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Yiatrosafia yia ton Anthropon: Indigenous Knowledge of Medicinal, Aromatic and Cosmetic (MAC) Plants in the Utilisation of the Plural Medical System in Pírgos and Práitoria for Community Health Development in Rural Crete, Greece

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Citation

Aiglsperger, J. (2014, November 18). *Yiatrosafia yia ton Anthropon: Indigenous Knowledge of Medicinal, Aromatic and Cosmetic (MAC) Plants in the Utilisation of the Plural Medical System in Pírgos and Práitoria for Community Health Development in Rural Crete, Greece*. Retrieved from <https://hdl.handle.net/1887/29757>

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Issue Date: 2014-11-18

PROPOSITIONS

Yiatrosofia yia ton Anthropo:

Indigenous Knowledge of Medicinal, Aromatic and Cosmetic (MAC) Plants in the Utilisation of the Plural Medical System in Pírgos and Praitória for Community Health Development in Rural Crete, Greece

J. Aiglsperger

1. The traditional medical system available in Pírgos and Praitória, which is largely based on indigenous knowledge of Medicinal, Aromatic and Cosmetic (MAC) plants and related traditional home remedies as well as religious and spiritual forms of medicine, continues to provide the principal source of health care to the local population of rural Crete (*this thesis*).
2. The specific features of the plural medical system available in the research area, which comprises a traditional, a transitional and a modern medical system, can only be understood within the context of the socio-cultural characteristics of the local communities (*this thesis*).
3. The local people's choice of medical treatment in rural Crete is determined by their knowledge of the traditional medical system, in which MAC plants form the major component (*this thesis*).
4. The overall understanding of the plural medical system available in the communities as well as the integration of different medical systems are essential prerequisites for the development of community health in this part of Crete (*this thesis*).
5. The concept of 'Yiatrosofia', 'Medical Wisdom', combines ancient and indigenous knowledge of the healing properties of MAC plants and forms a dynamic system, which has functioned over the centuries and of which the capacity to adapt and change will allow it to survive (*cf.* Clark 2002).
6. Indigenous Knowledge Systems (IKS) advocate patterns of behaviour, which are culturally adaptable to local settings and involve sustainable ways of human interaction with the natural, social and spiritual environment (*cf.* Slikkerveer 1997; 1998; 1999; 2003).
7. The link between certain psycho-social factors and the disease profile of the local population has been neglected in Greece (*cf.* Lionis *et al.* 2010).
8. Patterns of health care utilisation behaviour, which involve multiple contacts between patients and the plural medical system, have to be analysed from a community perspective in order to identify possible shortcomings within the local system of health care delivery (*this field of study*).
9. The 'Dangerous Hour', '*i Kakia Ora*', which in the view of the local people refers to 'evil energies', has a negative effect on human health.
10. The European civilisation not only originated in Crete but has also died in Crete.