On the Native Drugs

which are still in use in the Kingdom of Morocco.

So far as Morocco is concerned
the medical art of the old Arabian Physicians has entirely disappeared.
Their writings remain and are
still to be found occasionally
among the few books which form
the library of the learned Suleibs;
and there are said to be ancient
medical works of great interest
in the library of the "University"
of Fes, where also the lost books
of Euclid are said to rest. Safe
from the prying eyes of the
inquisitive European.

A stranger, travelling through
the country and seeking in-
formation from the natives re-
 garding the treatment of disease
and the remedies in use among
them, will be told everywhere—
"We have no medicines"—"There
is no medicine now who knows
anything about diseases or their
 treatment"—"Long ago there
lived great physicians among
the Arabs who could cure all
manner of diseases, but now
there are none"—"Only the
Israa (Christians) know how to cure Disease. And this tradition still is widespread among the people that the medicines of the Christians have been handed down directly from the Founder of the Christian Faith, who, under the name of Seoda Aisa, is recognized as having been a great prophet second only to Seoda Mohammed, and a great healer of sickness. And in this belief they will bring their sick to any travelling Kasrani (Christian) and will take any medicine he will give them. It is of no use for
The layman to protest that he is not a Doctor, or that he has no medicines. In their opinion every European is a Doctor, or at least, if not a high-class Tabeeb, he has still sufficient medical knowledge to cure their very obvious ailments.

But the medical practitioners who live for any length of time among the Moors comes, sooner or later, to learn that they have still some remedies which they make use of in default of the admittedly superior drugs of European medicine.
These native remedies are the subject of this paper; and the samples which accompany it have been collected by the writer in the markets of Faz and Mogador as well as in the Country markets which are so strange a feature in modern life. The difficulties in obtaining them are considerable, but they are as nothing compared with the difficulty of obtaining information as to their uses, the knowledge of which is fast dying out. Their interest is perhaps more of a historical character than practical, but possibly some
among them may be worthy of further study, and the writer will be glad if this collection sent herewith can be of service to future investigators.

From his Moorish point of view diseases are classified as 1) those produced directly by Divine interposition, as Apoplexy, Cholera, and generally speaking anything which causes sudden death. 2) those produced by the agency of good or evil spirits (the Genii of the tales). These are mostly chronic nervous diseases, especially epilepsy and comatose conditions, but almost any disease may be
included under this head.

3) Specific diseases which are well known to be such as syphilis, smallpox, etc. 4) Diseases in which the elevation of heat is a prominent symptom, and 5) those in which cold is the chief symptom. Naturally the last two are mixed in ordinary ague which according to many consider two diseases a hot and a cold.

The Remedies which are suitable for these different classes of cases are, therefore, of different kinds. For the "act of God" there is no resource, but the "submission" which is
In watchword of every true believer; and during the late outbreak of Cholera in those seas it was remarkable how unanimously all treatment was rejected by the Arab sufferers on the ground that "his trouble was a direct blow or stroke" from the Almighty. 2) For the varied ailments caused by the malicious intervention of Jinn, what can be better than the laying on of the hands of a Sheikh or member of the holy family of Mohammed or even the application of his saliva? Touching him here or this forearm would be almost equally effective.
Failing this, a case of the Koran written by a learned Taleb, en\nchained in a small leather bag.
and worn round the neck
might be trusted to effect a
true or at least to afford relief
and protection.

Perhaps it may be well to
mention in this connection the
first faith which the people
put in the application of
this Century as a country distant
in veterinary practice it is.
So far as I know the only
remedy, and in both human
subject it may be used and
is used in almost every class of case. In severer cases the heated iron is used and in milder ones a piece of glowing wood is applied to various points. Bleeding also is largely employed in routine practice either by dissection or by a kind of cupping from the temple or back of the neck by means of a tin instrument shaped like a tobacco pipe, through the stem of which suction is made by the operator while the bowl is placed over small razor cuts in the skin.
To facilitate reference I shall describe the specimens in the order in which they have been placed in the collection. Most of them have been already identified by Leared; some I am still trying to identify and properly designate.

1 Dr. Pistacia Lentiscus
2 c. Amaranthaceae. The bark of a tree of shaggy growth which is common in most hilly parts of Morocco. An infusion is said to be made from it and used as an astringent. It is also used in tanning, and
from the berries in poorest of
the people press an oil which
they use for their lamps

2) *Evoza Taharawaya*

In the *tahara* a. *Annona*
*Megaphylla* (Poepp) *fruits of*
*Paradise* N. B. "Boughs and
brought into houses by caravans
from the south." They are used
as a natural stimulant, and
are said to be "warming" and
carmenative. They are taken
as a spice with cooked meats,
and are sometimes mixed with
other spices and added to the
dough in making of bread.

3) *Ashbardo*. The former
*stems of Kleinia Pleomorica*
(De Candolle) h. 6. Compositae
It is said to be used in the
form of a lotion externally
for certain skin affections, partly
for itch, which is very common.

4) Zereeya el abtum.
trans. "seeds of abtum." It appears
to be really a kind of gall. Brand
describes a substance called
"alk el abtum," which is a resin
occurring in small yellowish,
rather dirty, tar-like, in colour
and taste, resembling American
Frankincense, and says it is
probably the product of some
coniferous plant, and it is used
in urinary complaints, accompanied
by pains in the back and spine in the urine.
So far as I have been able to learn from Zenaya el Khoury, carbuncle and only in dysentery and dysenteric.

5. Sheekh. The hoes of Artemisia Aragonensis, Barbary worm lead N. G. Compositae used in the form of infusion as a tonic and digestive stimulant and in all classes of ailments which answer to the native description of "cold," which includes cold in the head, cold "on the stomach" and also for whatever is the component of all forms of "cold" in the sense.

6. Dim el Chowar Trans. "Blood of the two brothers" doubtless
in allusion to some legend Red Coral is said to be used in the form of fine powder for the cure of granular lids and the resulting pannus. Its action must be purely mechanical. I have never had the courage to try it; nor have I ever seen it used.

1/ Stulban. The seeds of Tragomelva Torrens Grecum (L) Tragorak. It is eaten in bread by women to induce labour, which is considered the chief element of beauty in Morocco, where a process of stuffing not unlike the process for the filling of fowls is gone through.
marriage. It is also given to horses for the same purpose but I have not heard that it has been considered worth while to give it to cattle as is done in European countries.

8) Aneeli - Seeds not identified brought from the Sudan, and grown in bread to make the women to improve the quality of their milk.

9) Tzakwona. The spermatic under this name was first known as named as a cure for high blood pressure class of diseases described as 'cold'.

10) Takoot. Galls of Tamarix articulata - used as an astringent and also for tanning.
11) Baberoos, Matricaria Chamomilla - a species of chamomile used in the form of decoction as a stomachic and as a drink in pain and colic.

12) Aava. The leaves of Anuja Articulata. This is a favourite remedy among the Indians, and might be worth investigating by scientific methods. It is given in fevers, powdered and mixed with honey, and is also applied externally in the form of a cooling application to the head. It is enclosed in a bag, soaked in water and so applied.
In the which produces this
song is, I believe, the same as
that which is sometimes called
Collitis quadriradialis which pro-
duces Gum Pandarach.

13) Taberkenna. Thymus Vul-
feris n.6. labrae. Tea made
with the leaves is given as a
stomachic and also in coughs
and asthma.

14) Rech an. The leaves of
Thymus Communis, Cordial
and astringent, a strong in-
fusion of the leaves is used in
fevers, and also in female
discharges. Branches Wrights
are sold in all the markets on Friday and are bought by the people hotly on the fear of their relatives.

15. Beshkista - not identified. It appears the the root of some plant and is given in colics. Probably it is carminative.

16. Tweleya - not identified. Used as a purgative in the form of infusion.

17. Figova el Hammeer. The root of a plant of F. C. Curcubitaceae. It is said to be a powerful purgative but is not much used.
18. Daghhees or Ashghees appear mostly some kind of [inked]
It is a favourite bitter wine
and is also given mixed with
the yolk of eggs in diarrhoea
and also as a galactagogue
for nursing women

19. Shemana del kajida is
jewin boiled in milk or mixed
with honey for nursing women
to improve the quality of their
milk.

20. Horf. This specimen is
short, but has small reddish
seeds and thin pods. It is swin
to children as a tonic after
fowls - powdered and mixed
with milk or honey.

21. Bēlā looza. The only use
I could ascertain for this drug
was as a kind of vulnerary for
earache, applied after soaking
in warm oil. It is part of
the bulb of a tall kind of
Asphodel which is common
in his country.

22. Ža'alā. The flowers of
Lavandula Compactum - bar
joram h. Labiatae. This
is the favourite Moorish remedy
for chronic diarrhoea and catarrh.
It is given as prevention, or simply powdered. The effect of warming and carminative has an old in treating native patients, and also once or twice in Europeans and it certainly seems to have a decidedly beneficial effect in chronic and chronic interstitial diseases as warm countries where there is a chronic thickening and a catarrhal condition of the interstitial mucous membrane in chronic dyspepsia also.
consider it a useful tonic. Would it be considered very relevant if in this connection I entered a plea for the renewal of the use of a drug which is not mornish but which is highly suitable for the cases of chronic diarrhoea developing met with in tropics and in all warm countries? I refer to Cinarrubia or Bromantum Darnson which seems to be little known at home, and yet it is a most valuable remedy. Mildly astringent and tonic it is well worth of employment along with milk.
24. In those troublesome and tedious cases.

23. 'Fowa. Roots of Rubia Species, a kind of Madder. The infusion is used for Diarrhoea, and it is said to be also used as an emmenagogue, but this is probably owing to some foolish idea suggested by its red colour. It is commonly employed for making the red dye for women's leather shoes.

24. Aghna. This species, I state, the liberty of introducing in connection with the last named drug. It is not used so far as I know in medicine. It is the bark from which the red dye for horse's leather is generally made.

25. Zereya or Hoguele - some kind of flax seed. It is used as dressing
m. coughs and colds, and has its usual demulcent effect.

26. Kitoon. The linseed of this country used as a demulcent-like its last mentioned, and also commonly used for making poultics. Linseed tea is used as elsewhere in affections of the urinary passages.

27. Hart Halowa - unidentified is used as a carminative. It appears to be from some umbelliferae plant.

28. Iṣaf. The seed, or fruit taken of Foeniculum dulce or Umbellifera. It is ordinarily used as a carminative and also according to Leed for flavouring kuchaya, a spirit-obtained from hot water in which honeycombs are boiled in preparing beeswax.
29. Tamarind. Gum Annaconce from Tamarind species. The gum is chiefly used in broths for jumification

30. Phorbium. Euphorbium gum from Euphorbium rosimum. It is sharp and acrid and a violent purge and is said to be used in minute doses as an aphrodisiac.

31. Kohl. Sulphur of Antimony. This substance is found in various parts of the country and is commonly used by the women of Morocco to darken their eyelids and eyebrows. My excuse for introducing it here is that the Moors persistently assert that it has a beneficial effect in preventing eye diseases.

32. Pharouk. Most of this specimen has been lost in travelling
but it is to be found commonly enough in all bar markets of Morocco. As its name indicates, it is a vegetable soap and is used for cleaning woollen clothes, and also for cleansing the scalp in the almost universal lice treatment.

33. Tintbel. This is a favourite perfume which is sold in the interior in the form shown. Whether the name has any connection with the Indian plant I cannot tell.

34. Helbal. Tops of Lavandula decoras used as a stomachic.

35. Azeer. Rosmarinus officinalis, Rosmary. Used as a tonic most by women in the Pyrenees...
36. Adad. A large root, unidentifed. It is aromatic and stimulant and has been credited with poisonous qualities.

37. Charpatā - a stimulant and Carminative.

38. Tagheefish or Tagheerish. This is another of the vegetable soaps of which there are several in use in Morocco, and like the others it is used in the treatment of Tinea Tonsurans.

39. Hammel. Seeds of Peganum Harmala. h 6. Rutaceae. They are used in fumigation as a disinfectant.

Stomachic and carminative
used in infusion in flatulence
and colic.
40. Sanvoj or Sanwooj seed
Spathella sativa. It is Ranunculaeaceae. Used in direction as a
diaphoretic.
41. Chajumna, some kind of
Lavender. It is believed by some
women to be of value in aiding
conception.
42. Chajifil. This rhizome is
used for the relief of colic and
is taken in powdered state
with coffee.
43. Sagheena - an aromatic
stimulant used in colics.
44. Tisquimtes - a bitter tonic.
45. Sq. falls from Pictàchia Atlantica used as an astrigent in Fraser's.

46. Fish is el Halooft, wild boar's ears. The name is probably derived from the appearance of the leaves of the plant. It is aromatic and acrid and is taken for dysentery.

47. Bogheet el Oubine. This seems to be the knotty root of some Coniferous plant and is only used so far as known for fumigation.

48. Mentou. Peppermint, used as a tisane and also infused with tea. It is taken as an
aromatic and carminative in colics and in almost all stomachal troubles though complaints it is kept in every household and constantly used.

49. Stilling grass. This herb is boiled in a piper for spoony fums and is also made into a poultice for boils.

50. Boorwag. This is a fibre made from the wild heacreeens and has no right to be included in a collection of morrish remedies but as there never been it described in any book, and as all the residents of Morree to whom shave spoken of it have
proposed ignorance on his subject
through many ventures to put
it on record here. It is from this
that the carpet-like mats
are made which form the loops
of the huts in which live the
demi-nomadic tribes. Often inferior
these huts do not change their
situation but change the site of
their villages from time to time.
The villages are surrounded by
a palisade formed by the stems
of an umbelliferous plant which
they call Bishnech, the walls of
the huts are of the same material
and the roofs are made of reeds.
I am informed that
when rain falls it penetrates

...
This waiting only for a few minutes, but when once it becomes thoroughly wetted it carries off the rain completely. The fibre is beaten out of the plant on the river banks in autumn by women armed with thicks sticks. I hope that the interest of this subject will be considered sufficient excuse for my introducing it here. I am bound to add that the credit of this observation is due to Dr. Ernest Ballow on whose staff I had the honour to serve.

51. Rauvolfia is another of the stinging drugs of which the natural order Umbelliferae furnishes so many.
5.2. Tswarshind. Corrigiola leteiiopolis. The grated root is mixed in bread to induce fatteners. It is mentioned by Leo Africanus as a drug of some importance but it is not used much in brewing at the present day.

5.3. Stregi. The leaves of Arist. lovenia species used as a poultice for wounds.

5.4. Soowak. The bark of Indium regin. Walnut, used by brownish women for drawing her lips black.

5.5. Tosba. Jusacaparia. This is a common plant of this country and is his only native remedy which his moons have for syphilis.

5
It is consequently much in demand and although it may do little good yet it is beneficial in Morocco to take a course of jai as a medicine for what they call "the flowers" i.e. secondary dysphilia.

5-6. Sheeba. Tops of Artemisia Absinthium, wormseed. It is used as a flavouring for green tea, and also in dyspepsia.

5-7. Kief. Cannabis Sativa indica. This plant is largely grown in the country and is cut down when nearly ripe. It is then dried and ground in a mortar. In all the
Coast towns it is smoked openly in a small pipe with a long stem, but in the interior its use is forbidden. It is also made into a sweetmeat with honey and opium. The effects are strongly narcotic and are also said to be aphrodisiac.

68.

69.ascar is taken to mitigate thirst, and is thought by some to be derived from some species of Carline or Caudinas.

of Boos in the South of Morocco. It is the ordinary liqueur and is the favourite remedy for coughs and colds.

61. Ruta. Ruta Angustifolia. Rue. It is a remedy for nervous affections and is supposed to ward off infection and counteract the influence of the evil eye and the attacks of leprosy.
Having described most of the native drugs which are still in use in Morocco it may not be without interest to conclude with a few notes on the diseases which are prevalent in the country.

Syphilis ranks easily first in importance as it is almost universal and attains itself in every shape and form. Gonorrhoea, dysentery, and all the allied gastro-intestinal diseases are common as also are Hansen's disease. Stone is prevalent only in some districts. Smallpox is checked only to a small extent by vaccination in the coast towns but in the
towers in the interior it is said that every individual must pass through this seance, and it is even propagated by its nature by inoculation and by wrapping up children in thin clothing of unalloyed patients. Cholera invades the country as long as fever of time, and attacks a comparatively small proportion of the population. The fever is ordinary malaria of a wild type, typhoid in the towns and also the, as yet undescribed, but well-known continued fever of Africa. This is a continued fever of intermittent type which runs a course rather like tertian
but without the lesions. In fact, in an ordinary case there are no symptoms except continuous high temperature ranging from 101°F or 102°F in the morning to 102.5°F or 103.5°F in the evening. It is not unusual for patients suffering from this from to take ordinary diet, without injury but naturally they do better with more easily assimilated nourishment. No drug has been found to be of any special service. The opinion among medical men is almost unanimous that Quinine is useless. My own experience is that the injection of Yellow Cinchona given as a tonic is of

some little use and during convalescence arsenic is of decided benefit.

Chest complaints are rare, though bronchitis and pneumonia occasionally occur in old people. But gastro-intestinal troubles of all kinds are common. Of these last in most troublesome is a chronic form of diarrhoea which though comparatively mild is remarkably resistant to treatment. Opium has had much more success with such cases by considering them all as allied to erupting venereal sinus, numerous discharges and pains should be absent, and by
having him accordingly first (if necessary) with a dose of castor oil, then in all cases with 20 or 25 grains of Spermaceti in Tabloid form, swab morphine hypodermically at the same time, applying mustard and the spigatembrum forbidding fluids for some hours. For three or four days the patient is kept strictly on beef juice themselves and the drug used is Spermaceti Emetic 10 grains three times a day. The diet is then changed entirely to milk and the direction of Spermaceti is given for a time. After many trials of other methods these never seem this routine fail.
Tuberculosis is almost unknown except as an imported article. This is probably due to the open air life which the people lead. In southern Spain, which enjoys practically the same climate as Morocco, tuberculosis is rare. The climate there is rainy and dry while the Spaniards' houses are close and damp. Insanity is not uncommon, suicide unknown. The principal diseases of the body are Cataract and varicelar lids and their consequences. Leptos and their torsions are but common skin diseases.
Travellers in Morocco are recommended to take with them sufficient quantities of a few simple remedies. These are:

1) A good opium pill, say Colocyntha & Myrrha, a few grains
2) An Astringent - Pitt Plantae (powder)
3) Calomel in ½ grain tablets
4) Speceraria in 5-frain tablets
5) Santonin in ¼ grain tablets
6) Erythrin in capsules
7) Sulphate of Thune 2 or 3
8) Permanganate of Potassium
9) Benzoate of Potash
10) Quinine
11) Tabloids of home boric acid, such as those containing Arsenic, Phosphorus & Quinine
12) Carbolic Acid
13) A crystal of Sulphate of Copper
14) Chlorophyll
With him and with sometrust to and eyes, a pocket-case
and a case of boupies and
catheters, and a few eye in-
struments he will gain rapid
fame as a great Hakeem
and will gain easy access
to the homes of the people, and
praise for much suffering
relieved.

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