

## Short Communication

# Reports and Studies, in Medieval the Case Common Diseases in Fez by Leon Ifriqai

Mohammadreza Shahidipak\*

Islamic Azad University Central Tehran Branch, Iran

## Abstract

The daily reports from the Mediterranean coast are the common heritage of the world. During his long journey on the western Mediterranean coast, Leo African recorded a large collection of daily reports on various topics including health and diseases in Fez, and in his own way, it is a valuable asset in genealogy and geographical distribution. It is a disease. This work is the field of targeted studies in the history of medicine to follow the diseases and the weather connections on them. Genealogy of diseases is a branch of this issue has become more important due to the return of medieval and ancient epidemics in the post-modern medical science and helps to discover the relationship between environment and disease. Every historical study of diseases in different regions of the world can serve medicine in order to control and destroy diseases and prevent epidemics, and on the one hand, it helps to find the truth about the origin of diseases and epidemics. On the one hand, the present research proposes to formulate the scope and definition and principles of this new science in the world of medicine and to make it practical for the preservation of mankind. The material is a synthesis of numerous historical statements about diseases in different regions of the world, which have remained especially in geographical texts such as travelogues. Collecting them in one place and performing numerous quantitative and qualitative analyzes on them are useful sources of information and solutions to deal with the disease that threatens humanity more and more every day. Why did Leon try to write a report about the diseases of Fez in the Middle Ages? Because his mentality was dominated by the method of local history, which should record the details of the social and economic life of the small local people. This study shows that the local study of medicine's affairs in a particular ecosystem is a useful area for future medical practices.

**Keywords:** History; Medicine; Disease; Genealogy; Economic age; Middle age

## Introduction

Fez is one of the oldest places of human gathering on the Mediterranean and Atlantic coasts, which was first built around the 8<sup>th</sup> century AD under the name of the city of Fez by the founder of the Idrisian government. This city has a suitable climate and many facilities for providing food and water for humans. This city has been the political capital of the governments of Idrissian, Mohedin, Bani Merin and Sharafa several times and has a long history in the memories of Maghrib citizens. This city is the center of gravity of culture in the Maghreb. This city, which was the ancient birthplace of the Berbers, gradually became the traditional birthplace of the Maghreb Arabs and the mixed Arab-Berber population. Its population is a kind of hybrid society between East and West.

## Leon or Constantine and his Paradigm in Medical Studies of Fez

Hassan bin Mohammad Wazan, nicknamed Yohana Asad Gharnati, an Andalusian Arab geographer and traveler. He was born as a Muslim who migrated to Fez with his family and became known as Leon African and Giovanni Leone. In 1526, he wrote a book on the history and description of Africa in Arabic. He has prepared a report

of the daily events of Fez, and his detailed list of Fez medical events is more colorful with the description of common diseases in Fez. He is a role model for modern researchers.

## Report of Leon from disease of Fez city in medical

Leon Afrik mainis ka Aafrikas levinud haigusi ja mainis mōnda neist:

1. Ghar'a (عرق): A type of hair loss that was usually seen in the heads of children and adult women.
2. A headache that most people had.
3. Dental diseases caused by drinking cold water after hot food.
4. Stomach disease that most people suffered from and mistakenly thought it was heart disease.
5. Diarrhea and severe stomach pains that many people suffered from and this was also due to the cold water they drank.
6. Women's pain (ءاسنلا مالا) (Buzlum) and al-Raqb were abundantly seen among them due to the fact that they sat on the ground without wearing pants and their bodies were placed naked on the ground.
7. Gout: Gout was not common among them, and some of their chiefs, who were used to drinking wine, chicken feed, and boring food, suffered from gout.
8. Scabies: excessive eating of olives and walnuts and rough foods caused incurable scabies.
9. Lung disease and painful cough: Sitting on the ground in winter would cause people with a demure temperament to have a painful and sharp cough. Sometimes people could not understand what he was saying due to the severity of his cough during Friday prayer sermons (when the preacher was at the height of his speech).

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\***Corresponding author:** Mohammadreza Shahidipak, Islamic Azad University Central Tehran Branch, Iran, E-mail: reza2018mreza@gmail.com

10. Frankie's disease: Al-Afranjan disease: (Al-Zahri); this terrible disease has deadly pains and malignant wounds and injuries, and few people survive it. This disease was brought to Africa from Balad Farang and had no context in Africa, nor was it common in the valley of the Atlas Mountains (76) or among the Arabs of Numidia (77). The beginning of this disease is when Ferdinand, the King of Spain, expelled the Jews from his country and they brought Da Al-Afranjan with them to Berber land. The origin of this disease was the sexual relationship with the women of this group of Jews. This disease gradually spread in Africa during ten years, so that no family was spared from it. In the beginning, people with this disease were considered among leprosy sufferers and were taken out of the city to live with leprosy patients, and the number of these patients increased every day. In Tunisia, Italy, Egypt and the Levant, this disease, which was known as the plague, caused a large number of people to be killed. A group of people were suffering from albinism.
11. Pleuritis: Most people suffered from this disease.
12. Hernia: their testicles swelled and created a strange sight. They thought that gum and salty cheese are the cure for this disease
13. Epilepsy and neurological diseases: These diseases were common among African children, and most of the women suffering from them, out of ignorance, considered it caused by exorcism.
14. Lung and throat cancer: It was one of the diseases that Leon mentioned an example of as a result of drinking Khmer.
15. Polydipsia: (عاقس شسا) One of the famous diseases of the Hafsid state period was Polydipsia, In Hafsi sources, the death of several Hafsi sultans is mentioned as a result of it.

## Discussion

### Report of regional diseases and method of local medical historiography

Reporting common diseases in a small town of Fez, Morocco is a way of local historiography to know people. This method has been common among Muslim geographers and traditional doctors of Islamic societies, and there are many reports of this type available. This method makes it possible to predict and control the diseases caused by a specific ecosystem that has formed in a specific place, weather conditions, and specific food, and medical history data is available to modern medicine through numerous analyses [1]. The restoration of ecosystems of humans, animals, plants, nutrition and behavior of humans in them and the common diseases in them are useful for extracting valuable functions to control and destroy diseases and especially prevention.

## Results

Studying medical condition of ecosystem and determining medical behaviour. This research showed that local medical history studies can be discovered by adopting visa programs, controlling diseases and knowing them is useful.

## References

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