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## A Glossary of Basic Greek Terminology



- aióra* (αιώρα) – a medical procedure during which the patient was rocked  
*áleuron* (ἄλευρον) – flour, especially that obtained from wheat  
*álfita* (ἄλφιστα) – barley groats  
*ámylon* (ἄμυλον) – starch  
*anthótyron* (ἀνθότυρον), pl. *anthótyra* (ἀνθότυρα) – a type of whey  
cheese (cf. *apótyron*)  
*apótyron* (ἀπότυρον), pl. *apótyra* (ἀπότυρα) – a type of whey cheese  
(cf. *anthótyron*)  
*ásthma* (ἄσθμα) – asthma  
*bathysikós* (βαθυσικός) – a type of cheese, Latin name *caseus Vatusicus*  
*bláchos tyrós* (βλάχος τυρός) – cf. *vláchos tyrós*  
*boúprestis* (βούπρηστις) – a type of beetle  
*boús* (βοῦς) – a cow  
*boútyron* (βούτυρον) – butter  
*cheirágra* (χειράγρα) – arthritis of the hand, wrist or elbow  
*chlorós tyrós* (χλωρὸς τυρός) – fresh cheese, quark (cf. *hapalós* [*tyrós*]; *oxy-  
galáktinos*)  
*chóndros* (χόνδρος) – wheat groats

- chymós* (χυμός), pl. *chymoí* (χυμοί) – an organic fluid, such as blood, yellow bile, black bile and phlegm
- diaitetiké* (διαιτητική) – dietetics: a branch of medical science concerned with the influence of the consumption of particular foodstuffs on the human body
- diáklyσμα* (διάκλυσμα) – a type of mouthwash (cf. *diakrátema*)
- diakrátema* (διακράτημα) – a type of mouthwash (cf. *diáklyσμα*)
- dyskrasia* (δυσκράσια) – humoral imbalance
- dýspnoia* (δύσπνοια) – a respiratory disorder
- dzomós* (ζωμός) – meat or vegetable stock, soup or sauce
- élleigma* (ἔλλειγμα) – a type of medicine, taken in small doses through licking
- epideipnís* (ἐπιδειπνίς), pl. *epideipnídes* (ἐπιδειπνίδες) – a snack
- eriómenos* (ἠριώμενος) – containing air (of Paphlagonian cheese)
- eúchymos* (εὐχυμος), pl. *eúchyma* (εὐχυμα) – having good juices, pl. foodstuffs with such properties
- eukrasía* (εὐκράσια) – humoral balance
- fármakon* (φάρμακον), pl. *fármaka* (φάρμακα) – a medicine
- filiatróintes* (φιλιατροῦντες) – amateurs of medical art
- filofármakos* (φιλοφάρμακος) – an amateur pharmacist
- ftheiríasis* (φθειρίασις) – pediculosis
- fthísis* (φθίσις) – a condition manifested through permanent weight loss
- gála* (γάλα) – milk
- galaktología iatriké* (γαλακτολογία ιατρική) – the medical science of milk, its properties and the use of milk as well as milk products
- galaktopótas anér* (γαλακτοπότας ἀνὴρ) – a milk-drinker
- haimodía* (αἰμωδία) – hypersensitivity of the teeth
- hapalós* (*tyrós*) (ἀπαλός [τυρός]) – fresh cheese, quark (cf. *chlorós tyrós*, *oxygaláktinos*)
- haplón fármakon* (ἀπλὸν φάρμακόν), pl. *haplá fármaka* (ἀπλὰ φάρμακα) – a simple medicament
- hédysma* (ἡδυσμα), pl. *hedýsmata* (ἡδύσματα) – a dainty
- héftho* (ἔφθω) – to boil or cook
- hippaké* (ἵππακή) – mare milk cheese

- hyrória* (ὕρωπια) – a condition that manifests itself with dark circles under the eyes
- hypótrimma* (ὑπότριμμα), pl. *hypotrimmata* (ὑποτρίμματα) – a type of cheese-based sauce or relish (cf. *myttotón*)
- itria* (ἴτρια) – flatbreads made from wheat flour (cf. *lágana*)
- káchlekes* (κάχληκες) – hot stones used to boil milk
- kakochymía* (κακοχυμία) – a humoral imbalance of a foodstuff manifested through its unpleasant smell or flavour.
- kakóchymon* (κακόχυμον), pl. *kakóchyma* (κακόχυμα) – a foodstuff tending to produce harmful humours in the human body
- kándaulos* (κάνδαυλος) – a well-known ancient dish, in which cheese was one of the ingredients
- keroté* (κηρωτή) – a type of ointment based on wax
- koiliaké diáthesis* (κοιλιακή διάθεσις) – colic
- kollýrion* (κολλύριον) – a type of multi-component medicament in the form of a powder; prior to application combined with, milk or egg white to obtain an ointment
- kómmi* (κόμμι) – acacia tree resin
- kóthon* (κώθων) – a drinking feast
- kotýle* (κοτύλη) – a unit of volume, approx. 0.27 l.
- krásis* (κράσις) – a temperament; a set of individual features of behaviour due to a unique humoral composition
- kýathos* (κύαθος) – a unit of volume, approx. 0.045 l.
- kyriaké tés apokréas* (κυριακή τῆς ἀποκρέας) – the Sunday that marked the beginning of the period known as *tyriné* (cf. *tyriné*)
- lágana* (λάγανα) – a type of *itria* (cf. *itria*)
- liparón* (λιπαρόν) – fat, in this case, milk fat
- melíkraton* (μελίκρατον) – a mixture of water and honey
- mélke* (μέλκη) – a foodstuff from curdled milk, obtained with the use of an appropriate culinary technology (cf. *oksýgala*)
- myttotón* (μυττωτόν) – type of cheese-based sauce or relish (cf. *hypótrimma*)
- ofthalmía* (ὀφθαλμία) – an eye disorder
- oinómeli* (οἰνόμελι) – wine flavoured with honey

- oksýgala* (ὀξύγαλα) – curdled milk, where the curd was obtained as a result of fermentation (cf. *mélke*)
- oksygaláktinos* (ὀξυγαλάκτινος), pl. *oksygaláktinoi* (ὀξυγαλάκτινοι) – fresh cheese, quark (cf. *chlorós tyrós*, *hapalós tyrós*)
- oksýmeli* (ὀξύμελι) – a mixture of honey, vinegar and water
- oksýs* (ὀξύς) – acidic, sharp
- ópson* (ὄψον), pl. *ópsa* (ὄψα) – foods typically eaten with bread
- or(r)ós* (ὄρ[ρ]ός) – whey (cf. *tyrógala*)
- orthópnioia* (ὀρθόπνοια) – a respiratory system disorder
- pagén gála* (παγὲν γάλα) – set milk
- pimelé* (πιμελή) – liquid fat (cf. *stéar*)
- próton gála* (πρῶτον γάλα) – colostrum
- psydrákion* (ψυδράκιον), pl. *psydrákia* (ψυδράκια) – pustules
- ptisáne* (πτισάνη) – a barley soup ascribed with medicinal properties
- pyr* (πῦρ) – fire
- pyróo* (πυρώω) – to heat up over fire
- pyón* (πῶν) – quark; cottage cheese (cf. *pyón*; *pyós*; *pyós*)
- pyón* (πυὸν) – quark; cottage cheese (cf. *pyón*; *pyós*; *pyós*)
- pyós* (πυός) – quark; cottage cheese (cf. *pyón*; *pyón*; *pyós*)
- pyós* (πύος) – quark; cottage cheese (cf. *pyón*; *pyón*; *pyós*)
- pyou tómoi* (πύου τόμοι) – pieces or slices of cheese
- pyriáte* (πυριάτη) – milk curd obtained through the heating of milk (without the addition of coagulants) (cf. *pyriátes*; *pyriatón*; *pyriéftthon*; *pyriéftchos*)
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- pyriatón* (πυριατόν) – milk curd obtained through the heating of milk (without the addition of coagulants) (cf. *pyriáte*; *pyriátes*; *pyriéftthon*; *pyriéftchos*)
- pyriéftthon* (πυριέφθον), pl. *pyriéphtha* (πυριέφθα) – milk curd obtained through the heating of milk (without the addition of coagulants) (cf. *pyriáte*; *pyriátes*; *pyriatón*; *pyriéftchos*)
- pyriéftchos* (πυριέφθος) – milk curd obtained through the heating of milk (without the addition of coagulants) (cf. *pyriáte*; *pyriátes*; *pyriatón*; *pyriéftthon*)

- schisis* (σχίσις) – the process of milk curdling  
*schistón* [gála] (σχιστὸν [γάλα]) – set milk  
*semídalís* (σεμίδαλις) – durum wheat or durum wheat flour  
*sinapismós* (σιναπισμός) – a therapeutic procedure which involved applying a mustard plaster  
*stéar* (στέαρ) – solid fat (cf. *pimelé*)  
*tálaros* (τάλαρος) – a wicker basket in which fresh cheese was placed to drain the whey  
*theleíai* – oval-shaped cheese pats produced in Crete  
*trágos* (τράγος) – spelt groats  
*trofalís* (τροφαλίσ) – a pat of cheese  
*tyrepsitós dzomós* (τυρεψιτὸς ζωμός) – a cheese soup served during *tyriné*  
*tyriné* (τυρινή) – in Byzantine tradition, the week preceding Lent when milk and dairy products were the Lenten food of the clergy and Christian laity (cf. *tyrofágos*)  
*tyródes* (τυρῶδες) – curd  
*tyrofágos* (τυροφάγος) – in Byzantine tradition, the week preceding Lent when milk and dairy products were the Lenten food of the clergy and Christian laity (cf. *tyriné*)  
*tyrógala* (τυρόγαλα) – whey (cf. *or[r]ós*)  
*tyrós* (τυρός), pl. *tyroí* (τυροί) – cheese  
*vláchos tyrós* (βλάχος τυρός), pl. *vláchoi tyroí* (βλάχοι τυροί) – Vlach cheese (cf. *bláchos tyrós*)

