INDEX OF INGREDIENTS

Each index entry includes the Greek name of the ingredient, a scientific name (when relevant), and an English common name, followed by the reference to the page(s) on which that particular ingredient is listed or discussed. Subheadings include information on parts of the plant (e.g. root, leaves) or animal (e.g. liver, suet) used in the recipes, as well as reference to local varieties of ingredients (e.g. Egyptian salt). Two keys for the index are provided: the first is a list of scientific names and the second is a list of common English names.¹

A note on identifications

As pointed out by the recently published Gray lectures of John Raven (Plants and Plant Lore in Ancient Greece),² identifications of ancient materia medica (and particularly of plants) are difficult to establish. There was nothing such as an international code of botanical nomenclature in the ancient world. There could be in Greek more than one word for a plant; or, on the contrary, a single word in Greek could designate many different modern species. According to Raven, it is advisable to take cum grano salis the identifications of plants proposed by William Turner Thiselton-Dyer for the Liddell-Scott-Jones dictionary. However, many studies complementing the LSJ are available: Giovanni Aliotta et al. (2003), Le piante medicinali del Corpus Hippocraticum; Hellmut Baumann (1993), Greek Wild Flowers and Plant Lore in Ancient Greece; Andrew Dalby (2003), Food in the Ancient World from A to Z; Johann H. Dierbach (1824), Die Arzneimittel des Hippokrates; Rudolf von Grot (1899), 'Über die in der hippokratischen Schriftensammlung enthaltenen pharmakologischen Kenntnisse'; Monique Moisan et al. (1990), Lexique du vocabulaire botanique d'Hippocrate; as well as the edition and French translation of Theophrastus' History of Plants by Suzanne Amigues (1989–2006). I have therefore decided to translate Greek plant names listed in the Hippocratic recipes into English. The identifications offered here are based mostly on those presented by Suzanne Amigues and Andrew Dalby, and the English common names used are those listed in David J. Mabberley (1997, 2nd edition), The Plant-Book: A Portable Dictionary of the Vascular Plants.

The identifications of insects mentioned in the Hippocratic recipes are based on Ian Beavis (1988), Insects and other Invertebrates in Classical Antiquity; and Malcolm Davies and Jeyaraney Kathirithamby (1986), Greek Insects. Finally, the identifications of birds and fishes are based, respectively on D'Arcy Wentworth Thompson (1895), A Glossary of Greek Birds and Idem (1947), A Glossary of Greek Fishes.

¹ For such keys for the index, see Hort (1916) and Amigues (2006).
² These lectures were originally delivered in 1976, but have only been published in 2000.
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