

**KEY DATES IN THE HISTORY OF WESTERN HERBOLOGY
(Early Times to Middle Ages)**

- 2500 BC** - Sumerian Ideograms Vaguely Indicating Use of Medicinal Herbs: (Poppy, Belladonna, Mandrake, Henbane, Hemp, Saffron, Thyme, Senna, Garlic, Licorice, Myrrh)
- 1500 BC** - Egyptian "Ebers Papyrus" describing herbal preparations containing Opium, Hemp, Myrrh, Frankincense, Castor Oil, Fennel, Senna, Thyme, Henna, Juniper, Linseed, Aloe, Garlic, Coriander, Cumin
- 1350 BC** - "Code of Hammurabi (Babylon)" which is a stone writing containing reference to Senna, Henbane, Licorice, Mint
- 400 BC** - "Rhizotomika" which is the first Western herbal written by Diocles (student of Aristotle). Listed medicinal plants and some notes about their effect on the body.
- 100 BC** - "Herbal of Crataeus" written by Crataeus (physician to Mithridates VI, King of Pontus). Unique in having a picture of the plant with its discussion.
- 100 AD** - "De Materia Medica" written by Pedanius Dioscorides. First herbal to be written in the format used to this day.
- 180 AD** - "De Simplicibus" which is the herbal Materia Medica written by Galen. Herb use and classification based upon the humoral theories of Aristotle and Hippocrates.

400 - 1500 AD - Middle Ages

-Christian church monasteries being havens of herbal medicine use, experimentation and study; especially Benedictine order.

-Major contributions made to herbal medicine and pharmacy by Arabic herbalists. Introduced numerous new medicinal plants to the Western Materia Medica which originated from outside Europe and developed many novel herbal formulas. Notable figure during this period was Ibn Said (980-1037) also known as "Avicenna". Devout follower of Galen's ideas.

-Reemergence of European medical prominence with the establishment of "Salerno" in Italy. Center for medical study and many of the advances made by Arab herbalists became available through translation at this institution.