



لجنة التراث  
Heritage Committee



جامعة سيدي محمد بن عبد الله - فاس  
UNIVERSITÉ SIDI MOHAMED BEN ABDELLAH DE FES  
كلية الطب والصيدلة وطب الأسنان  
FACULTÉ DE MÉDECINE, DE PHARMACIE ET DE MÉDECINE DENTAIRE



خمسون سنة من العطاء والتميز  
RAYONNEMENT & EXCELLENCE



SCRCHD  
SALEH HAMZA SERAFI CHAIR  
FOR RESEARCH OF CORONARY  
HEART DISEASE



Under the high patronage of His Majesty King Mohammed VI

13<sup>th</sup> International Congress of  
Fez On the History Of  
Medicine

Food and Health  
Science and Heritage

Guest of Honor : Spain



Faculty of Medicine, Pharmacy and Dentistry of Fes  
October 29-31th, 2025



Heritage Committee Email :  
medicalheritage.fez@usmba.ac.ma

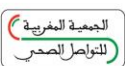
Website  
https://www.congress.medheritage.org



مؤسسة  
المهاد  
للتراث والثقافة والفنون



زيتوني



**Program of the 13th International Congress of Fez on the History of Medicine**

**October 29–31th, 2025**

**Faculty of Medicine, Pharmacy and Dentistry of Fez**

**Journée 1: Faculté de Médecine, de Pharmacie et de Médecine Dentaire de Fès**

**Day 1: Faculty of Medicine, Pharmacy and Dentistry of Fez**

<b>08.30-13.00</b>	<b>Junior Sessions</b>
	Inauguration officielle du congrès
<b>15.30-17.00</b>	<b>Official ceremony of the congress</b>
	Verses from the Holy Quran
	The national anthem of Morocco
	The national anthem of Spain
	Address by the President of Sidi Mohamed Ben Abdellah University
	Address by the Dean of the Faculty of Medicine, Pharmacy, and Dentistry in Fez
	Address by the Ambassador (or Embassy Representative) of Spain in Morocco
	Moroccan music: Malhun
	Address by the President of the Fes Saï's Association
	Address by the director of Cervantes Institute in Fez
	Spanish music
	Address by the president of the "Al-Midad" Foundation
	Short movie made by students from the faculty of medicine, dental medicine, and pharmacy in Fez.
	Address by the president of Sidi Mchich Alami Foundation
	Heritage Committee Address
	Awards
	Honoring
<b>Opening Lecture: Mr. Mohamed Fadhal "Chef Moha":</b>	
<b>From Manuscript to Table: A Chef's Approach to Ingredients, Techniques, and the Benefits of Food in Morocco During the Almohad and Merinides Periods</b>	
<b>Journée 2: En Collaboration avec l'association Fes Saiss - Siège de l'association Fès Saiss/Batha</b>	
<b>Day 2 : In collaboration with Fez saiss association</b>	
<b>08.30.10.30</b>	<b>Session 1 : Approches ethnobotaniques et valorisation des produits naturels</b> <b>Session 1: Ethnobotanical approaches and valorization of natural products</b> <b>Moderator: Pr. Driss Ossaïd, Pr. Ikram Zeouk.</b>
	Enhanced Phytochemical Recovery and Bioactivity of Mentha aquatica L. via Optimization of Extraction Techniques – <b>Meryem Tourabi (Maroc)</b>
	Endemic honeys of Morocco: between cultural heritage and biomedical applications - <b>Douae Ez-zahidy (Maroc)</b>
	Bee Products in Pharmacosmetic Formulations: Scientific Overview and Perspectives – <b>Meryem El Idrissi (Maroc)</b>
	Exploring the Health Potential of Moroccan Propolis: From Traditional Uses to Scientific Evaluation – <b>Aya Naji (Maroc)</b>
	Valorisation Ethnobotanique, et Phytochimique du Fruit de la Caroube Marocaine et Exploration de l'Effet Curatif de son Extrait Éthanolique en Combinaison avec Son Miel Monofloral Contre la Lithiase Rénale Chez le Rat Lithiasique– <b>Oumaima Dabbagh (Maroc)</b>
	<b>Lecture: The Argan Tree, a Natural Heritage and Therapeutic Ally - Mourad Errasfa (Maroc)</b>
<b>10.30-11.00</b>	<b>Pause thé/ Tea break</b>
<b>11.00-13.00</b>	<b>Session 2 : Sécurité alimentaire, plantes médicinales et durabilité</b> <b>Session 2: Food security, medicinal plants and sustainability</b> <b>Moderator: Pr. Louasté Bouchra, Pr. Salma Latique</b>
	<b>Conférence : Place des plantes médicinales dans les denrées et compléments alimentaires : avantages et risques – Dalila Boustia (Maroc)</b>
	Antioxidant, Lipid-Lowering, and Anti-Inflammatory Effects of Saudi Date Extracts and Fibre on Hypercholesterolaemia - <b>Ghalia Shamlan (Arabie Saoudite)</b>
	Implication des PAMs sur la santé et la nutrition : les antioxydants contre le cancer – <b>Abdullah Al-Shahed (Maroc)</b>
	Unveiling the Dual Potential of Erodium moschatum: Diuretic Efficiency and Antioxidant Power - <b>Marouane Takie (Maroc)</b>

	Sécurité alimentaire, valorisation des dattes et durabilité des systèmes oasiens dans le Sud marocain - <b>Mohamed Hajaoui (Maroc)</b>
	Valorization of Grapevine Endophytic Bacteria: A Sustainable Approach to Crop Protection in the Face of Environmental and Climate Challenges – <b>Souhaila Senhaji (Maroc)</b>
13.00-13.30	<b>Salat Adouhr</b>
13.30-15.30	<b>Session 3 : De la tradition à l'innovation scientifique</b> <b>Session 3: From tradition to scientific innovation</b> <b>Moderator: Pr. Adnan Remal, Pr. Zakaria Alami</b>
	<b>Conférence</b> : Extraction des substances bioactives : de la tradition à l'innovation – <b>Abdellah Farah (Maroc)</b>
	Metabolomics analysis of Hyphaene the baica coffee-like drink - Sara <b>A. Eltigani (Sudan)</b>
	Reviving Diet Therapeutic Heritage: Scientific Exploration of an Oxymel Formulation Based on Moroccan Botanicals – <b>Wiam Bouqbib (Maroc)</b>
	Crataegus monogyna: At the Crossroads of Nutritional Heritage and Integrative Health – <b>Najoua Soulo (Maroc)</b>
	A Contemporary Scientific Reading of Avicenna's Observations on Herbal Treatment of Pulmonary and Chest Diseases Using Computational Simulation and Artificial Intelligence Techniques- <b>Asmae Lahmer (Maroc)</b>
<b>Journée 3 : Faculté de Médecine, de Pharmacie et de Médecine Dentaire de Fès</b>	
<b>Day 3 : Faculty of Medicine, Pharmacy and Dentistry of Fez</b>	
08.30-10.30	<b>Session 4: L'occident islamique et l'Afrique : itinéraire d'un patrimoine culinaire et médical.</b> <b>Session 4: The Islamic West and Africa: A Culinary and Medical Heritage Itinerary</b> <b>Moderator: Pr. Dalila Boust, Dr. Mohamed Masmoudi</b>
	Enjeux interculturels du discours médical efficace : le patrimoine alimentaire comme source d'adaptation – <b>Ratib Soujaa (Maroc)</b>
	L'identité nutritionnelle dans l'imaginaire maghrébin – <b>Kawthar Laghziri (Maroc)</b>
	L'alimentation et les traditions culinaires marocaines dans les écrits des voyageurs français à l'ère précoloniale : enracinement du patrimoine et défis sanitaires – <b>Farida Samadi (Maroc)</b>
	La alimentación con líquidos como tratamiento en la historia de Fez y Tetuán: un patrimonio común visto por viajeros y médicos españoles - <b>Chakib Chairi (Maroc)</b>
	L'évaluation scientifique des pratiques nutritionnelles et de leurs effets sur la santé au Sénégal : patrimoine et transitions alimentaires modernes – <b>Hajar Harouche (Sénégal)</b>
10.30-11.00	<b>Pause thé / Tea break</b>
11.00-13.00	<b>Session parallèle N 5: Les savoirs diététiques et médicinales dans la tradition andalouse.</b> <b>Parallel session 5: Dietary and Medicinal Knowledge in the Andalusian Tradition</b> <b>Moderator: Pr. Mourad Errasfa, Pr. Adil Tamsamani</b>
	Cannabis Sativa L. as medicine and food in Arabo-Islamic civilisation (8th-18th centuries)- <b>Indalecio Lozano Cámara (Spain)</b>
	The therapeutic uses of Olea Europaea L. in Al-andalus: dermatology, dentistry, ophthalmology- <b>María Ángeles Navarro García (Spain)</b>
	Olive Oil and Nuts: From Andalus-Maghrebi Recipes to Cardiometabolic Mechanisms - <b>Julio Plaza-Díaz (Spain)</b>
	Early medicinal use of sugar cane in El Libro de la Almohada by Ibn Wafid (c.1008–1074) - <b>Maria do Sameiro Barroso (Portugal)</b>
	“The Critique of Dietary Reason”: Ibn Rushd's Nutritional Regimen. <b>Fouad Ben Ahmed. (Maroc)</b>
11.00-13.00	<b>Session parallèle N 6: Nutri Gastro (en collaboration avec le pole digestif)</b> <b>Moderator: Pr. Sidi Adil Ibrahimi, Pr. Karima Rhazi</b>
	De la faim à l'abondance, histoire de la MASLD - <b>Hakima Abid (Maroc)</b>
	Simple Remedies of the Regimen Sanitatis Salernitanum to the Microbiota – <b>Paola Capone (Italie)</b>
	Les habitudes alimentaires en Mexique avant la colonisation espagnole - <b>Carlos Viesca (Mexique)</b>
	Microbiote intestinal et alimentation, entre héritage et modernité - <b>Mounia El Youssfi (Maroc)</b>
	Prévention du cancer colorectal : le patrimoine culinaire - <b>Nada Lahmidani (Maroc)</b>
	Dietary regimens for digestive diseases in Ibn Tufail's Urjuza - <b>Adnan Mohcine (Maroc)</b>
13.00-14.00	<b>Salat Al Joumoua</b>
14.00	<b>Conférence de clôture :</b> Alimentation et santé dans l'Occident islamique médiéval (al-Andalus et Maghreb) – <b>Marianne Brisville (France)</b> <b>Closing lecture:</b> Food and Health in the Medieval Islamic West (al-Andalus and Maghreb)– <b>Marianne Brisville (France).</b>