

HUMORALISM

Meaning: Humoralism is an ancient medical theory that posits health is determined by the balance of four bodily fluids, or humors.

1. Humoralism was a dominant theory in ancient medicine that explained health in terms of bodily fluids.
2. The principles of humoralism suggest that an imbalance in the four humors could lead to illness.
3. Many historical texts illustrate how humoralism influenced treatments and diagnoses in medieval Europe.
4. While humoralism has been largely replaced by modern medical science, its legacy can still be seen in some holistic practices.
5. Critics of humoralism argue that its reliance on superstition hindered advancements in medical knowledge for centuries.

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