



5 Ancient Medical Treatments Doctors are Still Using Today

By: Lauren Weiler | February 10, 2017

Step into your doctor's office and you'll likely see X-ray machines that offer high-quality images, other scanning equipment, and tools that can determine body fat percentage in addition to just weight. Your practitioner is within a foot of thousands of dollars of equipment every day, but that doesn't necessarily mean everything they're using is new to the medical world.

Surprisingly enough, there are some practices that abide by the adage, "if it's not broken, don't fix it." Certain treatments that have been used for hundreds of years still work perfectly just the way they are, so why change a good thing? Here are a few old-time treatments that haven't had much of an upgrade since they were first introduced.

How ancient is maggot therapy?



Doctor talking to a patient | iStock.com

Yet again, this practice dates back quite a bit. **Dr. Anthony Youn** tells CNN maggot therapy was common during the late 1700s. Later, during World War I and II, it was common to add maggots to soldier's wounds to clean and heal them. Starting in the 1920s, scientists began studying this therapy, which is when they learned of how helpful it can really be.

The 1930s were a big time for maggot therapy — it became common practice to apply these insects to burns, abscesses, or infected wounds of any kind. When penicillin was finally introduced in the '40s, maggots became much less common. But they've since made a resurgence as scientists discover strains of antibiotic-resistant bacteria.

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