



Health in ancient times

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Throughout history, people have worked hard to stay healthy.

In ancient times, people understood very little about how the human body worked. They did not know much about how diseases spread. Some ancient health methods were helpful. Others were useless, even harmful. Ideas about how to stay healthy were based on a combination of experience and beliefs.



Health in ancient Egypt

Some of the oldest writings about health come from Egypt. They are over 3,500 years old. The Egyptians identified some parts of the human body such as the heart, lungs and brain. They also observed people's heartbeats and felt their pulse.

Egyptian doctors concluded that there were forty-six channels in the human body. They thought the channels connected the heart to other parts of the body. These channels carried water, air and blood, which kept the body healthy. The Egyptians thought that illness occurred when the channels were blocked. To stay healthy, they tried to keep their channels open.