

## Ali ibn Sahl Rabban al-Tabari

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Abu al-Hasan Ali ibn Sahl Rabban al-Tabari was born to a Persian family in current-day Turkmenistan, but later moved to what is now Northern Iran. Born circa 838 CE, he died around 870 CE. A Muslim hakim (wise man), he is known for his contributions to the field of medicine and psychology. As a teacher, his legacy continued with his student, Muhammad ibn Zakarīya Rāzi ("Rhazes").

He completed several important works related to diet and medicine, as well as other topics, including: *Firdous al-Hikmah* ("Paradise of Wisdom"), *Tuhfat al-Muluk* ("The King's Present"), *Hafzh al-Sihhah* ("The Proper Care of Health"), *Kitab al-Ruqa* ("Book of Magic or Amulets"), *Kitab fi al-hijamah* ("Treatise on Cupping"), and *Kitab fi Tartib al-'Ardhiyah* ("Treatise on the Preparation of Food"). He is most praised for his construction of one of the first encyclopedias of Islamic medicine, *Firdous al-Hikmah*.

A detailed system of medicine, *Firdous al-Hikmah* is divided into seven sections and 30 parts, with 360 chapters. The first of seven sections is divided into 12 chapters, and includes entries on general philosophical ideas of scholars such as Hippocrates and Galen, and explanations of matter shape, quantity, and quality, temperaments, genesis and decay, activity and passivity, among others. The second section details embryology and pregnancy, the anatomy and physiology of organs, seasons, psychology, bodily senses, temperament and emotion, nightmares, hygiene, diet, and other topics. Section 3 focuses on nutrition. The fourth section is the longest, and

discusses topics ranging from general pathology to phlebotomy. Section 5 provides a discussion on color, scent, and taste. The sixth section is about toxicology. Finally, the last section provides discourse on the relationship between the health and the climate and seasons, astronomy, and a summary of Indian Medicine.