



## Avenzoar de Sevilla, un precursor del uso racional del medicamento en el siglo XII [

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text (article)

Analítica

**Objective.**Expose the pioneering role of Avenzoar (Seville, 1091-1161) in the application of the concept of "rational use of medicine", defined by the Conference of Experts of the World Health Organization (WHO) in 1985, as the administration of appropriate drugs for the clinical needs of patients, at doses adjusted to their particular situation, during a adequate period of time and at the minimum possible cost for them and for the community. **Methods.** Analysis of his main work, the Kitab al-Taysir fi mutawat wa al-tadbir or Book that facilitates therapeutics and diet, and investigation of the components of said concept explicitly included in the text. **Results.** The Taysir differs from the general medicine treatises of the great doctors of Arab science in the period of its greatest splendor (Rhazes, Haly Abbas, Avicenna, Averroes), due to its practicality, independence of criteria and the multitude of observations direct exposed in the form of own clinical cases. In the almost two hundred morbid entities described, it exposes multiple master recipes, new routes of administration, use of medicines for primary prevention, specific formulations, techniques for preparing compounds, syrups, electuaries, pills, tablets, triacs and all kinds of pharmaceutical preparations. In these prescriptions, Avenzoar fulfills each of the stages of the mentioned therapeutic strategy: 1st) it makes a specific diagnosis; 2nd) you establish the treatment objectives; 3rd) designs a complete therapeutic plan; 4th) select the medicine according to its pharmacological profile, efficacy, safety, convenience, availability and costs; 5th) determines the appropriate dosage regimen; 6th) gives instructions to the patient and, 7th) supervises and monitors the treatment and the result of the therapy. **Conclusions.** Within the scientific-historical context of 12th century medicine, Avenzoar describes all the components of this current therapeutic doctrine eight centuries in advance

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