

Roots of Pharmacy Practice in Bosnia and Herzegovina from the Ottoman and Austro-Hungarian Period: Attars' Mission for Pharmaceutical Care

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ABSTRACT

Significant role in how they played, and Jews Sephardim who came to Bosnia from Spain and Portugal in the late 15th and early 16th centuries. It is those were the first owners of districts–Shop herbs or pharmacy. Along with them were developed and Muslim attars, who founded and attars marketplace in Sarajevo. Experience and knowledge in the domain of medicine and healing practiced by old Bosnian Sephardim been acquired for centuries, is now mainly found on the shelves.

Key words: Ottoman's empire, Attars, Pharmacy.

Islam, as a new religion that the Ottomans spread in Western Europe upon their arrival, propagated also personal hygiene and hygiene of housing. At that time Muslim town houses had street bathrooms, and wealthier families and special places for ablution and bathing before prayer. Medical education and communications in that period of time was primarily based on the Arabic language, which at that time was already at a high level of development (1). Islam as a system of life and relationship with cleanliness, nutrition and the environment is significantly improved quality of life and improve the health of the population. With the arrival of Islam in Bosnia many aqueducts, public fountains, bathrooms, various inns, public toilets, sewage systems were built for the cities far earlier than in Europe (2).

In the mean time, Attar-druggists (traditional and herbal drug sellers) were the precursors of modern pharmacists in Bosnia and Herzegovina (6-10). The word attar has an Arabic origin with the meaning of person who sells herbal or aromatic drugs. The documented history of Attars in Bosnia and Herzegovina backs to 1565 and their work ends in 1941 during the Second World War (6). Attars usually were collecting or cultivating their own herbal medicines by themselves. Drugs with animal origin were very rare handmade.

Symbol of Sarajevo attars was the routes of graviolens plant which was routinely used for people who were scared of something (it was necessary to have a route with honey); in the treatment of insomnia and nerve disease (mix routes and honey stand at the window, after which the patient were drinking this

mixture for three days; as a protection against the evil eye and evil eye; in the case of a child crying at night (11). It was believed that this herb protects against curses and evil, because its shape resembles a hand with five fingers. For Semitic peoples, this hand with five fingers was a symbol for amulet of protection.

Attars at that time were making some special form of medication which was called electuary (drugs with a pasty consistency which was used in various diseases). Their composition was secret and carried the name of districts that were made. In their preparation were used plums, garlic, bread, cinnamon, musk, sandalwood, depending on the purpose. These electuaries were most commonly used for hemorrhoids, melancholy, paralysis, migraine, itching, measles, and leprosy and also electuary of plum against constipation and gas in the stomach (6).

Attars had some preventive advices and regulations to prevent spreading of disease during outbreaks. Most common of them were drinking boiled water in which a piece of red-hot iron was used to cool it before drink; before and after going out on the street wiping the face and hands with vinegar; eating up every morning a fig tree nuts and grains of salt and after contact with people wipe hands the with sponge and vinegar.

Other hygienic and preventive measures included the obligation for frequent bathing, which was originated from the Jewish and Islamic legislations before holidays, prior to furnishing the dead, after sexual intercourse, and for women after periodical menstruation. The Library of Jewish Community in Sarajevo preserved two herbal manuals (from 1820 and 1840). They



Figure 1. "Attar's" drugs-shop in Sarajevo (owner Papo family, old 350 years)

contain the names of medications and instructions on how they were prepared. They were written by hand on the Ladino language race-letters in italics. The herbal manuals had plenty of words of Turkish, Italian and Hebrew origin. The reason for this is that they were used in the preparation of herbal manuals from different sources. In Sarajevo, the oldest preserved attar store is a pharmacy owned by the Papo family backs to about 350 years ago. This store over the centuries had always been located in the same place in Saraci street.

Significant role in how they played, and Jews Sephardim who came to Bosnia from Spain and Portugal in the late 15th and early 16th centuries. It is those were the first owners of districts-Shop herbs or pharmacy. Along with them were developed and Muslim attars, who founded and attars marketplace in Sarajevo. Experience and knowledge in the domain of medicine and healing practiced by old Bosnian Sephardim been acquired for centuries, is now mainly found on the shelves.

But only in the seventeenth century formed attar guild. By far known and available data, we can conclude that the first attars in Sarajevo were Jews who were important factor in the economy of the city. Eventually, with the Jews, attars stores opened and Muslims and their stores are increasing, so that in 1874 33, and next to them at least a dozen other denominations.

At the end of the nineteenth century, after the introduction of tenzimata (reforms) the importance and role of guilds are falling, and then disappears and attar guild.

However, the Jews, who were also started taking this profession as traders rather than as craftsmen continue with holding attar shop and work in them. One of the last attar shop in this store over the centuries have always found in the same place: in the street Saraci on the number

Preserved Materia Medica (herbs and medicines), its packaging and some other stuff sold in attar responsible for, and suggest some ways in which the goods arrived in our region. The largest part of the local goods of domestic origin. They brought the peasants from the environment, which is picked, dried and sellers Attar.

During the Ottoman period, goods are mostly imported via Dubrovnik, which has data for export in the literature. To the East are imported costly spices and perfumes, rare plants, including "bluket" that poisoned

Family Papo gave pharmacists- attars over 400 years. Their pharmacy all the time stood in the same place, in the street Saraci on the number 6. The last members of the Jewish families were Santo Papo and his son Albert. He was also the last Sarajevo attar. Tia Abraham Papo, the author of the manual, which is

located in the library of the Jewish Community in Sarajevo. Abraham Papo is one of the most famous hakim-Attar. Among the folk-doctor, healers, the confidence of the people and the reputation stood out swanmia the al Papo: house doctor, the Sarajevo Jewish families Salom. Although 1847 the Muslim Attar was 33 no notebook manual has not been preserved, only found two notebook-manual districts Jews and one from 1836. And the other approximately from 1850, both Manuela are written in Spanish, and drug names have yet to give ii Turkish, Italian, Latin and Hebrew. In addition to the main proscription that has a different prayer, chronicle notes about significant events, and at an even and songs. At the end of the seventeenth century medical practice was performed by several local Jews in Sarajevo. Among them are the most famous doctors and pharmacists Josef Haim Shalom and those from families Sumbul. One of the first trained doctors was Isaac. In addition to family Salome treatment deal and Samuel Sumbul.

Among the many herbs mentioned herbs with ethereal oils which are some of the modern therapy used.

Medicine old Bosnian Sephardic devoted a lot of attention. Not without reason. It was the basis for many drugs and preparations which are still used today, which are extremely effective.

The boxes and crates that belonged to the domains have been found in various things and plants used in treatment such as ivy leaves, gentian, rose petals and hops, poppies, yellow clay, chalk, oak root, henna, blueberries, grapes plums, wreaths of effort, husk and white string beans, seeds route, pieces of lead, juniper, salep, resins and .they who were engaged in this work were mainly trained and educated people, not a self-taught as widely accepted by most.

When the Sephardim arrived in BiH, change of life brought many sacred books, various manual containing medications East and West, written in different languages. They brought not only Jewish medicine, but also the Arabic and Spanish. The

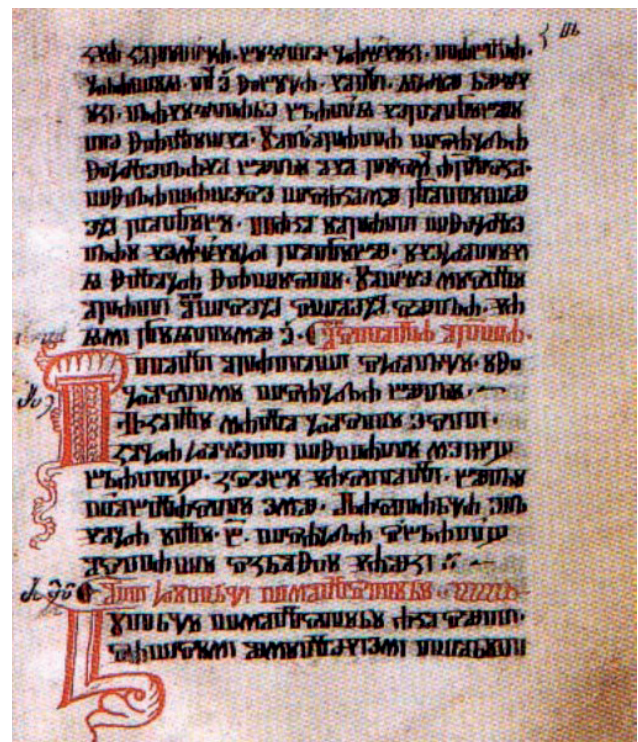


Figure 2. Example of "Ljekarusa", used for health treatment in Bosnia during Ottoman's period

craft has been handed down from generation to generation. The first book with recipes from Atari, herbal manuals, written in 1820 in Jewish and Spanish. As far as the districts of Jews, most were those from families Papo. It has been preserved and is one of their herbal manuals from 1840 that of Abraham Pope, in which there are recipes for some medical schools at that time. People then believed many herbalists. He adds that Atari held only by men, while women engaged in various Sephardic chanting, which have treated people from mental health problems.

One of the most famous of their preparations was Mummy. She was an old woman used as a cure for every disease. They were convinced that almost every patient attacked by evil spirits and therefore must first banish the evil spirits. And, as they believed, just mummy has these miraculous properties. The preparation consisted of flesh and bones corpse. Giving the patient in the form of powder mixed with sugar or the patient would wash his hands, face and feet, or entire body of water in which dilutes a few grams of mummies. When it comes to this, I must emphasize that we talk about something that was not known by the Jews, and probably was familiar with these various soothsayers and women who were engaged in chanting. Otherwise, it is forbidden to excavation of the dead, yet there is likely to be incidents that and it worked.

Few are those who traditionally familiar with Judaism as a religion and nation. When the Sephardim the custom was that the house is always grass roots. It was believed that it brings good health. Austro-Hungarian Empire, many attars are closed. At the beginning of World War I closed all the Muslim, Jewish and two were held until World War II when they are closed.

1. CONCLUSION

Jews have indeed had a great contribution and importance in the health life of Bosnia and Herzegovina, as well as in the field of pharmacy of business. That's what witnesses of data attar actions transforms today's pharmacy. Such pharmacies before 300 years. You could find a lot to successfully healing.

The importance of belonging and herbal manuals, as a witness on how paying attention to health and medicine for hundreds of years ago, how they appreciated some grass and how much is paid to the hygiene, nutrition, cleanliness and other segments of health preservation. Their entire focus is based on prophylactic hygiene measures. Herbal manuals were created as a result of the efforts that in the absence of doctors and medical literature and the low level of sophistication of the people allow treatment of the broadest masses.

CONFLICT OF INTEREST: NONE DECLARED.

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