

Life Style and Wellbeing from the 17th SIECLE Up Today Part II

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Abstract

The paper thy to compare the way of living in the 27th and 18th siecle with the today lifestyle and environment, considering the actual pollution and the fast industrialization cause of diseases and morbidity different from the ancient Historical period at global level. Just as an example the actual mechanical production and the different modern army have created and continue to create a great quantity of pollution and GHG, together with the massive use of non-biodegradable plastics. Thus, the hope to change our way of living in the shorter time.

Key words: Drinkable water; Pure air; Good food; Clean environment; Wellbeing; Pollution; Wealth

Introduction

Wellbeing in the 17th SIECLE

As reported in the part I of this paper], for ranging the well-being it is necessary to live in a pleasant Environment, breathing clean air, drinking pure water and eating the right food. These are the ideal conditions required nowadays as well as in the 17th Siecle [1]. It's interesting to underline, in fact, that, according to the " Il tesoro della Sanita "published in the year 1632 (Figure 1) [2], and in Line with the antique medical practice necessary to control every kind of diseases ("la Prattica Medicinale, nella quale si fa mentione di tutte l'infermita ") ,there is the need to breath clean air, drink pure water and lead a healthy lifestyle for extending life (" l'aere e' sopra tutte le cose alla confermazione della sanita & alla lunghezza della vita...e ..alla buona habitudine del corpo"). Regarding food and wate there is the need to select what we are eating and drinking because it is necessary to eat for living and not live or eating ("mangiare, ber per viver fa' mestiere,ma non gia viver per mangiar,e bere") [2].

Food and Drinkable Water

However, The Air is more harmful than food and water because without food it is possible to live but not without air ("aere e' piu

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noviuo del mangiare,e del bere, perche' velocemente se ne vola al polmone & al cuore: e senza cibi possiamo qualche poco vivere,na senza l'Aere niente" [2].

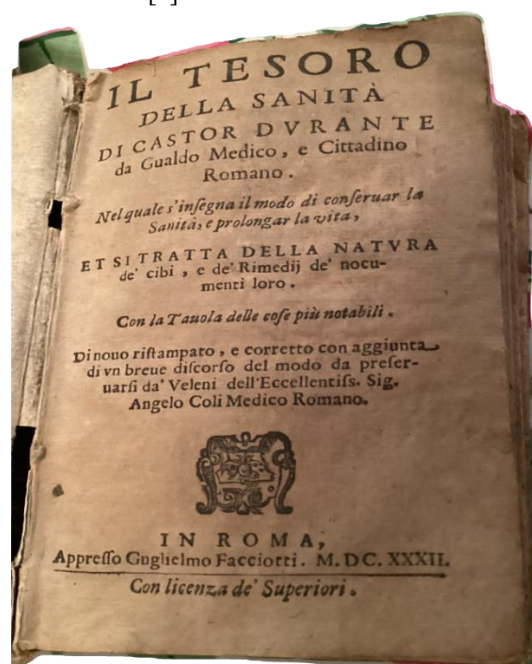


Figure 1: The treasure of health by castor Durante printed in 1632 [2].

Consequently, the polluted air is cause of non-potable water and bad food that in turn provoke some human diseases ("E dove l'aere cattiuo, e' necessario che l'acque non siano buone, le quali aiutano poi l'Aere a corrompere i corpi nostri insieme con i cibi") (Figure 2) [2]. As previously reported [1]. The Ancient Book go on reporting some advertisings on food and drinking ("Avvertimenti nei vini et nel bere") (Figure 3) [2].

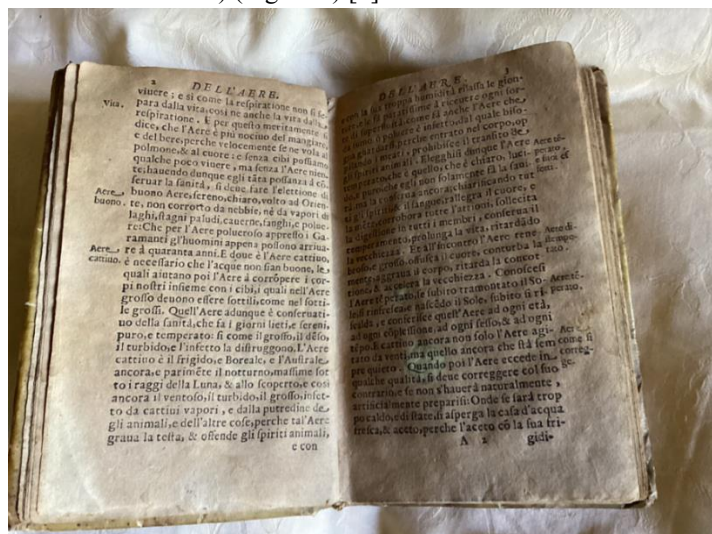


Figure 2: Some Pages of the *Il tesoro della Sanita* from where these reported phrases [2].

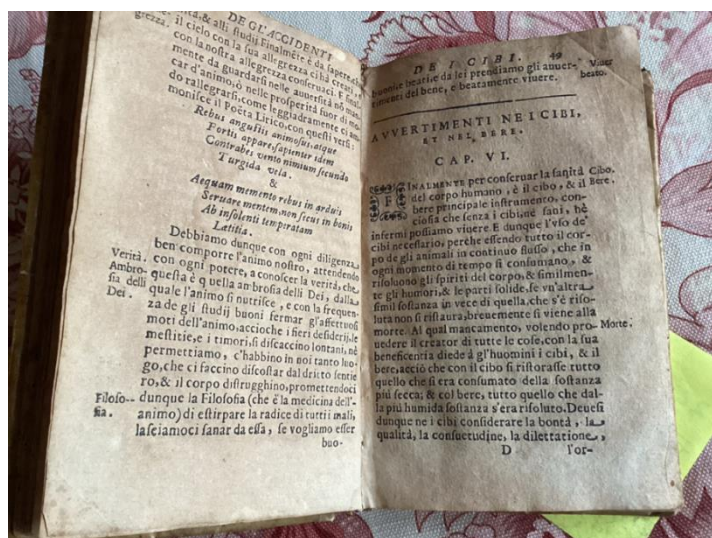


Figure 3: Food and water advertisings (*Avvertimenti nei cibi e nel bere*) [2].

Food and Consumer Necessity and Wellbeing

As matter of fact, to confirm the health of human body there is the need to eat food and drink water because without them both healthy or diseased people can't live ("finalmente per conferua la sanita del corpo umano, e' il cibo & il bere principal instrumento, con cio sia che senza i cibi, ne sani, ne infermi possiamo vivere"). Thus the

necessity to replenish consumed food to avoid starvation and death (... "se gli umori, & le parti solide... non si ristaura, brevemente si viene alla morte"). This the reason why God has given food and water to humans ("il creator di tutte le cose, con la sua beneficiencia diede a gl'huomini i cibi & il bere"). Thus, the need to consume food of good quality, in moderation and easy to be digested for living healthy and producing the so called "good blood" ("la bonta del cibo e di buon succo. & si digerisca e... dal quale si genera buon sangue. chi vuol'attendere alla sanita mangi sempre senza sazieta. L'uso dunque de cibi sia moderato"). In conclusion to range the wellbeing in the 17th Sicle the conditions were to eat the right food, drink clean water living in a healthy environment free of pollution, just as we are looking today [3]. At this purpose and as we reported in the First Part of our previous paper, in the ancient Romer. As well as in China there were the same rules of living so that for Romans the conditions for living healthy were Men's sana in corpore sano (A healthy mind in a healthy body).

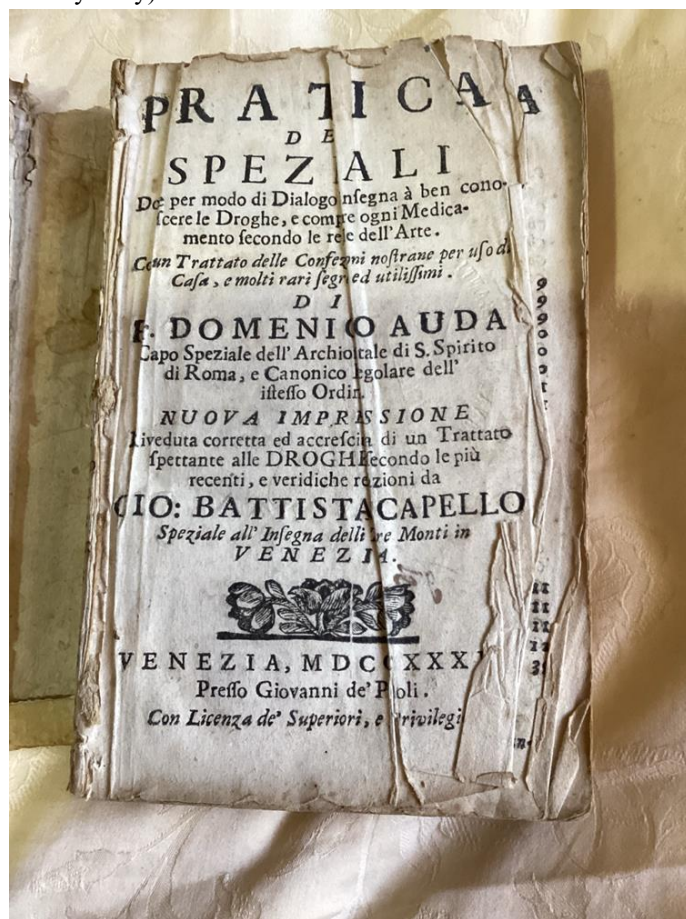


Figure 4: *Fr Domenico Auda -Pratica de Speciali 1736* [4].

On the other had the Chinese pharmacopeia reported that would be necessary to control the diet before taking medications [1]. Thus, many formulations that impact the body have been created to obtain a healthy and pleasant appearance as reported in an antique

book published by 1736 (Figure 4) [4]. Among the many prescriptions reported by the book, we are reporting some of them (Figures 5 and 6) [4].

Some Ancient Prescriptions

- Succī Baraginis depurati lib. tres (borage solution 3 pounds)

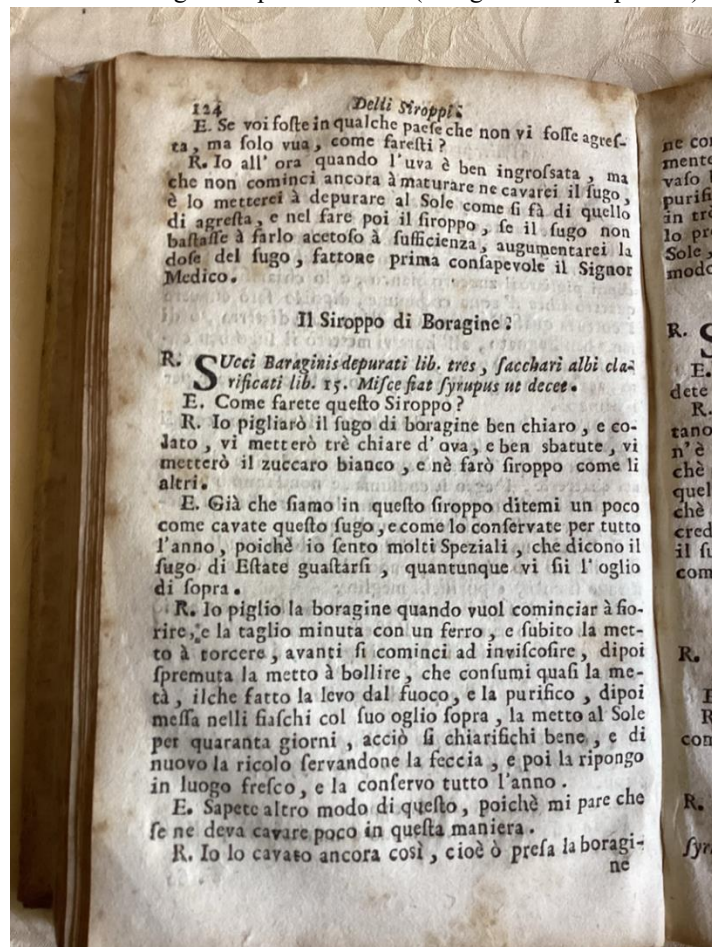


Figure 5: The Borage syrup (Il Siropo di Boragine) [4].

- Sacchari albi clarificati lib 15 (white sugar pounds 15)
 - Misce Fiat syrupid ut decet. (To mix until it is clarified)
- How to make this syrup? (come farete questo sciroppo?)
A clear solution of borage is necessary (io pigliero il sugo di boragine ben chiaro)
The solution has to be well mixed with 3 eggs and white sugar to make the syrup (e colato, vi metterò tre chiare d'ova, e ben sbattute, vi metterò il zuccharo bianco, e ne farò siropo)
Neri)
 - Calce viva lib. due. (auicklime pound two)
 - Cenere comune lib. due. (common ash (pound two)
 - Litargirio d'oro oncie due. (golden lithargen (once two)

“Bolla il tutto in otto libre d: Aqua commune, che consumi il tutto, di poi lavate la testa con detta liscia calda, dipoi ogni li Capeli col seguente unguento”

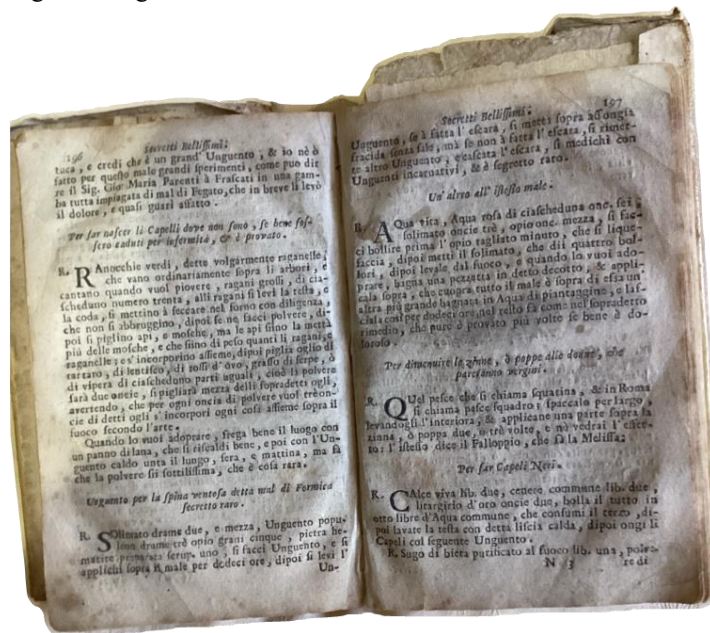


Figure 6: To make black hair (Per far Capeli neri to make black the hair (Per far Capeli Neri).

Boil and consume everything by 8 pounds of common warm water and soon after wash Head and hair by the following ointment:
sugo di birra al fuoco Lib. una. (hot beer pound One)
Polvere di galla polverjzzata fina once tre' (pulverized gall powder once 3)
Vitriolo drame due (vitriolo drame two)
Gomma arabica oncia mezza e si feci unguento da ungere (gum arabic once 0,5 and make an ointment

Wellbeing Today

As previously reported, the wellbeing and living healthy, in the ancient centuries, were strictly connected with the need to eat the right food, drinking pure water and breathing air free of any kind of pollution. Unfortunately, the great and speed industrialization of the world has provoked today a massive production of pollution that has to be reduced or possibly eliminated in the shortest time. The environmental' changing, in fact, was and is considered until now the first cause of many actual diseases with a great contribution due to an excessive and unbalanced diet also [3-6]. At this purpose and as well known," Air pollution can reach almost all organs and systems of the body impacting, respiratory, cardiovascular, cerebrovascular and reproductive Systems, among the others". Thus, it represents the global cause of about 4.8 million deaths, shortening lives and impacting quality of life also [3]. However, the quality of life is to be considered a "multifactorial phenomenon linked with, economic, social, cultural, psychological

environmental factors” [5]. Moreover, food and drinkable water represent other important phenomena of the global lifestyle necessary for ranging the wellbeing today, just as for the Ancient Historical periods [1-6]. Taking too much food, in fact, causes obesity as well as its scarcity may provoke different kind of diseases and chronic metabolic disorder. At this purpose it is impressive to remember that 25% of children aged 10 are leaving primary school with malnutrition and obesity increased by a lack of exercises [7]. However, the Human Health is intimately linked to the state of Environment, the Climate changing, the way of working and the consequential government policies organized for reducing the greenhouse gas emissions (GHG) [8]. Thus today, GHG, notably incremented for the actual way of living, can be reduced for example by” implementing sustainable energy technology, modify the work conditions, altering transportation patterns and improving building design” [8]. At this purpose and according to the WHO and UNEP, it has been reported that GHG emissions kill every year from 8.1 to 8.7 million people for air pollution and the bad working and living conditions, causing a worldwide great economical cost also (Figure 7) [5,3,9,10].



Figure 7: Pollution the silent killer [3,9].

These actual problems are incremented by the so-called environmental racism i.e “the facial discrimination in Environmental policymaking, regulation and enforcement agencies” that attack the communities of color for their toxic waste” excluding them from the ecological movements [8]. However Today, the air pollution burden remains underestimated for the global increasing of the aging population [10] and the many

wars specifically in Europe and in East Asia. Moreover, it is to remember that,” the environmental impact of Military activities and the active armed conflicts are interconnected across GHG emissions, Water Systems and natural ecosystems” [11]. Consequently, Climate changing exacerbates poverty, inequality and human insecurity.” Nevertheless, the relations between climate and Conflicts are not deterministic but context-dependent “, representing a challenge to social stability and economic wellbeing [11-13]. Last but not least Differently from the ancient societies, we have now the problem of the Artificial Intelligence (AI) that would be incremented from the ethical point of view and at the service of the human and environmental necessities and not to be used as another mean for bettering wars and international conflicts [11-14].

Conclusive Remarks

As previously reported and discussed in the past ancient centuries people desired to eat fine food, drink pure water and breathe clean air living in a green environment just, as people today. Unfortunately, the actual environment has continuously polluted and invaded by micro-nano particles of plastic that we are breathing and eating every day so that they have been recovered in the human placenta and blood as well as into the brain and DNA. In conclusion people today wish to live in peace and tranquility in a green environment just as the worldwide ancient populations, but unfortunately the general conditions have been drastically changed for the so-called civilization! Thus, the need to change the way of living trying to report and maintain the environment as was in origin, clean and rich of biodiversity for ranging wellbeing and Wealth.

Author Contribution

Idea of manuscript, writing and preparation original Draft PMR. Writing review PM, PPV; supervision PM, PPV and GB. All the authors have read and agree to the publishing version of the manuscript

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SUNTEXT REVIEWS

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