

Methods of Combating Child Diseases in Besim Ömer's Book titled Tabib-i Etfal and Their Similarities with Modern Medicine*

Besim Ömer'in Tabib-i Etfal Adlı Eserinde Çocuk Hastalıklarıyla Mücadele Yöntemleri ve Bunların Modern Tıpla Benzerlikleri
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ABSTRACT

Aim: In the late XIXth and early XXth century Besim Ömer combined traditional methods with modern methods. Therefore he was among the founders of modern Turkish medicine. The general purpose of this research is to investigate whether Ottoman period medical books are a source of modern medicine by giving examples from Dr. Besim Ömer's medical book.

Method: In this study, Ottoman medicine and today's medicine was compared and examined through Dr. Besim Ömer's book on pediatric diseases and with this method, the perspective of Ottoman medicine and modern medicine on similar diseases was examined.

Results: In the Ottoman period medical work we examined, it was found that alternative treatments were offered to today's diseases. These findings were partially evaluated from the perspective of modern medicine. The findings revealed that Ottoman medicine constituted the prototype of today's diagnosis and treatment methods.

Conclusion: According to the results obtained in the study, it was seen that Ottoman medicine offers different or similar treatments to the diseases that exist today. In addition to treating diseases, it is observed that the thesis of not catching the disease applied in preventive medicine practices is emphasized frequently. It is partially revealed in this study that the diseases seen in history continue today and how these diseases were diagnosed and treated in the past.

Keywords: Ottoman medicine, pediatrics, diagnosis and treatment methods

ÖZ

Amaç: XIX. yüzyılın sonlarında ve XX. yüzyılın başlarında Dr. Besim Ömer, geleneksel yöntemleri modern yöntemlerle birleştirdi. Böylece o, modern Türk tıbbının kurucuları arasında yer aldı. Bu araştırmanın genel amacı, Dr. Besim Ömer'in kitabından örnekler vererek Osmanlı dönemi tıp kitaplarının modern tıba kaynaklık edip etmediğini araştırmaktır.

Yöntem: Bu çalışmada Osmanlı tıbbi ile günümüz tıbbi Dr. Besim Ömer'in çocuk hastalıkları ile ilgili kitabı üzerinden karşılaştırma yapılarak incelenmiş ve bu yöntemle Osmanlı tıbbi ile modern tıbbın benzer hastalıklara bakışı incelenmiştir.

Bulgular: İncelediğimiz Osmanlı dönemi tıp eserinde günümüz hastalıklarına alternatif tedaviler sunulduğu tespit edildi. Bu bulgular günümüz modern tıbbın bakışıyla kısmen değerlendirildi. Elde edilen bulgular Osmanlı tıbbının günümüz teşhis ve tedavi yöntemlerinin prototipini oluşturduğunu ortaya koydu.

Sonuç: Çalışmada elde edilen sonuca göre Osmanlı tıbbının günümüzde de var olan hastalıklara farklı ya da benzer tedaviler sunduğu görülmüştür. Ayrıca hastalıkları tedavi etmenin yanında günümüzde koruyucu hekimlik uygulamalarında uygulanan hastalığa yakalanmama tezinin sık sık vurgulandığı görülmüştür. Tarihte görülen hastalıkların günümüzde de devam ettiği ve bu hastalıklara geçmişte nasıl teşhis konulduğu ve tedavi edildiği bu çalışmada kısmen ortaya çıkmıştır.

Anahtar Sözcükler: Osmanlı tıbbi, pediatri, tanı ve tedavi yöntemleri

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INTRODUCTION

In the Ottoman period, medical education was carried out in madrasahs, as it is known in the early periods. In the next periods, the Faculty of Medicine was opened and modern medical faculties were established. Besim Ömer Akalın, one of the first Turkish Professors who grew up in the Ottoman period and founded Turkish medicine in the early years of the Republic, published more than forty medical books and wrote about two hundred scientific articles. The following is stated in a study about him:

“Besim Ömer (Akalın) Pasha (1862–1940), who appears under different titles in Turkish medical history, is a valuable figure in the history of obstetrics, pediatrics, medical education, nursing midwifery and the Red Crescent.”¹

However, since all of these works were published in Ottoman Turkish, they cannot be a source for today's medicine. Unfortunately, these works have not been translated into Latin Turkish until today. Most of his works have not been translated exactly, but these works have been used in various medical history studies.

We found this book by Dr. Besim Ömer from the Marmara University Manuscript Collection. We also noticed that this work has not been translated into modern letters. He has more than seventy books and over 400 scientific articles.² However, we can find about 40 of his books in libraries. One of the founders of modern Turkish medicine, Dr. Besim Ömer remained a doctor whose name was mentioned in scientific studies on the history of medicine, but his works are waiting to be translated.

One of these works is called *Tabib-i Etfâl*, which is related to child health. On the cover of this work, as seen in the old letter print below, the phrase *“Advice to Parents”* is included. Therefore, this work is a bedside book for parents. Besim Ömer applied both traditional practices and modern medical science of the West together in his book. Besim Ömer has always carried out medical studies throughout his life. He also established several associations for the development of Medicine. The following statements were used about Besim Ömer's contributions to Turkish medicine:

“Besim Ömer's interest in medicine and medical history has never stopped, and his curiosity has led him to become the first president of the Turkish Medical History Association.”³

Turkish Medical History Association is still actively working. This organization annually organizes various congresses and symposiums. Besim Ömer, who combined Eastern medicine and Western medicine and developed new medical approaches, went to Europe many times and worked there in various organizations: *“He frequently described European Travels and represented our country in various congresses.”⁴* Thus, he became a doctor who developed Eastern and Western medicine together. Living in the transition period from Ottoman medicine to modern medicine, Besim Ömer has modernized Turkish medicine as described below:

“Having spent the first half of his lifetime during declining years of the Ottoman Empire and the other half, at the first reformative decades of the Turkish Republic, Besim Ömer Akalın, M.D. exemplifies very well of a new urban elite at the turn of the XXth century, regarding his education, formation, professional and administrative duties. He is known of his main contributions and remarkable services in obstetrics, in pediatrics; and also of his fundamental works for the education of midwifery and nursing in Turkey. He carried out several duties at the same.”⁵

His work, especially on pediatric diseases, is still appreciated today. The cover of the book he wrote about pediatric diseases can be seen below. This work has not been translated into Turkish with Latin letters until today. Thus, the work is not known much.

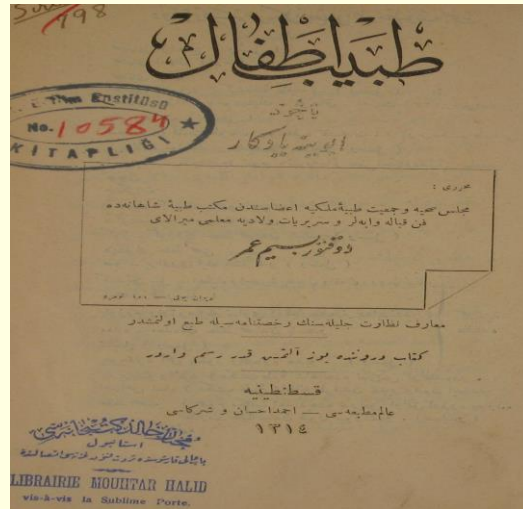


Figure 1. The cover of Besim Ömer Akalın's book titled Tabib-i Etfâl

The **Figure 1** is the cover of Besim Ömer Akalın's book titled Tabib-i Etfâl. In the picture above, we see the original edition of the work. On the page with the identity of the work, the phrase "Faculty of Medicine and Health Assembly Board Member and Professor of Medicine Colonel Besim Ömer Akalın" is written.

Although medicine is very advanced today, the diagnoses and treatments made in the past can shed light on the present day. However, due to the multiplication and diversification of diseases, some diseases that have been studied today may not have been studied in the past. In recent years, studies on the history of medicine have expressed this situation as follows: *"Although the scope of medicine is very wide and becoming even wider now, some physiological and pathological processes of human body were not studied under medical issues in the past."*⁶

However, today's medicine has many recommendations and experiences that can be obtained from the past. Past examinations and treatment methods should be considered as a legacy to the present.

Besim Ömer's name was changed after the surname law entered into force in Turkey. So its name became Besim Ömer Alkalın. In addition to these, it should be said that the publication place of the book is interesting. Although the place of publication of the work is Istanbul, it was used in Constantinople, not Istanbul. The work was published in Hijri 1314. This date corresponds to the year 1897 as Gregorian. However, since the work has written 1314, the original date is taken as basis in the excerpts from the book.

Dr. Besim Ömer Akalın has written about 40 medical books and 200 medical articles in the Ottoman archives. He lists the methods of diagnosis and treatment that guide modern medicine in his works. Since Akalın's works are written in Ottoman letters, they have not been translated until today. If these works are transferred to today's letters and examined by comparing them with modern medicine, treatment methods that do not exist today will also be brought to light:

*"In the history of Islam, the Turks, who continued their paths by physicians who signed different and important invention sand discoveries, endeavored not to stay away from modern medicine in the last period of the Ottoman Empire. One of them is Besim Ömer Pasha. Rather than investigating what is detrimental to what is detrimental to health and what is beneficial in the medical field, the information gathered by the physicians and researchers in the field (books, articles, etc.) was collected in a book for the first time in the Ottoman Empire."*⁷

Akalın uses both herbal and modern treatment methods together. The medical works he wrote with this aspect are waiting to be examined. Carrying out studies on the history of medicine will attract the attention of both healthcare professionals and the public:

“Conducting such studies will provide the basis for carrying out more accurate analyses to the historians of medicine, while also provoking and attracting the interest of the general public and the healthcare professionals to the history of medicine.”⁸

Thus, serious studies and analyzes will be carried out on these works and new gains will be obtained for the history of medicine. There are also other books on childhood diseases in this period. One of the authors of those books is Sâlih bin Nasrullah. He lived in the same age as Besim Ömer, recommended treatment methods similar to the methods described in Tabib-i Etfâl. These methods are non-surgical and supported by herbal medicines as shown in the following study:

“As a part of the non-surgical treatments, herbal and chemical remedies and also the bearing of some objects that were believed to be beneficial were described.”⁹

Examination of such books is necessary to learn the history and developments of medicine from past to present. Thus, the roots and progress stages of medicine will emerge more clearly and alternative diagnosis and treatment methods may emerge from past to present. The book Tabib-i Etfâl is thought to be a translation from French Gaston Variot. However, from this book, Dr. Besim Ömer is only inspired. About this subject Yeşim Işıl Ülman states the following regarding the book Tabib-i Etfâl:

“This book is not a translation from Variot, but a compilation of sources on pediatrics and pediatrics, among which Variot's book is given by the author at the end of the book.”⁵

It can be said that Dr. Besim Ömer's suggestions on diseases are not translations but his own scientific opinions.

METHODS

Ottoman Turkish translation methods were applied in the study. In addition, since the Ottoman phrases consisted of Arabic and Persian words, today's equivalents of Arabic and Persian words were found in Ottoman dictionaries. The Turkish equivalents found were translated into English by looking at the medical terms dictionary. In addition to the methods of translation, the approaches of today's medicine about the diseases that emerged in the past are also shown by quoting from some articles. Thus, the method of comparison between the Ottoman understanding of treatment and modern medicine was partially applied. Many diseases are described in Besim Ömer's book on pediatric diseases. However, some of these have been examined in this study, as all go beyond the limits of an article.

TABIB-I ETFÂL (PAEDIATRICIAN) AND CHILD HEALTH

This work, written by Besim Ömer, contains medical information about what the diseases of children are and how they can be treated. Besim Ömer's work is written in Ottoman letters; however, medical terminology also consists of Arabic and Persian words. As it is known, all of the health books written in the Ottoman period consisted of Arabic and predominantly Persian. It is in Latin with today's medical literature. For this reason, in order to understand even a medical book written at the end of the XIX th century, which is a very recent history of those who are dealing with today's medical science. Today, it is very difficult to find a doctor who knows both Ottoman medicine and Arabic medical terms. For this reason, a multidisciplinary study is required for a comparative research between today's medicine and Ottoman medicine. In order to understand the works of Besim Ömer Akalın and associate them with today's

diseases, such a multi-participatory study is needed. In this period of Besim Ömer, it was repressed and reproduced by the Society of the Himaye-yi Etfâl (Child Protection Agency) for reading by the parents.

CHILD DISEASES AND TREATMENT METHODS

In the book, information about various child diseases and treatment methods is given. Among these, common diseases in children such as Cold, Epistaxis, Herpes and Anemia are included in the work. Besim Ömer focused on these diseases in more detail. He explained these diseases with examples and listed the treatment methods. How to deal with these diseases and prevention methods are also listed. There are the charcoal drawings about diseases in the work. These drawings in this work, which seem to have been written with a populist understanding, save the health book from being boring.

DIARRHEA

The book provides information about intestinal diseases and therefore diarrhea. Besim Ömer lists the treatment to be given to the child with diarrhea as stated below:

*"If the child is very young (two or three months old) drinking cow's milk and to dilute it a little, add lime water or absorbed (sterilized) milk to the milk or it is necessary to give the donkey milk to child and plan the milk times properly...Should also put it in mustard bath (50 grams of mustard flour in 30 liters of water) and rub his body with camphor oil."*¹⁰

In the years when the book was written, we can guess that herbal treatment, which we call alternative therapy, was recommended to the patients by Turkish doctors.



Figure 2 ¹⁰

The treatment of diarrhea is described in **Figure 2** taken from the 242nd page of Besim Ömer's book. At the same time many herbal and medical treatment methods related to diarrhea are listed in the work. Some research on donkey milk shows that the information described in this work is accurate. Today, donkey milk has been found to be extremely effective especially for the development of children. In a study conducted in London in 2016, the following is stated regarding donkey milk:

"The milk of each species is designed to meet the specific needs of the neonate; however, when breastfeeding is not possible, or after weaning, it becomes important to find adequate alternative nourishment. This is particularly challenging for the infants affected by cow milk protein allergies (CMPA) that, occasionally, are associated with clinical cross-reactivity between milks of other ruminants. In addition, if multiple milk protein allergies appear, the use of soy-based formulas or extensively hydrolysed protein formulas is not recommended to avoid the risk of cross-sensitisation. Contrarily, equid milk, especially

donkey milk, showed to be well tolerated by children with CMPA in terms of clinical tolerability, likely associated to the comparable protein fraction composition between donkey and human milk."¹¹

Donkey milk can be used as an alternative source of protein, especially in children. According to a study in 2019, it can be said that the research conducted by Besim Ömer on this subject and the results of this research are still valid today:

"Donkey milk can be used as a substitute for infants and children who suffer from cow milk proteins intolerance and multiple food hypersensitivity. Up to date, this is one of the main reasons why donkey milk has become a substantial area for research, with an increase over the last fifteen years. In donkey milk chain, risk analysis should be the object of particular attention because children are the main consumers of this food."¹²

The fact that there is still work on donkey milk shows that research on this subject has not been concluded yet. It is remarkable that Besim Ömer pointed out this issue a hundred years ago and emphasized the importance of this protein source. However, Besim Ömer may have gotten this information from Western sources of his period. Because, according to what we learned from Besim Ömer's life story, he studied medicine in France.

"Born in Istanbul in 1861, Besim Ömer is the son of Ömer Şevki Pasha. Graduating from Mekteb-i Tıbbiye-i Şâhâne with the rank of captain in 1885, Besim Ömer passed the associate professorship exam on "fenn-i qibale", that is, "giving birth knowledge". Then he completed his specialty education in Paris between 1887-1891."¹³

COLD

Cold is known as an admirer in ancient medical literature. Besim Ömer has recommendations about Zükâm (cold), but he primarily lists the reasons that caused the cold. More precisely, he shows the prototype of modern science, which today is defined as preventive medicine and recommends *not catching the disease rather than treating it*. According to him, the cold of the feet invites a cold and causes a cold. For this reason, we should protect our feet from cold and keep them warm in order not to get caught in colds. Especially when the babies have a cold, it should be added to the boiled marshmallow flower water with vinegar in the ratio of one in 100. It should be added to the child's nose with a syringe warmly.¹⁰

Today, similar results have been achieved in the studies conducted on the common cold. The use of vinegar used in symptomatic treatments was also known and applied during the Ottoman period. The traditional treatment mentioned here is still recommended today. However, unlike traditional treatment, red pepper and honey should also be added to vinegar. This information is emphasized in a study on this subject below:

*"Cayenne or red pepper (Capsicum annuum L., Solanaceae) reduces chest pain due to continuous coughing. It is also warming and stimulating. A cough syrup is prepared by mixing cayenne pepper, ground ginger (one-fourth teaspoon each), honey, apple cider vinegar (one table spoon each) and two tablespoons of water. Drink the syrup two to three times a day. Carrot (Daucus carota ssp. sativus (Hoffm.) Schubl et G. Martens, Apiaceae) contains many vitamins and nutrients that can help to relieve various symptoms of a cough. Fresh juice of four to five carrots is diluted by adding some water. For taste, one teaspoon of honey is added. The juice is drunk three to four times a day until the symptoms improve."*¹⁴

The general feature of these treatments is to treat colds symptomatically. In addition to these treatments, Marshmallow root powder, green clay or flaxseed are also applied in the common cold. In a scientific study

conducted on herbs in 2016, herbal treatment methods for colds were listed. The treatment method is explained in detail in the following sentences taken from this study:

“Marshmallow root powder, green clay, or linseed can be added to give a better texture and for their own drawing qualities, especially for infected wounds, ulcers or boils. Poultices are also used for nerve and muscle pain, sprains and broken bones - in these cases a small pinch of ginger or a couple of drops of ginger oil may be added to ‘potentise’ the action. Poultices may also be used for mastitis or engorged breasts- either cold cabbage leaves or warm calendula. Try to ensure that only sufficient water is present when simmering or soaking in hot water to form a firm texture without having to squeeze off any liquid; apply some oil to the area being treated to prevent the poultice sticking and the herbs are applied as hot as possible, taking care not to scald the skin. The herbs are laid on lint and covered with gauze, then the poultice is applied gauze side to skin and bandaged in place. It may be left for between 30 minutes and 24 hours, depending on what is being treated.”¹⁵

Muscle aches and injuries were also mentioned in the above scientific study. However, Besim Ömer did not mention them. The above mixture is useful not only for colds, but also for dry areas such as knees, heels, feet and elbows: *“Good for nappy rash, and for protecting the lips. They are also useful for dry areas such as knees, heels, feet and elbows”¹⁵*

Today, a cure for the common cold is not possible. However, the disease can be treated symptomatically. This is easier to do with herbal or alternative treatment, as seen in both Ottoman medicine and today's research.

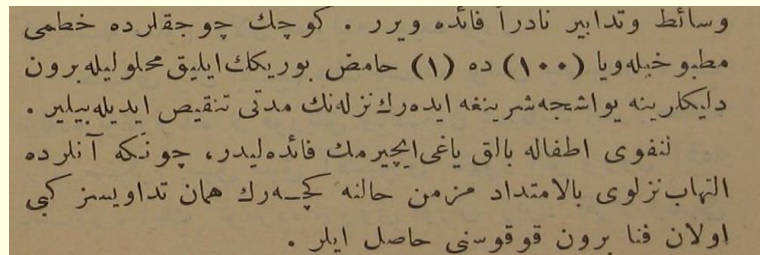


Figure 3¹⁰

On the page taken from the original of the above work (**Figure 3**), an expression in 100 is shown in Arabic letters in brackets. The phrase written as Hamiz above is a concept used in ancient medical literature for substances such as vinegar and acid. However, more than one percent should not be added to marshmallow flower water.



Figure 4¹⁰

Regarding the cold called Zükâm, the most important point recommended by Besim Ömer is to be protected from the cold. It advises us to do what we call home treatment today, which should be done to get rid of the disease especially from the beginning of the cold. He lists the things that can be done at home, such as protecting our feet from the cold during the winter months, dripping marshmallow water on the nose and removing nasal congestion. (**Figure 4.**) Thus, Besim Ömer describes the way of treating the disease herbal. However, it also draws attention to foot care.

EPISTAXIS

Nasal bleeding is called Epistaxis¹⁶ in the medical literature. Especially frequent epistaxis in children can occur for various reasons. Dr. Besim Ömer states that the children's nose can easily bleed. This is because the veins are thin in children. Thin veins can be easily ruptured. After listing other causes of nosebleed, it lists interesting forms of treatment to stop bleeding. The person who bleeds the nose should first draw the cold water into his nose and then hold the cloth soaked in cold water on his nose. Also, lifting the two arms in the air stops nasal bleeding.¹⁰ In modern medicine, hemodynamic stabilization is applied in addition to airway and respiratory care to stop nosebleeds today:

"The patients seen for epistaxis at our service were submitted to the initial emergency protocol, which included airway and respiratory care, along with hemodynamic stabilization procedures."¹⁷

Today, air humidifiers and various gels are used to stop epistaxis. The most effective of these is the treatment with air humidifier. The prototype of air epistaxis treatment is recommended by Dr. Besim Ömer. As stated in the study by Brazilian researchers about this treatment, air humidifiers and gels help stop epistaxis:

"While most experienced clinicians note that moisturizers and lubricants such as nasal saline, gels, and ointments and use of air humidifiers can help prevent nosebleeds, quality supportive evidence is scarce."¹⁸

Besim Ömer lists the treatment techniques for epistaxis that we may encounter frequently in our daily lives. He states that there may be some bleeding in the epistaxis and this bleeding may be at least as much as a glass full. The first medical aid recommended by him is still used today.



Figure 5 ¹⁰

Dr. Besim Ömer recommends cold water treatment related to epistaxis. Since the work was not written in the years it was written, perhaps it does not indicate the treatment of putting ice on the bleeding nose. The **Figure 5** above shows a picture of a mother who has a cold water massage for the girl whose nose bleeds. Washing the nose with warm water, helps stop epistaxis.¹⁰ Besides, in modern medicine circulation of the carotid system is used today:

“Several procedures to treat epistaxis refractory to clinical management have been described in the literature, such as irrigation with warm water, chemical and electrical cauterization of the nasal mucosa, arterial embolization, open and endoscopic artery ligation surgery. The ligation of the distal arterial branches has been performed more recently to prevent direct and ante grade circulation of the carotid system that irrigates the nasal cavity and known to have plenty anastomoses.”¹⁷

Different from what Besim Ömer said, today modern medicine recommends cleaning the fresh blood and clots with suction method:

“As the majority of epistaxis in children originates from the anterior caudal septum, venous bleeding will often cease with pinching of the nostrils in an upright position. Fresh blood and clots should be removed with suction.”¹⁹

In addition to all these, different forms of treatment can be applied. In addition to these, we can say that as medical research increases, new treatment methods may emerge.

HERPES

Dr. Besim Ömer stated that herpes can be seen in the mouth and on the tongue; the biggest of these wounds may be lentil-sized. Dr. Besim Ömer states that Herpes are in the form of lentils, that is, round, and there is no definitive treatment for these mouth sores. He states that mouth sores will heal spontaneously after a while. Dr. Besim Ömer says that Herpes may be on the inner surfaces of the lips and on the tongue.



Figure 6¹⁰

Herpes are usually asymptomatic and small blisters can be seen on the lips. Most patients apply to the clinic with herpetic stomatitis. The following paragraph demonstrates that lip sores are asymptomatic, however, when symptoms occur, usually fever and small blisters in front and around the mouth, tongue and lips can be seen:

“To diagnose herpes labialis in general practice, physicians are limited to taking patients’ histories and performing physical examinations. A primary infection with HSV-1 is often asymptomatic. However, when symptoms do occur, young children often present with herpetic stomatitis, characterized by fever and the formation of small blisters and ulcers (2 to 10 mm) in the front of and around the mouth, on the tongue, and

on the lips.”²⁰ Herpes, which causes cosmetic deformity and psychosocial distress, usually has no obvious treatment and repeats periodically. In the paragraph below, which shows the results of a scientific study, it is stated that there is no specific treatment for herpes:

*“Herpes simplex labialis (HSL), also known as cold sores, is a common disease of the lips caused by the herpes simplex virus, which is found throughout the world. It presents as a painful vesicular eruption, forming unsightly crusts, which cause cosmetic disfigurement and psychosocial distress. There is no cure available, and it recurs periodically.”*²¹ In addition, herpes may occur with the emergence of nonspecific inflammatory images parallel to a peak in viral replication as explained in the research below:

*“The natural history of HSV infections is influenced by both specific and nonspecific host defense mechanisms. With the appearance of nonspecific inflammatory changes that parallel a peak in viral replication, specific host responses can be quantitated but vary between animal systems.”*²⁰

As seen in all these applications, similar practices in ancient medicine and modern medicine still continue. Dr. Besim Ömer states that there was no specific treatment for mouth sores about 120 years ago. It is stated in the above paragraph that although the treatment methods have increased with the developing technology today, there is still no definitive treatment method for mouth sores.

TEETHING

Teething in children causes a troubled process, especially at a young age. If this teething is accompanied by inflammation, unbearable pain may arise for children. Some recommendations are made for children who have a tooth in the work. If the teeth of the child who tries to scratch their teeth have not yet broken the gum, the gum is drawn out by the doctor and the tooth can be easily applied. This is explained in Dr. Besim Ömer's book as follows:

*“If the child's teeth have not yet broken the gum, the doctor will not hesitate to scratch the gums to prove dental practice. Inflammation that occurs with cough in children with dental practice is caused by cold. Since the saliva flowing through the mouth spreads over the child's chest by wetting the fabric and shirt, inflammation may occur in the rib cage due to the effect of this moisture.”*¹⁰

In the work, it is recommended to wait for children to rub their teeth and therefore not to wean children. It is also said that it is necessary to dress the gums with marshmallow water.

Herbal treatment is recommended in recent studies on plants. These recommendations are made by Dr. It is similar to what Besim Ömer said. Herbal therapy is recommended in a study shown below:

*“...is known to neutralize allergies, support digestive system, helpful for chronic gastritis, mouth sores, teething pains, toothaches, abscesses, burns, cuts, dermatitis, open leg sores, rashes, skin disorders, wounds, inflamed joints, ingrown nails, insomnia, migraine headaches, menopausal problems, and tension. (...) Flowers and inflorescences are collected in the following ways: Petals (red peony, mullein, etc.,) are collected by scraping the flower; large flowers (healing marshmallow, common mallow, etc.,) are collected one by one or in groups, with or without short flower stalks.”*²²

As said above, the plants should be applied without mixing. In other scientific research, it is said that itching may occur during tooth eruption. According to the information explained below, it is said that treatment methods have been recommended for tooth eruption since Hippocrates:

In the fourth century bc, Hippocrates wrote a short treatise, *On Dentition*, ‘Teething children suffer from itching of the gums, fevers, convulsions and diarrhoea, especially when they cut their eye teeth and when they are very corpulent and costive’. (25th Aphorism, 3rd book.)²³

As stated in the above research, diarrhea can also be seen in children who have teeth erupting. Dr. Besim Ömer also states that children with tooth eruption will have diarrhea and tooth itching in the following **Figure 7.**



Figure 7 ¹⁰

ANEMIA

Anemia is a common condition in children. In this case, children experience feelings of weakness and fatigue. *"The hands, eyelids and face of the child are pale due to anemia."*¹⁰ says Akalin, who gives the girls of puberty anemia a greenish yellow color. Young children with anemia also do not want to play or even move. Akalin's young girls who show signs of anemia should first listen to the chest on their back. Because anemia causes chest diseases, he says. For the treatment of anemia, Akalin, who should walk in open areas and take a cold bath, says that the ancients used ox blood against anemia, but instead of using blood, pure hemoglobin should be used instead of ox blood. Besides, raw ox meat and strawberries should be eaten, he says.¹⁰ The results of a study conducted in 2012 are mentioned in the following paragraph:

"Furthermore, fresh water bath is common among children in developing countries; thus, children with pruritic reaction or unexplained febrile illness several weeks after a fresh water bath are suspected to have contracted urinary."²⁴

It is explained in the above quote that bathing is among the traditional practices against anemia in developing countries. Dr. Besim Ömer also describes taking a bath as we explained above.

DISCUSSION

Today, it is known that medicine is universal. In many parts of the world, Latin medical terms are used. However, it is not possible to say this for Ottoman medicine. Ottoman medicine differs in terms of terms and approach to diseases with today's medicine. The book examined in this study is a medical book written by Dr. Besim Ömer in 1897. However, Ottoman medical terms were used in this work, not today's medical terms. For this reason, medical terms in the book are not similar to today's terms. Therefore, the difficulty of working stems from studying in different languages and terms. In addition, medical advances are emerging today. Thus, old information can be misidentified today. To compare them, it is necessary to

compare and interpret old medicine and modern medicine. This will be possible with competent people in the field who know both periods well. Knowing both the Ottoman and Latin medical terms very well may not be possible under current conditions. In the light of these discussions, comparative medical studies should be carried out in order to understand how medicine has passed through the ages and to reveal the processes of medical development. Scientific discussion environments should be prepared on this subject.

FINDINGS

When comparing Dr. Besim Ömer's Medical Book with modern medicine, it is very difficult to find the equivalent of medical terms. While modern medical terms consist of Latin, Dr. Besim's book consists of Arabic and Persian terms. Besides, his approach to diseases includes applications closer to traditional methods.

Despite these difficulties, traditional medicine is becoming more and more important today. The strategy of the World Health Organization emerges in this direction as explained in the following paragraph:

*"In line with the strategy of the World Health Organization, the integration of traditional medicine practices into today's medicine has gained speed and importance all over the world in recent years."*²⁵

According to the findings of this study, there is a coordinated link between traditional medicine and modern medicine. The emergence of this bond is important in terms of revealing the roots and history of today's medicine. In addition, the works written in the Ottoman period are known as works involving the developments of the previous period:

*"Commentary-style copyright is a separate copyright style and is the method of adding the developments in the author's own period to the works of the previous period. This is a method applied by the physicians and authors of the Ottoman period"*²⁶ Thus, a study on one of the Ottoman period works actually includes medical developments made until the Ottoman period. However, he derives his medical knowledge mainly from French medicine as explained in the following study:

*"Besim Ömer included the symptoms and causes of childhood diseases in his writings based on the works of European authors."*²⁷

In this aspect, he combined the modern French medicine of the period with the Ottoman medicine. We cannot say that Besim Ömer is a doctor who completely applies traditional treatment. However, it can be said that he was a doctor who applied the modern scientific ideas of his time without leaving tradition.

CONCLUSION

Dr. Besim Ömer wrote his medical book called Tabib-i Etfâl in 1897. During this period, traditional Ottoman medicine was common in the country. He preferred to combine and use modern Western medicine, which he learned while in France, with traditional knowledge. We can say that in the medical book we examined above, he gave examples of both the data of modern medicine and traditional treatment. Some of the findings he put forward about one hundred and twenty years ago are still valid, as seen in studies conducted in recent years. The thoughts he put forward about diseases in his book can be considered as the prototype of today's medical research. Because, as can be seen in the relevant pages of this study, the treatment modalities he said are similar to the scientific research data presented in recent years. In this respect, Dr. Besim Ömer pioneered the development of modern Turkish medicine. In this study, the thoughts he put forward in his book Tabib-i Etfâl were compared with some of today's medical research and it was determined that his treatment methods were close to modern approaches.

Other Images in the Work



Figure 8. Child Weighing ¹⁰

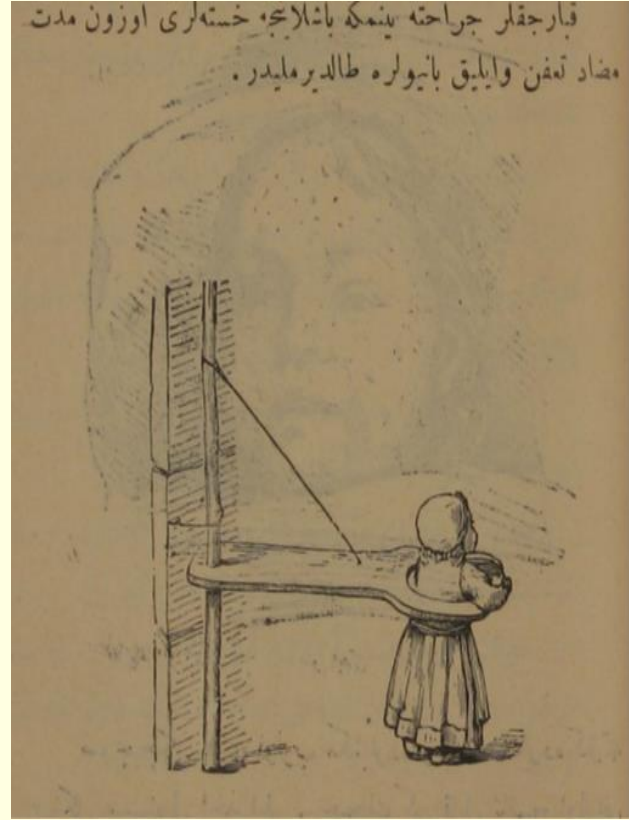


Figure 9. Child Walker of the Ottoman Period ¹⁰

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