fresh water, beat (that) by hand very thoroughly for a long time, skim from the water the oily (layer) as it rises to the surface, pour upon it (a fresh load of water) to replace what has been used, and keep doing this until (the liquid looks) as clear as (the one from which) the white liniment\textsuperscript{74} (is made); then throw into it a little bit of camphor, and (so) use it.

Chapter Ten

on

the Prescription of Stomachics,

Myrobalan-Based Compounds,\textsuperscript{75} and Electuaries

[137]

The prescription of the peppers stomachic which is useful against coldness, moistness, an excess of phlegm, poor digestion, and trapped wind; (further) against quartan fever, phlegmatic fever, against severe coldness of the stomach, and it discharges urine

Take black pepper, white pepper, and long pepper two āqīya of each; balm twigs one āqīya; Indian spikenard and grape ivy four dirham of each; ginger, celery seeds, moon carrot, cassia, asarabacca, and dry elecampane one dirham of each. These ingredients are brought together by pounding and straining, (then) they are kneaded with clarified honey (in a ratio of) one to three, stored in a vessel, and used as required.

\textsuperscript{74} See recipe 282.

\textsuperscript{75} itrifalāt, pl. of itrifal < Sanskrit triphalā, a name sometimes given to such compounds which are based on the following ‘group of myrobalans’: Terminalia chebula (halīlag or ihlīlag < Sanskrit harītakī), Terminalia bellerica (balīlag < Sanskrit vibhitakī), and Phyllanthus emblica (amlag < Sanskrit āmalakī), see Schmucker Ṭabarī no. 48.
A cuminy stomachic which is useful against severe coldness of the stomach, acid belching, a doggish craving (for food), phlegmatic and black-bilious fevers, coldness of the testicles, and hiccoughs due to an excess of residues and phlegm.

Take Kerman cumin soaked in wine vinegar for a day and a night (then) dried (and) roasted, rue leaves dried in the shade, black pepper, and ginger five istār of each; Armenian borax ten dirham. These ingredients are brought together by pounding and straining, (then) they are kneaded with clarified honey (in a ratio of) one to three, stored in a vessel, and when required a potion (may be made) by using from it a weight of one dirham with hot water.

A nutty stomachic which is useful against abdominal disorder, poor digestion, and weakness and coldness of the stomach.

Take bitter alecost, cassia, canella, Indian spikenard, and balm seeds ten dirham of [each]; nutmegs fifteen in number; grains of paradise, clove, anise, melilot which is called šāhiš in Persian,76 and Indian garden cress four dirham of each; ‘rolled’ birthwort, ‘long’ birthwort, and usnea two dirham of each; ginger and cyperus ten istār of each; lemon grass, black pepper, and long pepper five dirham of each; mace three dirham; embelia three dirham; pomegranate four dirham; stoneless black myrobalans two istār; stoneless beleric myrobalans ten in number. [According to] one copy (you also add) myrtle seeds at half a kailagā, according to an(other) copy at half a ratl, and according to (yet) an(other copy) at half a makkūk—these (amounts however) are by far too high, considering the more moderate quantities we ourselves accurately copied down (above); some (copies even read) ‘good dry myrtle seeds from Nishapur at twice the weight of all the (other) components’! These ingredients are

---

76 The reading šāhiš (شاهیش) is clear enough in the manuscript, however it seems to be a mistranscription of Persian šāhbusah (شاهبسوه) “melilot”, see e.g. Vullers Lexicon 2/393.