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## ANALYTICAL INQUIRY OF ZAKHIRAH-I KHVARAZM'SHAHI AS THE MOST IMPORTANT ENCYCLOPEDIA IN MEDICINE IN 12<sup>TH</sup> CENTURY AD

**Açar sözlər:** Cürcani, Zəxireyi-Xarəzmşahi, tibb tarixi, anatomiya, cərrahiyyə, sağlamlıq, farmakologiya.

**Key words:** Jurjani, Zakhirah-I Khvarazm' Shahi, history of medicine, anatomy, surgery, health, pharmacology.

**Ключевые слова:** Джурджани, Захирейи-Хорезмшахи, история медицины, анатомия, хирургия, здоровье, фармакология.

Medical science history is filled with ups and downs. Different nations played major role in medical sciences evolution. World Islamic people paid especial attention to it, too. Some of the Iranian medical scholars appeared are: *Razi*, *Avicenna*, *Zahravi*, *Faarabi* who have served medical science and promotion of it. For many years Islamic medical science books were studied in the most significant universities of the world.<sup>(1)</sup>

During the time of *Anooshirvan Ibn-Manoochehr* (1031-1043AD), latest ruler of *Al-e-Ziar* in *Tabarestan* and *Ghorghan*,<sup>(2, 123)</sup> a baby was born called *Esmail* who became one of the greatest physicians of 12<sup>th</sup> century. According to *Beihaghi* medical sciences were revived by his works.<sup>(3, 172)</sup> Later on, he was titled: "*Al-Amie*", "*As-Sayyed*", "*Al-Emam*" and nicknamed "*Abu al-Fazael*", this indicates his high degree in that field.<sup>(4)</sup> He lived for 97 years and served in the court of *Qutb ad-Din Khvarazm'Shah* and his son, *Atsoz* (1128-1156AD). He attached to the court of *Khvarazm'Shah* in 1110AD and then entitled his best work, "*Zakhirah-i Khvarazm'Shahi*" (The Treasure of Khvarazm'Shah).<sup>(4)</sup> He worked as physician of the court; in the meanwhile worked in charge of "*Baha ad-Doleh*" hospital and pharmacy.<sup>(5)</sup> Despite the high salary,<sup>(6)</sup> he was unsatisfied of being there because he felt that he was away from research and writing. In *Zakhirah-i Khvarazm'Shahi* he indicates that: "number of patients is on the increase, I have no more time to complete my works." Finally, he passed away to Marv, 1136AD.<sup>(8, 692-693)</sup>

Two famous mentors of Jurjani were *Abu al-Qasim Qashiri* (994-1072AD) and *Ibn Abi Sadiq* (993-1074AD). *Abu al-Qasim Qashiri* was one of the most famous jurists, scientists and exegetics of 11<sup>th</sup> century.<sup>(7, 315)</sup> He apparently was Jurjani's master in religious jurisprudence. But the main mentor of Jurjani in medicine and pharmacology was *Abu al-Qasim Abdul ar -Rahman Ibn Ali Ibn Abi Sadiq Nishapuri*, nicknamed *Second Hippocrates* who was considered as one of the great physicians of 11<sup>th</sup> century and, in turn, one of the students of *Avicenna*. His studies of Anatomy are renowned.<sup>(8, 719)</sup> Jurjani talks about *Abu al-Qasim Ibn Abi Sadi Nishapuri* in some of his books. In one of them he says: "*Abu al-Qasim Ibn Abi Sadiq Nishapuri* is one of the greatest professors concerning the science of Anatomy."<sup>(9)</sup> He is the editor of *Galen's* book, entitled "*Distinguishing the Benefits of Bodily Organs*". Most of his works have been used as a reliable source of Anatomy science.<sup>(8, 692-693)</sup>

There are noteworthy medical sources written by Moslem scientists who improved their contents. One of the most famous physicians in Islamic traditional medicine is *Sayyed Esmail Jurjani* (12<sup>th</sup> century).<sup>(1)</sup> The significance of Jurjani's works cannot be expressed in two essays, but clearly he has written a number of medical books, especially *Zakhirah-i Khvarazm'Shahi*, which are significant encyclopedias.

There are 13 books written by Jurjani that some of them are unmedical indicating other subjects, including:

- 1) *Kitab al-Manbeh*<sup>(10, 727)</sup>; 2) *Rad al-Phalasifah*; 3) *Kitab fi al-Qias*; 4) *Kitab fi at-Tahlil*;  
5) *Vasiyyat Nameh*<sup>(10, 727)</sup>

The other eight books are concerning medicine:

- 6) *At-tazkereh al-Ashrafeyh fi Asnaah at-Tebbieh*; 7) *Tadbir al-Youm and Layleh*<sup>(11, 243)</sup> 8) *Zubdah at-Tibb*<sup>(12)</sup>; 9) *At-Tibb al-Mulkuk*<sup>(13, 36-37)</sup>

The most important books of him consist of:

- 10) *Yadegar*; 11) *Al-Iqraz at-Tebbieh and Al-Mabahis al-Alieh*; 12) *Khafi Alayee*; 13) *Zakhirah-i Khvarazm'Shahi*<sup>(14)</sup>

There are some remarkable medical books in Persian written before Jurjani, such as books of Avicenna or "*Al-Abniyeh an Haghayegh al-Adviyeh*" by Abu Mansur Ali al-Heravi. The latter is the most ancient medical book in Persian (1048-1053AD).<sup>(15)</sup> The other one is "*Hidayat al-Mutaallimin*" written by Abobakr Rabi Ibn-Ahmad al-Akhavayni al-Bokhari (980).<sup>(16)</sup>

By gathering almost all of the medical subjects in a unique medical science encyclopedia Jurjani succeeded to investigate the whole medical science, therefore, according to his own statement, "...so there is no need to refer to other sources."<sup>(4)</sup> He collected great deal of Persian medical terms which were current till 1110AD and it was possible to be inexistent thereafter.<sup>(1, 315)</sup> In case *Zakhirah-i Khvarazm'Shahi* is a proper source of medical terms. In the preface of first volume of *Zakhirah-i Khvarazm'Shahi*, Jurjani indicates that: "...although it has been written for serving Persian language. Common Arabic terms have been written in original language, Arabic because most of the people understand their meaning and they are easy to use to for users. Some of these terms have been translated to Persian, too, and are ambiguous."<sup>(4)</sup> It is noteworthy that substitution of foreign scientific terms (especially medical terms) is one of the most important problems of Persian language,<sup>(17, 17)</sup> whereas *Zakhirah-i Khvarazm'Shahi* comprises equivalent phrases for them in Persian. Jurjani writes the current terms and phrases in their original forms, but then gives their substitute words in Persian, too. Syril Elgood, who has made a close study on medical history of Persia, believes in Jurjani's invaluable influence on promotion of medical science and Persian language and says: "*influence of Jurjani's works on Iranian science is alike the Bible's on English prose.*"<sup>(18, 216)</sup> His works are widespread in Iran and all over the world. Since most of the subsequent Iranian physicians' books founded on *Zakhirah-i Khvarazm'Shahi*, this is a mark of distinguish.<sup>(17, 19)</sup> Arozi Samarghandi named *Zakhirah-i Khvarazm'Shahi*, *Al-Iqraz al-Alieh*, *Khafi Alayee*, and *Yadeghar* in his invaluable book *Chahar Maghale* (4 Articles) written in 1155AD, about 20 years after Jurjani passed away. This shows advanced generic acceptance of his works in scientific societies of that time. It is not to be figured as unusual incident that a work can be equal with scientific masterpieces such as *Al-Havii* and *Al-Mansouri* by Razi, *Qanun* by Avicenna, *Sad Baab* by Abu Sahl Masihi, and *Kamel as-Sanat* by Ali Ibn-Abbas Ahazii. Compiling of such a book in both Hebrew and Turkish indicates that its writer possessed the necessary capabilities and was well grounded. Because of comprehensiveness of them, Jurjani's works have been referred to by most of the medicine physicians and scholars.<sup>(14, 112)</sup>

Existence of a number of manuscripts of *Zakhirah-i Khvarazm'Shahi* and other books by Jurjani in Iranian and other countries' libraries indicates influence of his scientific thoughts all over the world. The high citation frequency of *Zakhirah-i Khvarazm'Shahi* and its manuscripts among the most famous researchers' works is a credit to considering *Zakhirah-i Khvarazm'Shahi* as the second favourable reference book in Islamic tradition medicine; the first one is *Al-qanun* by Avicenna. Reading Jurjani's books has been suggested to those medical stu-

dents who are interested in learning<sup>(18,237)</sup> One of the 3 main teaching sources in Safavid dynasty was *Zakhirah* by Jurjani. The other ones were *Tibb-e-Yousif* and *Kafaye-e-Manouchehr*.<sup>(18,413)</sup>

*Zakhirah-i Khvarazm'Shahi* is really a complete encyclopedia written in very expressive Persian words in medical subjects, including causes of illnesses, the functions of organs, body hygiene, nutrition, drinks, bleeding, children and adults and passengers' hygiene, symptoms of diseases, cure and healing of diseases, surgical operations, skin and oral hygiene, toxicology, remedy of creatures' bite and poisoning by herbs, pharmacy and pharmacology, selftherapy, overweight and underweight, exercises, cancer, pregnancy and childbirth and so on.

Besides Jurjani says in *Zakhirah*: "...and the virtue of this book is that I have decided to introduce all of the topics, including various scientific and practical subjects, that a physician might need to know, ..., so no physician will need to refer to other sources."<sup>(4,4-5)</sup>

This statement by Cyril Elgood shows the importance of *Zakhirah-i Kharazm'shahi*: "from the writing style point of view", *Zakhirah* can be set between *Qanun* by Avicenna and *Al-Havii* by Razi. This book tells about physiology and pathology repeatedly. In this manner there are examples and samples and clinical observations of the writer which introduce it as an affluent work. In spite of *Qanun* which was ambiguous, *Zakhirah-i Kharazm'shahi* has been written in clear and plain mode and is very comprehensible."<sup>(18,319)</sup> After *Al-Havii* by Razi, *Zakhirah* is in the same rank with *Qanun*.<sup>(19)</sup>

Considering remaining notes and also Jurjani's definite opinion about compiling of this encyclopedia, we are right to know him as the pioneer of compilation of the most comprehensive reference of medical sciences which was quite common in 18 and 19 centuries in Europe.<sup>(17,14)</sup> Anyhow, for the significance of this book, Islamic medical history of Iran was divided into two periods, approving compilation of *Zakhirah-i Khvarazm'Shahi* as the basis of this division; first period includes the beginning of Islam until compilation of *Zakhirah-i Khvarazm'Shahi* and second part includes medical history from presence of it up to now.<sup>(20)</sup> Works by medical scientists and physicians lived after Jurjani are greatly influenced by his brilliant writings, among them:

1) *Tohfe-e-Hakim e Moamen* (A gift from religious physician), by Mohammad Moamen Deilami Tonekaboni, the royal physician of Shah Soleiman Safavid (1669-1694AD)<sup>(21)</sup>

2) *Makhzan al-Advieh*, by Mir Mohammad Hossein Aqili Alavi Khorasani e-Shirazi (17<sup>th</sup> century)<sup>(22)</sup>

3) *Majma al-Javameh*, by Mir Mohammad Hossein Aqili Alavi Khorasani e-Shirazi (17<sup>th</sup> century)

4) *Ekhtiarat e-Badiee*, by Ali Ibn Hasan Ansari Shirazi (14<sup>th</sup> century)<sup>(20,716-721)</sup>

5) *Noskhe-e Qavanin al-Elaj*, written in 1466AD, by Mohammad Ibn Ala ad-Din Sabzevari. It is also called "Zubdah" or "Kholaseh".<sup>(18,401)</sup>

6) *Maraat al-Sehheh fi-at-Tibb*, by Qias ad-Din who was the son of Mohammad Ibn Ala ad-Din Sabzevari. (written in 1490AD).<sup>(18,402)</sup>

7) *Tibb-e-Dar ash-Shokoohi*, by Nour ad-Din Mohammad Shirazi. He immigrated to India and entitled his book by name of *Dar ash-Shokooh*, the son of Indian king Ghorkani.<sup>(23)</sup>

8) *Favayed al-Afzaliyyeh*, written by the son of Mohammad Amin Qazvinii, Ali Afzal in 1070 A.H. (17<sup>th</sup> century)

9) *Nozhat al-Gholoub*, by Hamdollah-e Mostoofii in 740 A.H. (13<sup>th</sup> century)<sup>(19,62)</sup>

10) *Zakhirah* had a very positive influence on Indian medical books.<sup>(20,717)</sup> Jurjani had been given the top place of distinction and honour in India. His medical books are studied with utmost interest. His masterpiece, *Zakhirah*, is used for both teaching as well as reference purposes. The manuscripts of *Zakhirah* are extant in the libraries of India. One of them is extant in Raza library, Rampur (1169AD), it means only 34 years after the death of the author. This voluminous work was translated into Urdu by Hakim Nawal Kishore in 1870AD.<sup>(24)</sup>

11) *Anglus de Joseph*, a French clergy and a famous researcher as well, talks about *Zakhirah* in his book (1683AD) and says: *Zakhirah* could be used as a reliable teaching source of pharmacology until 17<sup>th</sup> century; that means 600 years after composing "*Yearly Heroes*".<sup>(25)</sup>

As mentioned before, *Zakhirah* is a perfect work in theoretical as well as practical medical sciences and also an important source of Islamic civilization in Persian language. It can be defined as the most complete and magnificent "*multilateral*" medical book in Persian. Indeed it is the first medical encyclopedia. So it is necessary to take heed of hidden aspects of *Zakhirah*. By review and analyzing its structure, it would be possible to get a *holistic Oriental approach* to this book.

This is a library study research (content review process). The basis of this research was a manuscript of *Zakhirah-i Khvarazm'Shahi*, consisted of 750000 words (745 pages designating of large papers and each page consisted of 31 lines and about 1000 words). This copy, which name is unspecified, was scribed in 603AH/1210AD. This precious text was photo offset by *Saeidi Sirjani* in 1977AD and published in Iranian Culture Foundation by number of 249. The aforesaid copy is almost complete, ancient and invaluable one. There is very likelihood that the author of this book was a learned man and a physician or might be well informed of medical science. (Since *Zakhirah* has been one of the most important and official textbooks of medical students, various manuscripts of it exist in libraries of Iran and other west and Asian countries although they are defective and few in number).<sup>(26)</sup>

According to the author, there is no other medical book in Persian that comprises so many details of every disease. He claims that all those interested in medicine sciences were faced with multiplicity of related books. Thus he propounds the goal of compiling of *Zakhirah* to overcome this problem.

He says: "...each book consists of useful subjects and the latter one includes all of the benefits because the authors wanted to collect all of the important scientific and practical themes in a unique set. It appears that there has been no other work before, despite existence of so many medical books. There is no such a rich source yet. The people interested in learning medical science need to refer to different sources, else they would be discouraged from ever attaining their ends. This book is comprised in the manner that there would be no need to refer to other sources and physicians would not face with a lot of troubles of reading many books."<sup>(27, 4-5)</sup>

In order to collect various subjects in a unique set as well as initiating systematic records, Jurjani comprised it in nine volumes and then added another book on "*Adviye-e Mofradeh*", totally ten books. Each book of ten volumes of *Zakhirah* consists of some chapters (sermon=*Guftar*) and each one of these, includes a few portals (*Bobs*). He wrote these books in such an eloquent design so that everyone may easily understand and derive benefit from there.

*Zakhirah-i Khvarazm'Shahi* consists of ten volumes as follows:

The first book in 6 sermons, the second in 9 sermons, the third in 2 sections (each of them have 7 sermons), the forth in 4 sermons, the fifth in 6 sermons, the sixth one in 21 sermons, the seventh in 7 sermons, the eighth in 3 sermons, the ninth in 6 sermons, and the last one in 2 sermons.

#### **The Original Topics and Subjects of the Ten-Volume *Zakhirah-i Khvarazm'Shahi*:**<sup>(26)</sup>

**First book:** Definition of medical science and benefits and qualities dealing with Elements(*Arkan*), humors(*Akhlat*), Temperaments(*Mizajs*) and Occupations, anatomy.

**Second book:** Description of various kinds of diseases, health and their etiology, pulsation, perspiration and sputum, urine and excrement that are exposures of organs.



**Third book:** Health and hygiene, air and household management, knowledge about water and liquids, preparation of food and drinks, sleep and wakefulness, mobility and immobility, apparels and scents and fragrant herbs, oils' utilizations, management of vomiting, purge drugs and phlebotomy, cupping and leech, Enema and suppository, management of mental illnesses (such as joy, grief, reflection, ...) as well as circumstances influence on human body and subsequent predictions, the manner of bringing up children, encounter with old persons and also travels.

**Fourth book:** Diagnosis, that is diagnose diseases; also development or ameliorations and crisis of illnesses and knowledge of diseases' process that is called prognosis.

**Fifth book:** Fever and its kinds and classifications, their causes and cures.

**Sixth book:** Treatment of diseases from head to toe.

**Seventh book:** Description of swelling and wounds (Infectious diseases), surgery, cauterization, cure of organic decay and distortions, irritations, sores and so on.

**Eighth book:** Description of cosmetics and hygiene (aesthetics).

**Ninth book:** Toxicology and antitoxins.

**Tenth book:** Materia medica and pharmacopoeia (Pharmacology).

Sixth volume of this set is available much more than other volumes because it is about treatment of all kinds of diseases and therefore it is necessary for all of the physicians. Thus it consists of a great number of sermons and portals.

To sum up, the themes of the ten-volume *Zakhirah* are divided as follows:

**Book One:** All of the subjects about physiology, anatomy and medical science

**Book Two:** The general pathology and physiology of childhood

**Book Three:** Treatment and cures in spacious meaning

**Book Four:** The significance of diagnosis

**Book Five:** Fever and its kinds, their causes and cures

**Book Six:** Medical illnesses

**Book Seven:** Surgery

**Book Eight:** Health care and hygiene

**Book Nine:** Toxicology and zoology

**Book Ten:** Pharmacology.

Jurjani was the expert in different sciences. He studied medical science (in accordance with the ancients' knowledge) and collected all kinds of medical subjects and compiled innovation in *Zakhirah-i Khvarazm Shahi*, among them culture, temperament, geographic circumstances, physical psychological states as well as temperamentalism, pathology, therapeutics, avoiding sensual desires, knowledge about mental circumstances in joy and grief, seeking new and wonderful remedy that always are worthwhile and also group therapy, fable therapy, music therapy, work therapy and various kinds of individual or group psychotherapy.

The utilized manuscript of *Zakhirah-i Khvarazm Shahi* discusses about elements, temperaments, humors, anatomy, physiology, generic pathology, signs, importance of diagnosis, cure of diseases, surgery, nutrition, health and hygiene, toxicology, zoology, pharmacology and related techniques in 77 sermons and 1209 portals. When speak about compiling of this book lack of possibilities and equipments must have been in mind. Despite passing about 1000 years of compiling *Zakhirah*, its content is still comparable with new medical theories and it indicates strong scientific basis of *Zakhirah-i Khvarazm Shahi*. Before the time of *Jurjani* there had been no other extensive work alike the book which we know by name of "A Comprehensive Textbook of Medicine".

Nowadays all of the peoples, especially Europeans, feel necessity of existence of this kind of works for physicians and medical students; in this case various kinds of this *Comprehensive book* were printed. This is one of the distinctions and glories of this famous physician (11<sup>th</sup> and 12<sup>th</sup> centuries). To avoid prolixity, the analysis of this article has been done briefly. It is hoped that in coming researches the subjects of each sermon and portal of this encyclopedia and great pieces of work would be analyzed in details by honorable researchers.

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Seyid İsmayıl Cürçani tibb tarixində iz qoymuş ən məşhur İran və İslam həkimlərindən biridir. Onun 10 cildlik "Zəxireyi-Xarəzmşahi" əsəri sadə və asan anlaşılan fars dilində yazılmış ilk tibb ensiklopediyasıdır. Əsərin əlyazmasının hər səhifəsi 31 sətir və min söz olmaqla, 745 səhifədən, ümumilikdə isə 750 min sözdən ibarətdir. 77 bölmə və 1209 hissədən ibarət bu əsərdə temperament, əhval-ruhiyyə, anatomiya, fiziologiya, anadangəlmə patologiya, diaqnozun vacibliyi, xəstəliklərin müalicəsi, cərrahiyyə, qidalanma, sağlamlıq və gigiyena, toksikologiya, zoologiya, farmokologiya haqqında məlumat verilir.

Çağdaş dövrümüzdə bütün xalqlarda, xüsusilə də avropalılarda, daha çox həkim və tələbələrin istifadəsi üçün nəzərdə tutulan bu cür kitablara böyük ehtiyac duyulur.

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Сейид Исмаил Джурджани – один из известных иранских и исламских медиков, оставивших след в истории медицины. Его 10-и томное произведение «Захирей-Хорезмшахи», написанное простым и доступным языком – первая медицинская энциклопедия. Рукопись произведения охватывает 745 страниц и, в целом, 750 тысяч слов, каждая страница же состоит из 31 строки и тысячи слов. Здесь, в 77 главах и 1209 частях дается информация о темпераменте, настроении, важности диагноза, физиологии, врожденных патологиях, хирургии, питании, здоровье и гигиене, токсикологии, зоологии и фармакологии.

В наши дни все народы, в особенности, европейцы чувствуют необходимость в таких книгах для медиков и студентов.

*Rəyçi: t.e.d., F. Ələkbərli, t.e.d. S. Məmmədov*

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