

# Prehistoric Medicine and its Importance to Modern Humanity

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## DESCRIPTION

Humanity's quest for healing and wellness dates back thousands of years, with ancient civilizations developing their own unique approaches to medicine. However, even before the emergence of recorded history, prehistoric communities sought remedies for ailments and devised rudimentary medical practices. Although the exact details of prehistoric medicine remain shrouded in mystery, archaeological discoveries and anthropological studies provide valuable insights into the healing methods of our distant ancestors.

### The dawn of healing

Long before written records were created, prehistoric humans relied on observation, trial and error to understand the workings of the human body and find remedies for various ailments. These early healing practices were deeply intertwined with spirituality, as ancient cultures believed that illnesses were caused by supernatural forces, evil spirits, or imbalances in the natural world. Consequently, prehistoric medicine encompassed not only physical healing but also rituals, magic and spiritual interventions aimed at restoring harmony and well-being.

### Herbal remedies and natural healing

One of the primary pillars of prehistoric medicine was the use of plants and herbs for medicinal purposes. Ancient humans developed an intimate knowledge of their surroundings and identified various plants with healing properties. They utilized these natural resources to create poultices, ointments and infusions to treat wounds, soothe pain and combat infections. Although their understanding of the underlying science may have been limited, their empirical knowledge laid the foundation for the development of herbal medicine in subsequent civilizations.

### Rituals and shamanic healing

Prehistoric communities often relied on rituals and shamans, or medicine men and women, to heal the sick. These individuals

possessed deep spiritual connections and were believed to have the ability to communicate with the spirit world. Through chanting, dancing and invoking the gods or spirits, they sought to bring about healing and restore balance within the afflicted individuals. The power of suggestion and the placebo effect likely played a significant role in the perceived efficacy of such healing practices.

### Surgery and bone setting

Archaeological evidence suggests that prehistoric humans practiced basic surgical techniques, especially when it came to treating injuries and fractures. Through the examination of skeletal remains, have identified evidence of trepanation—a procedure involving the removal of a section of the skull—as a means to alleviate head injuries and release evil spirits. Similarly, the skillful setting of broken bones has been observed in ancient skeletons, indicating rudimentary orthopedic practices.

### Prehistoric dentistry

Ancient humans also faced dental problems and devised primitive methods to address them. Archaeologists have discovered evidence of dental procedures, such as drilling and filling cavities using sharpened stone tools. It is believed that prehistoric individuals also used plant-based remedies, like chewed leaves, to alleviate toothaches and gum infections.

## CONCLUSION

While the specifics of prehistoric medicine may forever remain elusive, the glimpses have gained through archaeological and anthropological studies shed light on the resourcefulness and ingenuity of ancient ancestors. The practices they developed, rooted in a deep connection with nature and spirituality, laid the groundwork for the evolution of medical knowledge and paved the way for the sophisticated healthcare systems. Exploring the mysteries of prehistoric medicine enables to appreciate the enduring human pursuit of health and well-being across the ages.

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