

European Cardiology Congress

July 01-02, 2019 | Prague, Czech Republic

Hasan Basri Ulusoy

Erciyes University-Faculty of
Medicine, Turkey

Beneficial effects of apple for the heart in the historical medical books

Scientific knowledge was gathered along centuries, and it is subject to revision and refinement as new data are found. This is also true for the field of medicine. However, some natural therapies were forgotten because of rapidly increasing synthetic drugs. As new research results are published, it is seen that lots of therapies recommended in the historical medical books have scientific basis. In this report, information about use of apple in heart disease in the historical books are presented: “The Canon by Avicenna” (d.1037): “If palpitation affects the whole body, blood is extracted from left basilic vein and recommend patient drink apple extract and”; “Kitab al-Saydana” by Al-Biruni (d.1048): “Syrian apple has cardio tonic properties”; “Edviye-i Mufrede” (1389) by Ishak Bin Murad, (for palpitation): “..... Recommend patients eat apples, pears and quinces.” A book by Hayatizade Mustafa Feyzi (d.1693): “Apple strengthens and refreshes the heart, but eating excess apples is harmful for the nerves.....” As it can be seen, there are indications in the historical medical books for beneficial effects of apple for cardiac functions and for palpitation. Confirming these information, there are some reports in the literature. Two epidemiological studies have shown that eating apples is associated with the reduction of the occurrence of cardiovascular diseases. Beside there is an experimental study indicating protective effect of apple against ventricular arrhythmias. Information from the old medicinal books and results of new researches put together indicates that apple is a promising research subject for heart diseases.

pharmacohistory@gmail.com