in a clean thin piece of cloth, throw (this) into the wine and the honey, and close the opening of the receptacle; (finally) put it into the sun for seven days, and (thereafter) use (the product) as required.

Chapter Four
on
the Preparation of Oils

[62]
The preparation of the nard\textsuperscript{44} oil which is useful against pain in the liver and stomach, colic, and coldness of the belly when drunk or applied as a cataplasm or used as an enema; (further against) coldness of the organs when used as an unguent, pain in the womb when carried by the woman (in a tampon) or when used as a (vaginal) enema, earache when (some of) it is put into them, headache and hemicrania when taken as a snuff, and vesical laxity when injected into the urethra.

Take lemon grass, cyperus, bay laurel leaves, balm twigs, Indian laurel, dry elecampane, savin, citronella, myrtle leaves, wild caraway, forget-me-not, and sweet marjoram two āqīya of each. Pound these ingredients coarsely, place them into an iron cooking-pot, cast upon them pure fragrant wine or [raisin] wine [and] honey or wine boiled down to one half or fresh water in such a quantity as (is needed) to cover them, and leave (this) for a day and a night, (also adding) five qist—according to another copy six raṭl—washed olive oil,\textsuperscript{45} which is the original, or sesame oil; (now) cook it in (that) double pot on a low flame, stir it, (then) leave it until it cools down, and strain the oil from the water and the ingredients. After that take three āqīya each of dry stalkless roses, fresh myrtle-water, and pure myrrh, and two āqīya of grape ivy. Pound these ingredients well (but) coarsely, put them in a cooking-pot, and pour over them pure wine or wine boiled down to

\textsuperscript{44} nārdīn “nard” is generally considered a synonym of sunbul at-tīb “Indian spike-nard” which is one of the recipe’s ingredients, see e.g. Schmucker Ṭabarī no. 756.

\textsuperscript{45} On how to wash olive oil see e.g. Kahl Ibn at-Tilmid no. 301.
one half or raisin wine and honey or fresh water in such a quantity as (is needed) to cover them, (also adding) the strained oil (obtained) from cooking the first ingredients; (now) cook (this) on a low flame for three hours of the day, stir it, (then) take it off the fire, leave it until it cools down, and strain the oil from the ingredients. Then, after that, take three āqiya each of Indian spikenard, clove, and liquid storax, five āqiya of nutmeg, and half a ratl of balm oil. Pound (what can be pounded from) these ingredients coarsely, pour over them fresh water in such a quantity as (is needed) to cover them, cook (this) on a low flame until it boils, then cast upon it the strained oil (obtained) from cooking the (previous) ingredients (as well as) the balm oil and the liquid storax, stir (the mixture) until it is even, and (continue) cooking it until (all) the water is gone and (only) the oil is left; then take it off the fire, strain it, store it in a receptacle, and use it as required. You should know that the ancient physicians used to make this oil with the oil from unripe olives,46 which are pressed instantly; as to the modern physicians, they (generally) make it with sesame oil, (whilst) some of them make it with jasmine oil which is zanbaq.47

[63]
The prescription of the myrtle oil
which is useful against heat in the head; it (also)
lets the hair grow, and makes it thicker and stronger
Take three qist washed olive oil, which is the original, or sesame oil, and twenty-four qist fresh myrtle leaves. Pound (the latter) finely, and soak them for a day and a night in one qist wine, which is the original, or wine boiled down to one half or raisin wine and honey; after that (add the olive oil or sesame oil), put it (all) in a pot, cook it on a low flame until the water(y part) vanishes and the oil remains, (then) leave it to cool down, strain it, store it in a receptacle of glass, and use it as required.

46 *unfāq* < ὀμφάκιον “oil made from unripe olives”, see Liddell/Scott Lexicon 1229; the expression zait unfāq, though widely used, is tautological.
47 On this equation see e.g. Schmucker Ṭabari nos. 317 and 352.