

“Nature; Everything is a big drugstore in the host!”



Mediterranean Cypress

(Cupressus sempervirens):

- Its cone strengthens stomach, liver, milt and intestine.
- Removes foot odor, cures gum inflammation.
- Its fresh water strengthens eye-lashes.

Aloe Vera:

- Reduces burning pains.
- Beneficial for skin inflammation, sun burns, eczema and insect stings.
- Humidifies and repairs deformed skin.
- Reduces hair loss when it's applied to hair base by mixing with vinegar.
- Supports the creation of antibody.
- 10 times more effective to annihilate cells with tumor.
- Supports the activities of bone marrow and the



creation of new red blood cells. That factor is highly beneficial especially for the treatment of leukemia.

- Ensures cells and tissues to grow 2-7 times faster.

- Aloe Vera water is also beneficial to reduce side effects and strengthen immune system during radio-therapy and chemotherapy.

Chaste Tree (Vitex Agnus-Castus):

- Regulates urinary tract.
- Regulates menstruation of women.
- Increases virility, balances hormones.
- Beneficial for the treatment of infertility.
- Cures obstructive liver and spleen diseases.
- Beneficial for heart throb, vertigo and insomnia.
- Cures foot knobs and bee stings, increases breast milk.
- Beneficial for the stress, delayed menstruation, sensitivity on breasts, pains, menstruation cramps and depression in pre-menstruation period.



Rose Mallow (Hibiscus Syricus):

- Beneficial for cough, bronchitis, cold and throat, mouth and gum diseases.



Deaenettle (Lamium):

- Lamium tea is beneficial for gynecology, neural insomnia, menstruation pains and such diseases.
- Highly effective on kidney diseases and heart edema.
- Regulates urinary tract.



Acanthus Hirsutus:

- Ensures wounds and boils to form a crust and heal faster.
- Reduces pains.
- Its water whets appetite.
- Beneficial for liver diseases.



Rosemary (Rosmarinus Officinalis):

- Beneficial for digestion, exhaustion and feeling cold.
- This plant is anti-carcinogenic.
- Beneficial for obstructive vein disease, head ache and throbbing.



Yarrow (Achillea Millefolium):

- Cures anemia, vertigo, nausea, nosebleed diseases.
- Removes flatulence and intestinal gas.
- Beneficial for rheumatism, lack of appetite and liver.
- Cures diarrhea, regulates urinary tract.
- Beneficial especially for digestive system.



Nigella:

- Strengthens immune system.
 - This plant is an anti-oxidant.
 - Prevents inflammation.
 - Slows down prostate and breast cancer; lowers down diabetes.
 - Protects stomach membrane (peritoneum) against irritant factor.
 - Beneficial for dyspnea.
- “Nigella is a cure for every disease except the last sleep” Hz. Muhammed (S.A.V.)



Milk Thistle (Silybum Marianum):

- Beneficial for breast pains caused by cold.
- Helps body to sweat and takes away fever.
- Beneficial for jaundice.
- This plant is used to remove gallbladder stones.



Laurus:

- Laurus is a vermin killer.
- Takes away fever.
- Helps body to sweat and relax.
- Regulates urinary tract and menstruation.
- Eases digestion, whets appetite.
- Reduces neural pains.
- Beneficial for respiratory tract, stomach ache and cough.
- Laurus oil cures rheumatism pains and prevents hair loss.



Stinging Nettle (Urtica Dioica):

- It is used as assistant in the treatment of anemia.
- Cleanses liver and kidneys.
- Beneficial for cough.



Levander (Lavandula):

- Effective on abdominal distention, migraine, rheumatism and inflammatory diseases.
- Beneficial for liver.
- It has positive effects on Hepatitis B-C viruses and jaundice.

Agave:

- Strengthens immune system, ensures wounds to heal faster.
 - Gives the sense of fullness and helps to lose weight.
 - It is used in the treatment of intestine cancer.
 - Beneficial for ulcer.
 - It is antimicrobial and antibacterial.
- “The one who has eye pains shall use agave’s water.” Hz. Muhammed (S.A.V.)



Wormwood (Artemisia Absinthium):

- Regulates digestive system, takes away fever and infection, and regulates urinary tract.



Lemongrass (Cymbopogon):

- It is a sedative.
- Whets appetite and regulates stomach.
- Cures head ache, migraine, insomnia and stress.
- it is an antidepressant.
- Regulates menstruation, balances diabetes.
- It is used in the treatment of prostate.



Coneflower (Echinacea):

- Strengthens defense system of the body, heals cells with tumor and strengthens immune system.
- Effective on illnesses such as flu and common cold.



Marjoram (Origanum Majorana):

- Removes gas of infants, resolves spasm.
- Beneficial for cough.
- Regulates respiratory tract, helps body to sweat and softens muscles.

Geraniums (Pelargonium):

- This plant is a sedative. It reduces stress, removes flatulence and intestinal gas.
- Effective to remove enterozoa.
- Refreshes blood, cures diarrhea, cures wounds.



Coltsfoot (TussilagoFarfara):

- Cleanses bronchus.
- An excellent expectorant.
- Beneficial for cough, common cold and flu.
- Its boiled water is used at the treatment of Erysipelas as compress.



Globe Artichoke (CynaraScolymus):

- Rejuvenates liver, dissolves sands and stones in kidneys and regulates urinary tract and diabetes.
- Helps to prevent breast, cervical and prostate cancer, protects heart and veins.
- Beneficial for the treatment of Jaundice.
- Cures diarrhea, prevents to smell sweaty, takes away fever and whets appetite.



Soapwort (Saponaria):

- Beneficial for bronchitis as an expectorant and with its effects to make body sweat and take away fever.
- Beneficial for eczema and scabies.



Lime Tree (Tilia):

- Strengthens body against common cold and flu and helps body to sweat and take away fever.
- Fairly effective when used with aspirin, removes edema by not exhausting kidneys.
- Beneficial for bronchitis and cough and the treatment of ulcer.
- It has a sedative effect for the nerves.
- Beneficial for neural hypertension.
- It is also used to cure wounds and moles.



WHO IS SABUNCUOĞLU ŞEREFEDDİN

SABUNCUOĞLU Şerefeddin who was one of the most well-known physicians of Sultan Mehmed II "The Conqueror" was born in the city of Shahzades (princes); Amasya in 1386. According to his genealogy he mentioned in his books, we understand that his father's name was Ali Çelebi and his grandfather's name was Sabuncuoğlu HacıİlyasÇelebi and they both were well-known physicians of their era. Sabuncuoğlu Şerefeddin had received his formal education in Amasya Darüşşifa (an Arabic word used for "hospital" in Ottoman Empire) and began to his medical profession at the age of 17. After those years he devoted his life to education, research and experiment. He proudly states in his works that he had been head-physician in Amasya Bimarhane where mental patients were used to get cured. Because it was really hard to work in a darüşşifa in that era when medical science was being learned in a mentor system, such an important responsibility had been given to qualified people. Sabuncuoğlu had dealt with surgery contrary to most of physicians in his era. At those times, physicians had not paid attention to surgery and preferred drug therapy even surgical intervention was required because of the vital danger of surgery and lack of technical abilities to reduce that danger and simplify surgical operations. Sabuncuoğlu had applied surgical operations at that era and passed beyond time. Arabian medical science historians call him "Selaset-i Cerrahi" (one of the three most significant physicians).

MÜCERREBNAME

Mücerrebname is one of the most important works of Sabuncuoğlu. In Mücerrebname, Sabuncuoğlu describes his medicine, pastes, methods of treatment and the plants he used to cure diseases. He collected his knowledge that he gained with years of experience and shared his experiments in Mücerrebname.

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