

*Materials of Conferences***KOUMISS AND ITS MEDICAL QUALITIS
(BASED ON FOREIGN SOURCES
XIX – EARLY XX CENTURIES)**

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Useful qualities of koumiss (fermented mare's milk), the traditional drink of Kazakh nomads, are reflected in the foreign press. In the XIII century. Franciscan friar Plano Carpini points to the presence of mare's milk – koumiss in nutritional Mongols, William de Rubruck also gave a detailed description of koumiss, which he called «cosmos». Marco Polo called koumiss «milk-wine» [1, 95]. In France koumiss called «milk-champagne» because of the presence of gas, which made koumiss brilliant.

Foreign researchers origin of the word «koumiss» interpreted as follows: «The etymology of word koumiss seems to date back to the word «Cumans» militant nomadic peoples who inhabited the area between Tibet and Bukhara, on the banks of the Kuma River. The people, the Mongols conquered, inherited many of the traditions and customs, including and use koumiss» [2, 15]. Vary the spelling and pronunciation of the word: «chumis, chemius, koumys, koumis, koumiss, kumis, krumis».

Interest in koumiss in Western Europe was revived at the end of XVIII century. English physician John Grieve, who was in service in the Russian army in 1788, wrote: «In an age where there is not so many objects located outside of the studies that establish a strong scientific links, it seems surprising that one of the most important types of milk yet unknown in Europe. I mean wine made from fermented mare's milk. This liquor was ... completely unnoticed by experienced chemists, and even in Russia, which has determined the difficulty of getting the details of preparing» [3, 179].

French diplomat B. de Lesseps (1766–1834) explained that preparing koumiss based on the reaction of fermentation. Koumiss is the result of lactic fermentation of mare's milk: «Koumiss make ... with a characteristic odor of serum, slightly sour and spicy taste, leaving a fresh and pleasant after-taste» [4, 276]. In the 2nd half of the XIX century mare's milk as a product of opening Western travelers often use Russian doctors to treat tuberculosis and diarrheal diseases. Koumiss use for medicinal purposes in Europe and in France began in the 1870s. Because turned a big campaign to promote koumiss during 1875–1879 years. Of great interest was mare's milk for lactating women to increase lactation.

In 1874 E. Landowski, a Polish doctor, anthropologist, mason, was published a small monograph

«Du Koumys et de son rôle thérapeutique». Subsequently mare in France called «Koumys Edward» [5, 28]. A year later, in Nice was published a monograph by A. Lubanski «De l'Emploi du koumys dans le traitement des maladies de poitrine et des affections consomptives en general». The author gave the following description for koumiss: «Koumiss of Tatar-Mongols – this is their wine, vodka and food, it's feeds them, quenches thirst, and they get drunk from it, if necessary» [6, 4]. The authors note that the mare is also used for treatment of general body weakness, nervous disorders and weight loss. Positive results were obtained in the mare's milk in main hospitals in Vienna, Paris and Nice. At the International Exhibition of sea and river industry (Paris, 1875) «Koumys Edward» won the gold medal, which also received Kokosinsky E. and P. Landovsky for imports koumiss from Russia to France. The jury awarded the silver medal to a Philidor from Rouen for preparing koumiss. This exhibition has played an important role in spreading knowledge about the medicinal qualities of koumiss. And E. Landovsky became regarded as the competent person for its preparation and use.

Article by journalist R. de Varenge in journal «L'Exposition Internationale de 1875 Illustrée» medicinal qualities of koumiss [7, 246]. Three years later, the «Official Directory ...», published by the Chief Commissioner of the International Exhibition in Paris in 1878, informs that Koumiss-Edward and other fermented products were also presented at the exhibition by Landovsky and K^o (House «Koumys Edward», Paris, str. Provence, 14). The bronze medal went to the company «Landovsky and K^o (Seine)». International exhibitions in 1875 and 1878 marked the beginning of a series of publications on koumiss in French, English, American, Italian, German publicist, scientific and medical journals. Of course, dominated the publication in scientific and medical journals and magazines.

One of the most popular magazines in the professional medical sphere was the «Journal de sage femmes» published in Paris in 1873–1914. Throughout 1875 in the pages of 24 issues have published articles about the mare's milk, and there was a small ad offering to do mare yourself. French highest category doctors E. Neuzil E. and G. Devaux, authors of «Du Koumys et de son rôle thérapeutique» accidental on a fair of old things in Saint-Pons-de-Thomières identified the bottle, which was filled by mare in France [8, 98]. Bottle of thick dark glass, which should be located in a horizontal position because of its rounded bottom. This special form was bottled by sparkling mineral water, because the thickness of the glass, the roundness of the bottom create the best conditions for storage, the cork is always wet and not giving out

gas. These bottles are known as Hamilton bottles named after their creator.

In printing house E. Lévy in Paris about 1890 was printed billboard advertising koumiss Edward-size 29×39,5 cm The poster bears the inscription: «The only effective way to treat lung disease» and specify the price: 1 fr. 75 centimes per bottle. The poster was presented September-October 1973 at an exhibition organized by the International Congress of History of Pharmacy.

Important role in spreading of knowledge about the medicinal qualities of koumiss played the Association française de l'avancement des sciences / French Association for the Advancement of Science (AFAS), established in 1872. In report of third session of the Association Secretariat in 1874 reflected the information about the medicinal qualities koumiss. Among European publications that published material about koumiss also can be named a Berlin «Technical and chemical yearbook» for the years 1886-1887. London «International catalog of scientific literature: report of the Royal Society of London» (1898), monograph by Douglas McQueen «Bacillus long life ...» (London, 1911), American newspapers XIX – early XX century. For example, the American magazine «Medical Life: A Yearly Overview of Life in North Carolina Medicine» (1921, 28, № 3), published in New York by the American Society of Medical History, describes the therapeutic values of koumiss.

System source study analysis of scientific and practical experience of foreign researchers XIX – early XX century on the use of koumiss will be continuing.

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