Abstract

Objective: The Liber de arte medendi (Lyon, 1564) is the most relevant book of Prima Professor of The Faculty of Medicine of Universidad de Alcalá, doctor Cristóbal de Vega (1510-1573). It is a treatise —674 pages in folio— of theoretical and practical medicine. This doctrinal exposé, scholar and bookisk, changes its tone in the second of the three parts, the liber II, that deals with “no natural things” of galenism, which necessarily affect the organism and that, depending on how they are used, they may strengthen or weaken its health: air, physical activity, foods and drinks, sleep, evacuations and passions of the soul. Scope: Within the section dedicated to foods and drinks, we have studied the interesting chapter about wines, where the author makes a hygienic assessment about wine. Material: The chapter on Spanish wines consigned at the Liber de arte medendi and some other references about the therapeutic capabilities of some of the wines described by the author. Interventions: He we undertaken a critical analysis of that chapter, glossing the most significant texts about Spanish wines mentioned by the author. Results: In this chapter vega praises the class and hygienic applications of white Alcarrian wines from Yepes, Lillo and Santorcaz, of the Galician from Rivadavia, from Cantalapiedra in the Salamanca region, and the Andalusians from Jerez, Cazalla and Alanís. He also extols the smooth reds from Santorcz; though the best in this category would be, for the adaptation of its temperament to the human nature, the Illana wine. Discussion: at Liber de arte medendi, wines from Cantalapiedra (Ded Castille), Rivadavia (Galicia), Jerez, Cazalla and Alanís (Andalusia), Santorcz, Corpa, Yepes, San Martín de Valdeiglesias, Villalbilla, Illana and Lillo (New Castille) are mentioned.

Keywords

Wines, sleep, foods, drinks.