

ABSTRACT

The aim of this interdisciplinary theoretical master's thesis is to investigate what the inhabitants of the territory of today's Czech Republic consumed during the Renaissance period (14th-16th century) and what form therapeutic diets had during this era.

To achieve this goal, I have used the method of historical data analysis. Valid data was obtained from the period literary sources with medical or dietary themes written from the beginning of the 14th century to the end of the 16th century in the territory of today's Czech Republic and from the modern secondary academic literature, especially from the fields of history, archaeology and physical anthropology. The obtained data was used to reconstruct the form of the dietary habits and therapeutic diets during the Renaissance period and the evaluation of its impact on the state of health of the then population in our state territory.

On the basis of the study of the sources and the secondary literature, I found out how people in the territory of the Czech Republic ate during the Renaissance period. There was surprisingly enough food and a quite wide spectrum of available foodstuff in the period in question on this territory. This finding is confirmed by anthropometric measuring, medical reports, and other surviving texts. Complex therapeutic diets in the Renaissance period had an important place in the period medicine, because they played a crucial role in the treatment and prevention of diseases. The observed properties of food were, naturally, different from what we observe today, and because the humoral theory, on which Renaissance medicine was based, was flawed, therapeutic diets probably did not have a stronger therapeutic effect (at least not in the sense evaluated nowadays). Despite this, there is a plenty of information in general dietary recommendations from that time that can be considered relevant even today.

This master's thesis has thus brought important insights, interesting information, and contributed to the understanding of historical dietary practices.

keywords: Czech republic, renaissance, food, medicine, therapeutic diet