Chapter One
on
the Preparation of Pastilles

[1]
The prescription of the tabasheer pastille with alhagi which is useful against thirst, acute fevers, and cramp
Tabasheer four dirham; starch one dirham; alhagi five dirham; serpent melon seeds and gourd (seeds) three dirham of each; light-coloured poppy one dirham; tragacanth and gum-arabic one dirham of each. Every single (ingredient) is pounded and strained separately. (This) is kneaded with the maceration of fleawort seeds, formed into pastilles of one dirham each, dried in the shade on the back of a sieve, (and) a potion (may be made by using) one pastille with barley-water.

[2]
The sorrel pastille which is useful against abdominal disorder, bloody expectoration, cough, and a predominance of biliousness
Fine sorrel seeds, sealing bole, gum-arabic, and myrtle seeds ten dirham of each; barberries and tabasheer eight dirham of each; [stalk]less roses seven dirham; roasted starch five dirham; acorn four dirham; saffron, amber, and red coral three dirham of each; camphor half a dirham. All (this) is pounded, strained, [kneaded] with rose-water, dried, and used with the myrtle only rob.¹

[3]
The small barberry pastille which is useful against fever, thirst, and anxiety
Seedless barberries, liquorice rob, and tabasheer three dirham of each; Indian spikenard two dirham; cucumber seeds three and a half dirham; stalkless red roses six dirham; purslane seeds, saffron, starch,

¹ Compare recipe 44.
and tragacanth two dirham of each; camphor half a dirham. All (this) is ground, kneaded with alhagi-water, formed into pastilles (of) one mitqāl each, and used.

[4]

The large barberry pastille
which is useful against tumours of the liver
and stomach, the early stages of dropsy,
inveterate fevers, and jaundice
Barberries, liquorice rob, red roses, serpent melon seeds, and the peeled seeds of musk melon three dirham of each; mastic, Indian spikenard, agrimony sap, dyer’s madder, the resin of unripe dates, absinthe sap, asarabacca, citronella blades, fumitory seeds, endive seeds, flax dodder seeds, Chinese rhubarb, saffron, and tabasheer two dirham of each; alhagi six dirham. The alhagi is dissolved in hot water, and the (other) ingredients are kneaded with it. (This) is formed into pastilles of one mitqāl, and used.

[5]

Cooling pastilles with camphor
which are useful against flaming sensations,
remnants of fevers, thirst, and gastric debility
Purslane seeds and the peeled seeds of serpent melon, cucumber, and gourd five dirham of each; barberry sap and dark-coloured poppy seven dirham of each; lettuce seeds, Maqāṣir sandalwood,2 and quince cores four dirham of each; tabasheer, starch, and gum-arabic one dirham of each; yercurum sugar eight dirham; Fansūr camphor3 half a mitqāl. All (this) is ground—each (ingredient) on its own—, (then) mixed together, kneaded with the maceration of fleawort seeds, formed into pastilles [of] one mitqāl, dried, (and) a potion (may be made by using) one pastille with the water of purslane seeds.

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2 Maqāṣir is the Arabic name for the island of Celebes, see Tibbetts Study 255 and Dozy Supplément 2/366f.
3 Fansūr is the Arabic name for a district on the northwest coast of Sumatra, see Tibbetts Study 140f.