

Early Preventive Medicine: Mal'ta's Prenatal Recording Schedule

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Abstract

The mystery surrounding a mammoth tusk plate discovered in Mal'ta more than 80 years ago remains unsolved when archaeological discoveries are viewed only through historical lenses. It is possible to infer that fertility and pregnancy were already a major topic of discussion at that point when seen from the framework of practical application linked into men's worldview. It is hypothesised that humans formerly memorised and calculated the pregnancy stage using the plate. This might be viewed as the beginning of medical preventative thinking. It was crucial to understand how the pregnancy was progressing in order to schedule the delivery under the best possible circumstances. It appears that the plate helped to count it as exactly as possible about 22,000 years ago.

Keywords: Complementary and alternative medicine • Hot flashes • Menopause • Symptoms • Review

Introduction

A possible interpretation of the archeological finding of a mammoth tusk plate with unclear incisions could be provided by combining interdisciplinary and transcultural thinking. Gerasimov, one of the pioneers of Siberian prehistory, excavated the well-known Mal'ta site in Siberia from 1928 to 1930. Around a small settlement with a hearth, small Venus statues representing fertility and other objects have been discovered. These individuals [1,2] represented the male and female seating areas of the fireplace. In addition to the Venus figurines, the latter one featured a small mammoth tusk plate with chiseled points on one side and snakes in waveform on the other. Regarding it, Delporte writes: Two of these decorative items' findings seem to be quite unique: The first is a massive ivory plate that is perforated and measures 136 millimeters by 82 millimeters. On one side, it has a decoration made of dotted spirals and on the other, it has three wavy snakes. The second, found in the grave of a child with a similar plate, is less impressive and consists of a necklace with a large bird-shaped pendant, six smaller pendants shaped like the number 8 and 12 small discoid beads.

Description

The aviform pendant and the pendants shaped like the number eight are all pointillé-decorated. However, a sizable collection of figurative art pieces serve as a representation of the most significant aspect of Mal'ta's artistic output. There is just one engraving at the moment and it was crudely cut on a mammoth ivory plaque. The rich and diverse sculpture in the round, in contrast, is divided into three categories: genuine birds, stylized birds and feminine [3].

Regarding this, Don Hitchcock wrote: Plate with a central hole. Tusk of a mammoth engraved, carved and polished. 138 x 81 mm. M.M. Gerasimov

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excavated the Malta Site between 1928 and 1930 in Siberia, near Irkutsk, Russia, along the Belaya River. Culture of Maltinsko-Buretskaya 23000 - 19000 BP. Text and image: <http://www.hermitagemuseum.org/>. Three snakes can be seen on one side of the plate. The snake is uncommon in Paleolithic art from the northern hemisphere, probably because snakes couldn't spread as widely due to the cold. In addition, the snakes appear to belong to the Cobra family because of their wide heads, but Cobras are currently only found in southern Asian regions. So the question is whether the engravings are of cobras, if so, how did the artist ever see them, or is there another way to interpret them? Are the illustrations possibly maps of glacial lake-to-river pathways? On the opposite side of the plate, a large spiral of depressions radiating from the central hole is surrounded by several frequently connected spirals [4].

The inner spiral formed by these tiny engraved holes, which, if counted for the exact day, could be filled with colored material, begins with a slightly larger hole in the middle of a small, rounded, rectangular tablet that marks the day that man reached ovulation. As a result, we have an average of 266 days remaining after conception. The spiral finally reaches its first end at the height of the middle hole on the rim, opening up to the outside with day 244. After that, it begins all over again, this time with only a small half circle formed by ten day points, when the baby, one hopes, would arrive. This is again marked inside with four additional single points to give it a chance before real problems start. Two spirals that merge into one another form the upper side's opposite corners, resulting in 64 days in each corner. The other two lower corners depict a larger spiral with 68 days on the left and two smaller spirals on the right, each with 48 days. However, you can count to 255 before it begins entering the smaller spiral in the left corner, which is marked with approximately 64 days, if you do not continue on to the half circle to the right after the first opening of the big central spiral, which occurs 244 days later. Even though the picture is good, it would be better to see the original in the Hermitage. In addition, it is used for practical purposes by touching and holding the corners. However, man is a unique living being and cannot be completely calculated. The average length of time is 10 lunar months, or 40 weeks and 280 days, if we begin with the easily recognizable first day of the last menstrual cycle—not the day of conception. It is believed that both the mother and the baby can survive for a maximum of 334 days. After 255 days, it's possible that the two connected spirals—with 48 days remaining and still some hope—are the right ones—with 16 days remaining before entering the other spiral, which turns inside and becomes ever more narrow—into the crisis—through day 41 [5].

Conclusion

People certainly had insight into many things if they could determine the

moment of birth as precisely as we do now more than 22,000 years ago. It appears plausible that at that time, humans may already be able to calculate the stars, predict the change of the seasons and decide the optimum times to hunt particular species. The lunar calendar may have been utilised in South Africa even earlier, which would fit in well with the current findings.

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Conflict of Interest

No conflict of interest.

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