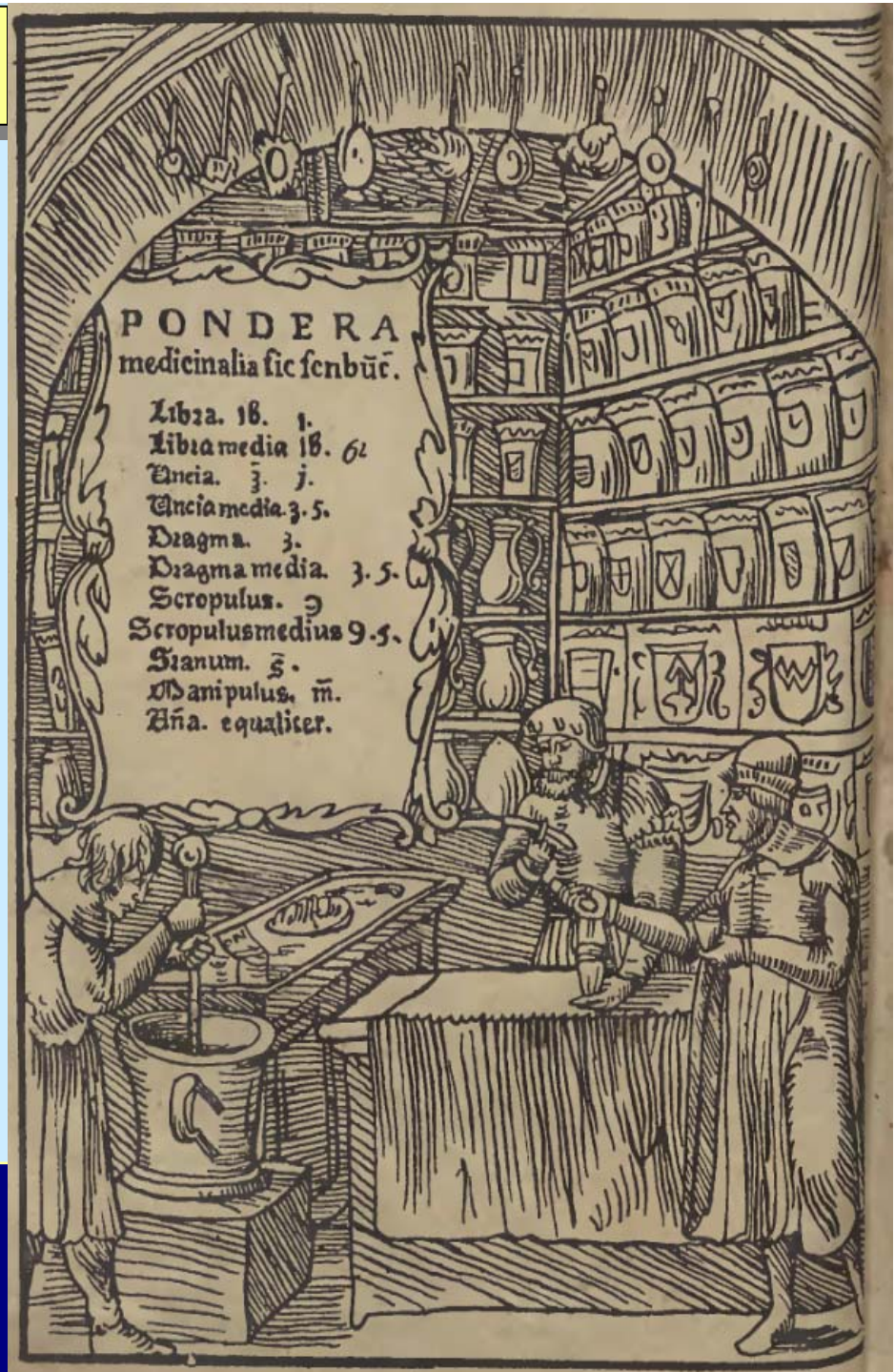


Beer as a remedy in Poland from the 16th to the 19th centuries

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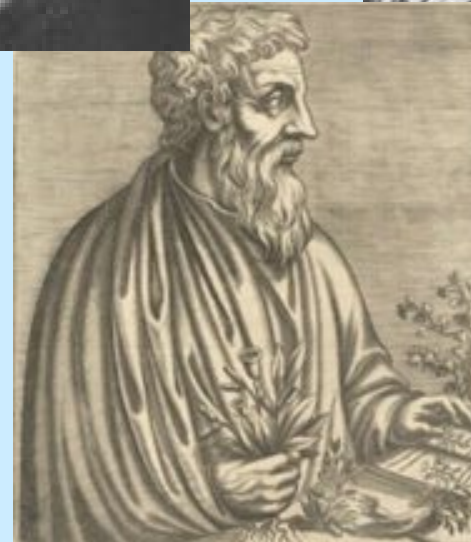
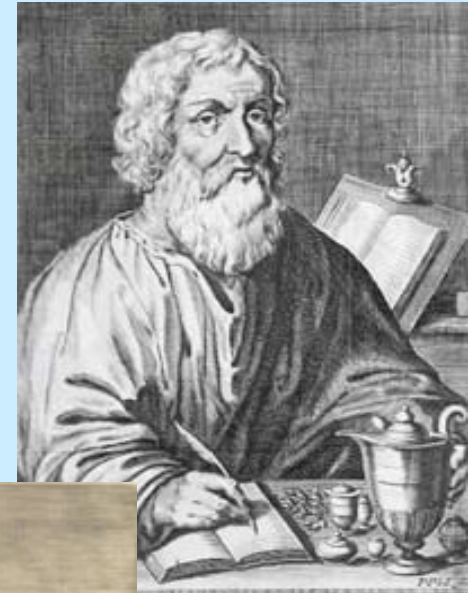
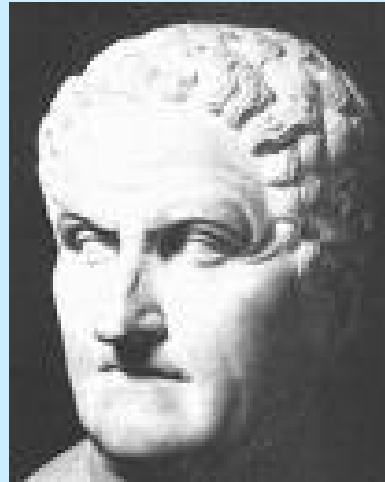
Polish beer in the past



- In Poland:
 - brewed from wheat
 - mild taste
 - low content of alcohol
- In pharmacy and medicine:
 - universal solvent for medicines
- In hospitals:
 - nutritious food

The views of Hippocrates, Galen and Dioscorides on beer

- Beer was indigestible
- Beer „*bad blood made*”
- „*liver and spleen closed*”
- „*stone in kidney multiplied*”



From the 16th to the 19th centuries



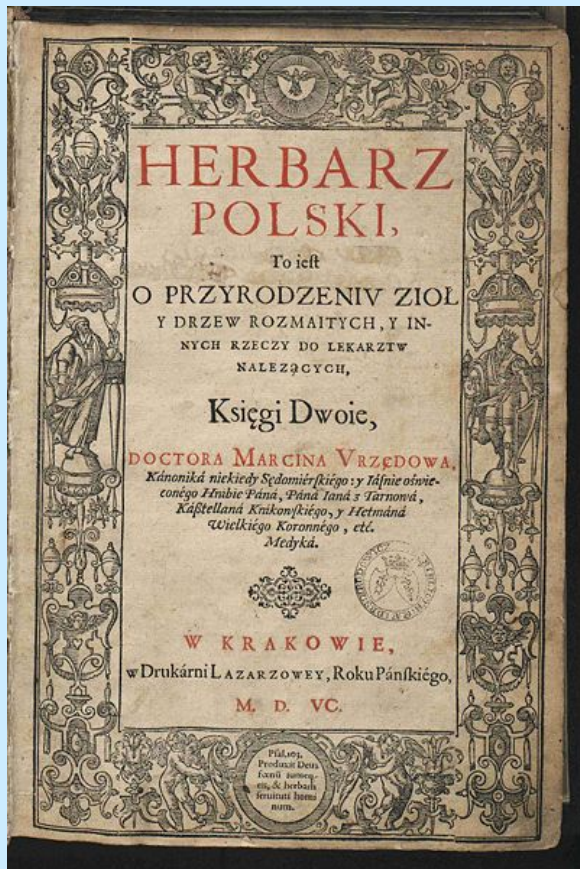
- Nutrious and healing properties of beer were described in some medical works published in Poland
- In the 19th century, beer was analyzed in community pharmacies and university laboratories

The first information about the use of beer in pharmacy in Poland

- The work „O ziołach i mocy ich”, by Stefan Falimierz (1534)
- **Old beer** was warming, strengthening stomach, preventing kidney stones, soothing asthma symptoms
- Syrup for the wounded: Tormentill-herb (*Tormentilla officinalis*), liverwort (*Agrimonia Eupatoria*), white dittany root (*Dictamnus albus*), red true mirrh (*Balsamodendron myrrha*) cooked in **old beer**



Marcin from Urzędów (1500-1573) about beer



- The work „Herbarz polski” was written in 1543-1553, published in 1595
- The author criticized healing effects of beer
- Beer was „*wet and cold*”
- A beer intoxicated man „*lays as a stone*” and „*as a mute beast*”

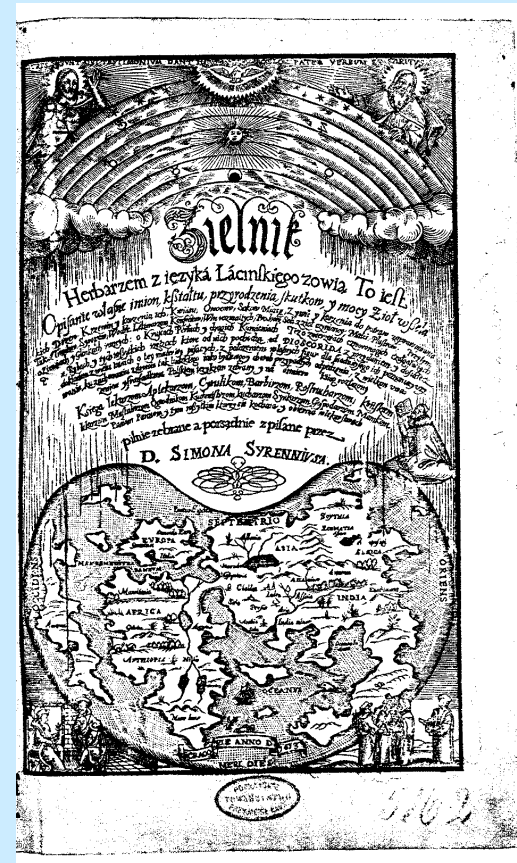
Chemists and druggists had brewed rye beer in their pharmacies in Poland

- Andrzej's Staniewski's death-stock of belongings from 1579
- „*three containers for beer, the fourth his own*”, a beer bowl, „*a trough for moistening of malt*”
- Beer production for pharmacy and domestic use



The most comprehensive description of curative effect of beer was published in the work „Zielnik” by Szymon Syreniusz

- According to Syreniusz, beer production methods were imperfect in ancient Greece, thus Hippocrates criticized its taste and effects
- Beer „*is healthy, refreshing and fattening*”



Hop as an important addition to beer



- Syreniusz cited Mesue's works, where hop was described as a medicine cleaning blood, „cooling liver fever, putting on inflammation of intestines, keeping away choleric and phlegmatic fevers”
- Each kind of beer had its own characteristic curative effect
- For example, a barley beer was „disrupting stones in kidney and bladder, improving digestion, opening bowels and forming blood”

Recipes by Syreniusz

- Beer cooked with butter and salt was a purgative.
- Young beer was recommended for wet-nurses.
- Beer with fern root was applied on back of child at the age of first year to accelerate growth.
- Cataplasm from beer and beer yeast was applied on swelling and painful legs.
- Beer vinegar eradicated worms.



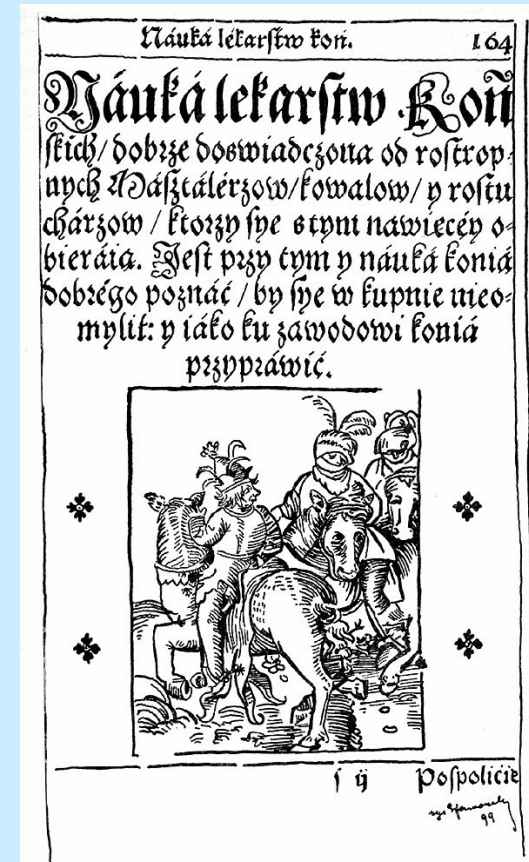
Beer was applied as a medicine to the end of the 18th century



- In 1758, the work of A. Pedemontanus was published
- Purgative herbs, for example senna, were cooked in beer and applied against fevers
- Beer was a solvent for medicine against leprosy, scabies, cancer and syphilis as well

Beer in veterinary pharmacy

- Beer in which liquorice root (glycyrrhiza glabra) was cooked and needle size root (Inula Helenium), anis seed (Pimpinella Anisum), oil and honey were added, cured nasal congestion of horse.
- Beer in which the crusts were cooked and Spanish smecta, Dioscordium and honey were added, cured diarrhoea of horse.



Curative effects of beer



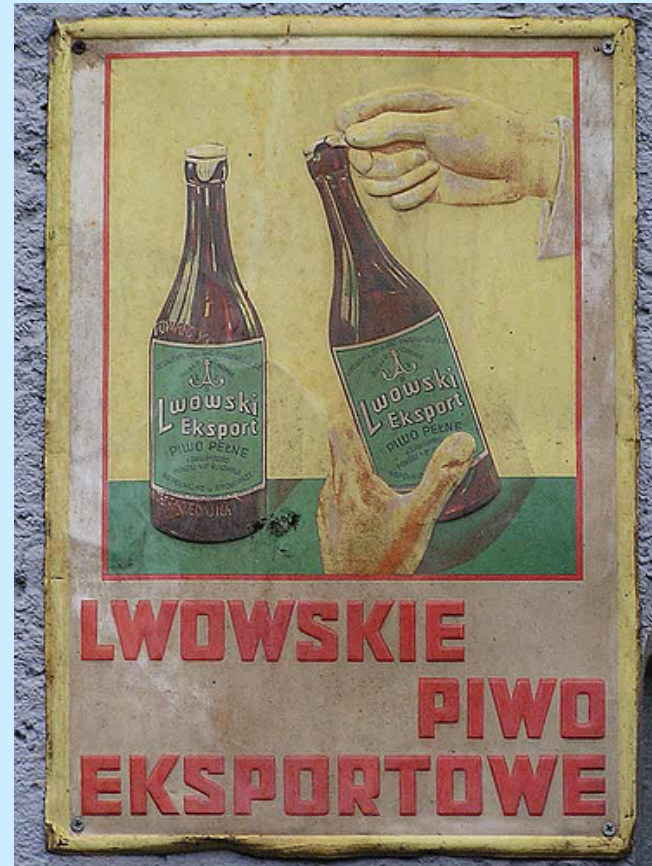
- In the 19th century, a French Pharmacopoeia recommended a beer in which pine buds (*Gemmarum recentium Pini*), horseradish root (*Radicis Armoraciae*) and *Foliorum recentium Cochleariae* were cooked, as a cure for scurvy.
- Hermann Hager recommended bitter beer (*Cerevisia amara*) as a medicine for stomach diseases.

Nutritious properties of beer

- An important part of hospital diet, which was considered as a main medicine
- Physicians prescribed to hospital patients one whole serving, a half of serving or a quarter of serving.
- One whole serving: meat soup with rice or porridge, a half of pound of meat with vegetables and one and a half of liter of beer.
- Only women in labour and patients with fever didn't eat beer soup or drink beer.
- Beer was a stimulant for the mentally ill.

Chemical and physical analysis of beer

- Industrialization of beer production resulted in development of chemical and optical methods of beer analysis.
- Pharmacists had taken beer samples from restaurants and looked for their toxic additions and adulterans.



In the last decade



- Research confirmed that beer decreases a level of cholesterol in blood
- Some purgative and anti-cancer effects of beer were confirmed as well.

Thank you for attention!

