVUS
(SAFFRON)



AKROTIRI, THERA (XESTE 3, ROOM 3)

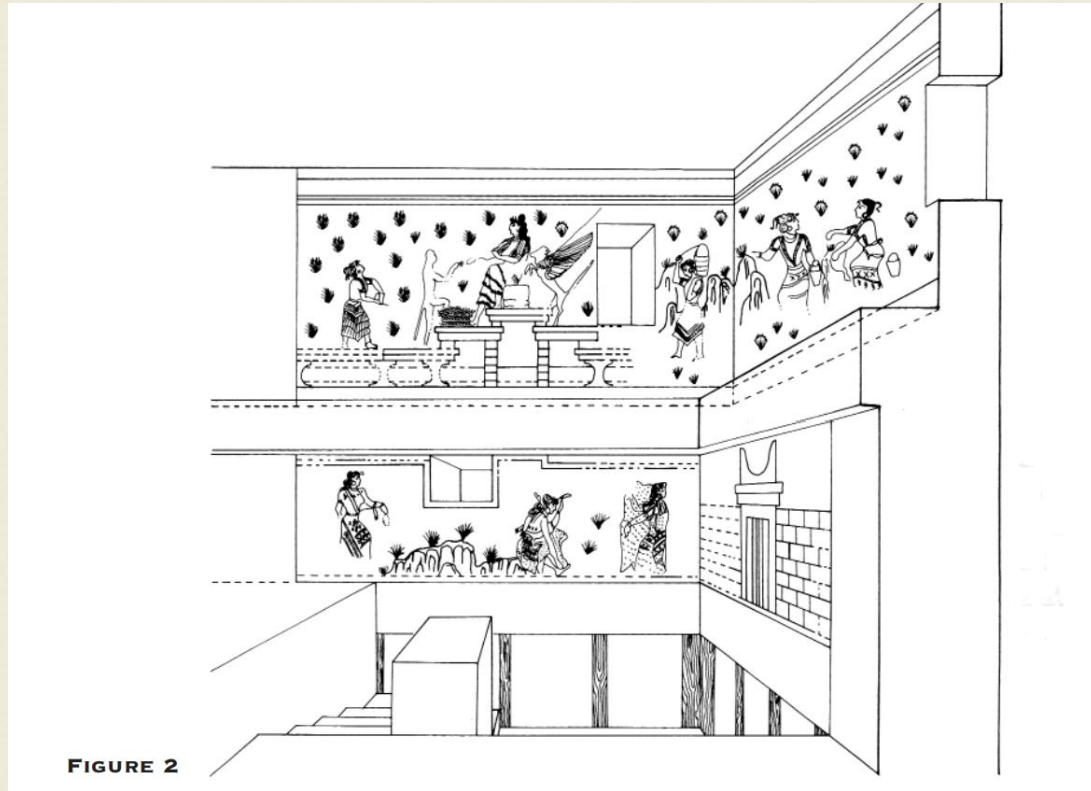
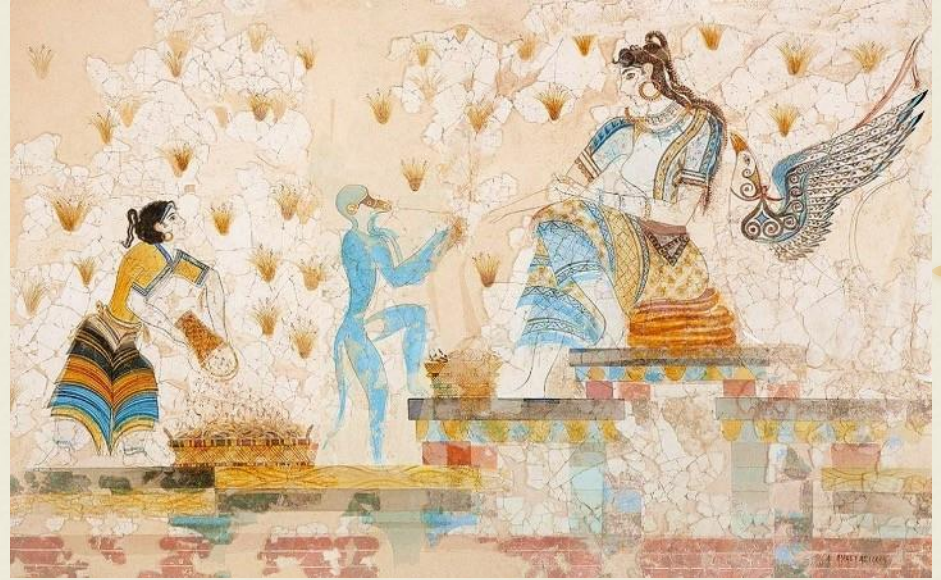


FIGURE 2



PALACE AT KNOSSOS, CRETE

“THE SAFFRON GATHERERS”



VILLA AT HAGHIA TRIADHA



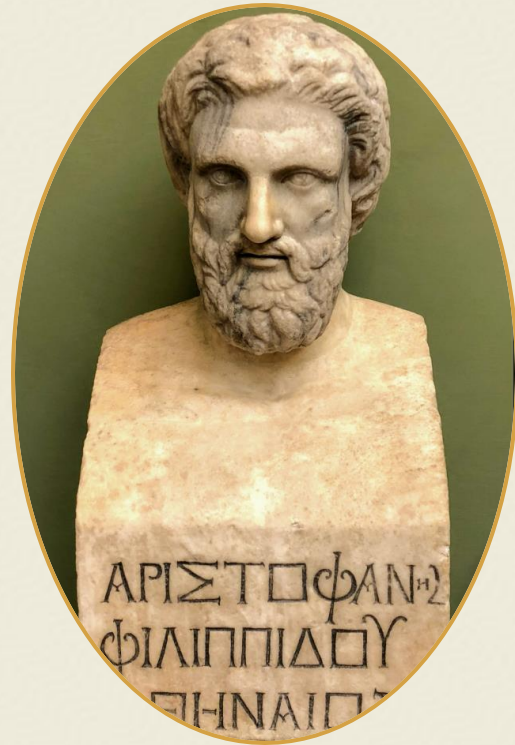


MENTHA PULEGIUM
(PENNYROYAL)

“TRYGAEUS: Come, my dear friend, come and accept my kisses. Tell me, Hermes, my master, do you think it would hurt me to love her a little, after so long an abstinence?

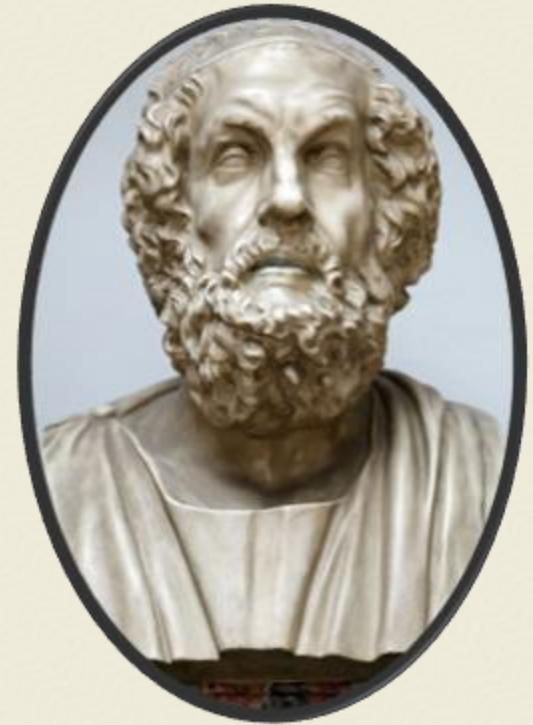
HERMES: No, not if you swallow a potion of penny-royal afterwards.(1) But hasten to lead Theoria(2) to the Senate; 'twas there she lodged before.”

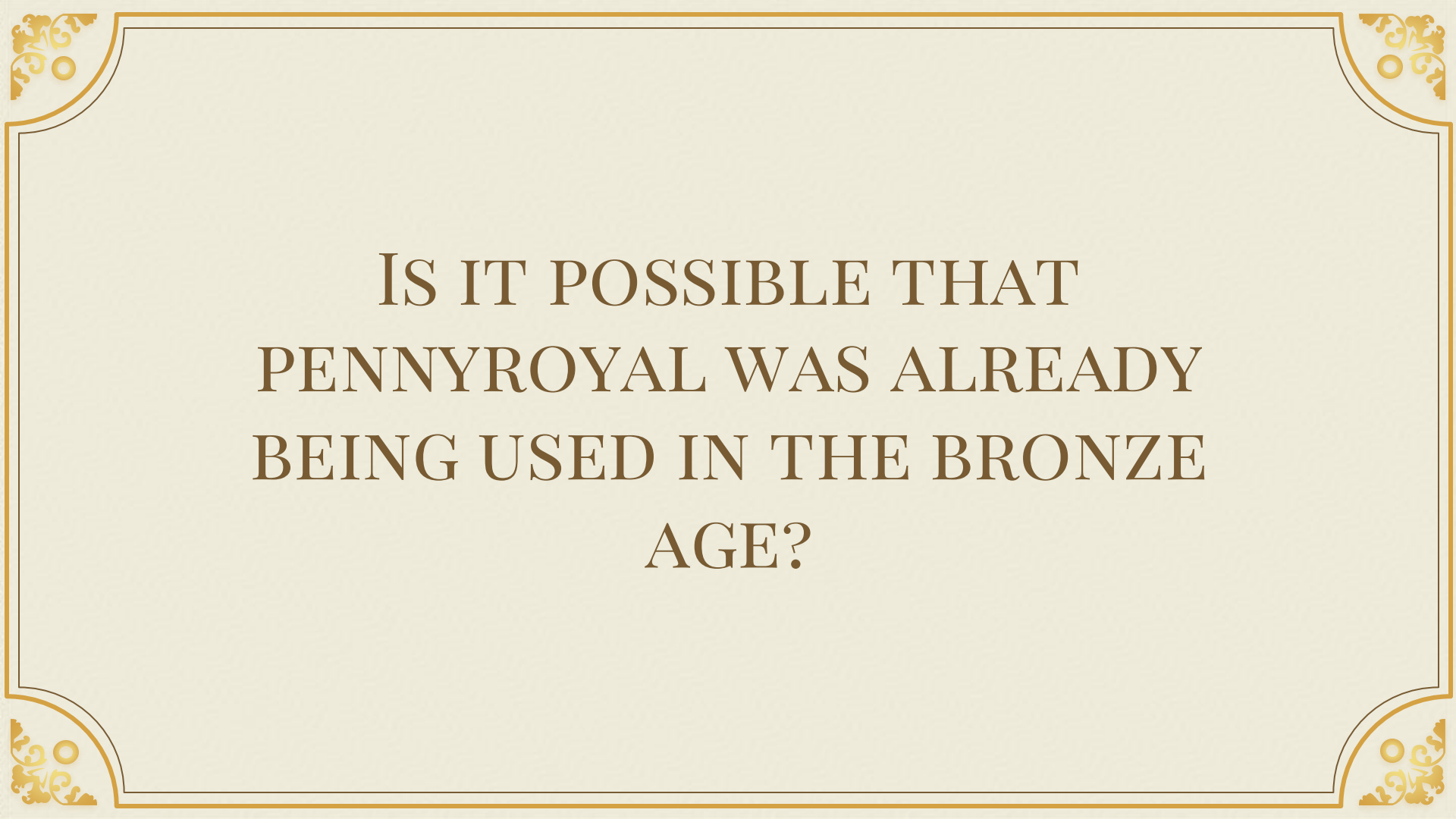
-**Aristophanes,**
Peace (5th Century BCE)



“Then Metaneira offered her [Demeter] a cup, having filled it with honey-sweet wine. But she refused, saying that it was divinely ordained that she not drink red wine. Then she [Demeter] ordered her [Metaneira] to mix some barley and water with delicate pennyroyal, and to give her [Demeter] that potion to drink. So she [Metaneira] made the *kukeôn*^[19] and offered it to the goddess, just as she had ordered.”

-**Homer**, *Hymn To Demeter*
(7th-6th Century BCE)





IS IT POSSIBLE THAT
PENNYROYAL WAS ALREADY
BEING USED IN THE BRONZE
AGE?



CONCLUSIONS

THE RECURRENCE OF SAFFRON AND PENNYROYAL SUGGEST:

- THERAPEUTIC PURPOSES
- MEDICINAL SIGNIFICANCE
- USAGE BEYOND THEIR ADMINISTRATIVE AND AGRICULTURAL ROLES





THANK YOU

