

was GARCIA DA ORTA in 1563. However, living and studying in Goa, India, he did not learn from what plant the product was derived. On its use in India he comments as follows: "The thing most used throughout India, and in all parts of it, is that Assa-fetida, as well for medicine as in cookery. A great quantity is used, for every Gentio who is able to get the means of buying it will buy it to flavor his food. The rich eat much of it, both Banyans and all the Gentios of Cambay, and he who imitates Pythagoras. These flavor the vegetables they eat with it; first rubbing the pan with it, and then using it as seasoning with everything they eat. All the other Gentios who can get it, eat it, and laborers who, having nothing more to eat than bread and onions, can only eat it when they feel a great need for it. The Moors all eat it, but in smaller quantity and only as a medicine. A Portuguese merchant highly praised the pot-herb used by these Banyans who bring this Assa-fetida, and I wished to try it and see whether it pleased my taste, but as I do not know our spinach very well, it did not seem so palatable to me as it did to the Portuguese who spoke to me about it. There is a respected and discreet man in these parts, holding an office under the king, who eats Assa-fetida to give him an appetite for his dinner, and finds it very good, taking it in doses of two drachms. He says there is a slightly bitter taste, but that this is appetising like eating olives. This is before swallowing, and afterwards it gives the person who takes it much content. All the people in this country tell me that it is good to taste and to smell."

CHR. ACOSTA OR DA COSTA<sup>1</sup> gives the following account: "Altiht, anjuden, Assa fetida, dulce y odorata medicina (de que entre los Doctores ha auido diferencia y controuersia) es ona Goma, que del Coraçone traen a Ormuz, y de Ormuz a la India, y del Guzarate y del reyno Dely (tierra muy fria) la qual por la otra parte confina con el Coraçone, y con la region de Chiruan, como siente Auicena. Esta Goma es llamada de los Arabios Altiht, y Antit, y delos Indios Ingu, o Ingara. El arbol de adonde mana, se llama Anjuden, y otros le llaman Angeydan.

"La Assa se aplica para leuātātar el miembro viril, cosa muy vsada en aquellas partes: y no viene a proposito para la disminucion del coito, vsar del tal çumo de Regaliza. Y en las diuisiones pone Razis Altiht por medicina para las fiestas de Venus: y Assa dulcis no la pone Doctor Arabe, ni Griego, ni Latino, que sea de autoridad, porque Regaliza se llama en Arabio Cuz, y el çumo del cozido, y reduzido en forma de Arrope, le llaman los Arabes Robalçuz, y los Españoles corrompiendole

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<sup>1</sup> Tractado de las drogas, y medicinas de las Indias orientales, p. 362 (Burgos, 1578).