Hadees in roman english pdf

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A Roman gladiator was a man (rarely a woman), typically a convicted criminal or enslaved person, who participated in one-on-one battles with each other, often to the death, for the entertainment of crowds of spectators in the Roman Empire. Gladiators were mostly either convicted criminals or first-generation enslaved people who had been bought or acquired in war, but they were a surprisingly diverse group. They usually were common men, but there were a few women and a few upper-class men who had spent their inheritances and lacked other means of support. Some emperors such as Commodus (ruled 180–192 CE) played as gladiators for the thrill; the warriors came from all parts of the empire. However they ended up in the arena, in general, throughout the Roman era they were considered "crude, loathsome, doomed, and lost" men altogether, without worth or dignity. They were part of the class of moral outcasts, the infamia. The combat between gladiators had its origins in Etruscan and Samnite funeral sacrifices, ritual killings when an elite personage died. The first recorded gladiatorial games were given by the sons of Iunius Brutus in 264 BCE, events that were dedicated to their father's ghost. In 174 BCE, 74 men fought for three days to honor the dead father of Titus Flaminus; and up to 300 pairs fought in the games offered to the shades of Pompey and Caesar. The Roman emperor Trajan caused 10,000 men to fight for four months to celebrate his conquest of Dacia. During the earliest battles when the events were rare and the chances of death were about 1 in 10, the fighters were almost entirely prisoners of war. As the numbers and frequency of the games increased, the risks of dying also increased, and Romans and volunteers began enlisting. By the end of the Republic, about half of the gladiators were volunteers. Gladiators were trained to fight in special schools called ludi (singular ludus). They practiced their art at the Colosseum, or in circuses, chariot racing stadiums where the ground surface was covered with blood-absorbing harena "sand" (hence, the name "arena"). They generally fought one another, and were rarely, if ever, matched with wild animals, despite what you may have seen in the movies. Gladiators were trained at the ludi to fit into specific gladiator categories, which were organized based on how they fought (on horseback, in pairs), what their armor was like (leather, bronze, decorated, plain), and what weapons they used. There were horseback gladiators, gladiators in chariots, gladiators who fought in pairs, and gladiators named for their origin, like the Thracian gladiators. Popular skilled gladiators were allowed to have families, and could become very wealthy. From under the debris of the volcanic eruption of 79 CE in Pompeii, a presumed gladiator's cell (that is, his room in a ludi) was found that included jewels that may have belonged to his wife or mistress. Archaeological investigations in a Roman gladiators' cemetery in Ephesus identified 67 men and one woman—the woman was likely a gladiator's wife. The average age at death of the Ephesus gladiator was 25, slightly more than half the lifespan of the typical Roman. But they were in excellent health and received expert medical care as evidenced by perfectly healed bone fractures. Gladiators were often referred to as hordearii or "barley men," and, perhaps surprisingly, they ate more plants and less meat than average Romans. Their diets were high in carbohydrates, with an emphasis on beans and barley. They drank what must have been vile brews of charred wood or bone ash to increase their calcium levels—analysis of the bones at Ephesus found very high levels of calcium. The gladiator life was clearly risky. Many of the men in the Ephesus cemetery died after having survived multiple blows to the head: ten skulls had been bashed by blunt objects, and three had been punctured by tridents. Cut marks on rib bones show that several were stabbed in the heart, the ideal Roman coup de grace. In the sacramentum gladiatorium or "oath of the Gladiator'" the potential gladiator, whether enslaved or a hitherto free man, swore uri, vinciri, verberari, ferroque necari patior—"I will endure to be burned, to be bound, to be beaten, and to be killed by the sword." The gladiator's oath meant that he would be judged dishonorable if he ever showed himself unwilling to be burned, bound, beaten, and killed. The oath was one way—the gladiator demanded nothing of the gods in return for his life. However, victors received laurels, monetary payment, and any donations from the crowd. They could also win their freedom. At the end of a long service, a gladiator won a rudis, a wooden sword which was wielded in the games by one of the officials and used for training. With the rudis in hand, a gladiator might then become a gladiator trainer or a freelance bodyguard—like the men who followed Clodius Pulcher, the good-looking trouble-maker who plagued Cicero's life. Gladiatorial games ended one of three ways: one of the combatants called for mercy by raising his finger, the crowd asked for the end of the game, or one of the combatants was dead. A referee known as the editor made the final decision about how a particular game ended. There appears to be no evidence that the crowd signified their request for the life of the combatants by holding their thumbs up—or at least if it was used, it probably meant death, not mercy. A waving handkerchief did signify mercy, and graffiti indicates the shouting of the words "dismissed" also worked to save a downed gladiator from death. The Roman attitudes toward the cruelty and violence of the gladiator games were mixed. Writers like Seneca may have expressed disapproval, but they attended the arena when the games were in process. The Stoic Marcus Aurelius said that he found the gladiatorial games boring and abolished a tax on gladiator sale to avoid the taint of human blood, but he still hosted lavish games. Gladiators continue to fascinate us, especially when they are seen to rebel against oppressors who control them. Thus we have seen two gladiator box-office smash hits: the 1960 Kirk Douglas Spartacus and the 2000 Russell Crowe epic Gladiator. In addition to these movies stimulating interest in ancient Rome and the comparison of Rome with the United States, art has affected our view of gladiators. Gérôme's painting "Pollice Verso" ('Thumb Turned' or 'Thumbs Down'), 1872, has kept alive the image of gladiator fights ending with a thumbs up or thumbs down gesture, even if untrue. Edited and updated by K. Kris Hirst Carter, Michael. "Accepi Ramum : Gladiatorial Palms and the Chavagnes Gladiator Cup." Latomus 68.2 (2009): 438–41. Curry, Andrew. "The Gladiator Diet." Archaeology 61.6 (2008): 28–30. Lösch, Sandra, et al. "Stable Isotope and Trace Element Studies on Gladiators and Contemporary Romans from Ephesus (Turkey, 2nd and 3rd C. AD)—Implications for Differences in Diet." PLoS ONE 9.10 (2014): e110489. MacKinnon, Michael. "Supplying Exotic Animals for the Roman Amphitheatre Games: New Reconstructions Combining Archaeological, Ancient Textual, Historical and Ethnographic Data." Mouseion 111.6 (2006). Neubauer, Wolfgang, et al. "The Discovery of the School of Gladiators at Carnuntum, Austria." Antiquity 88 (2014): 173–90. Reid, Heather L. "Was the Roman Gladiator an Athlete?" Journal of the Philosophy of Sport 33.1 (2006): 37–49. Roman and BlueChew are online services known for their erectile dysfunction (ED) treatments. Both companies offer easier access to ED medications without trips to the doctor or pharmacy, and none of the awkwardness typically associated with this process. Instead, medication is conveniently shipped right to your door.While BlueChew only offers two chewable tablets for ED, Roman doesn’t limit their offerings to ED medications. You can also find treatments for viral infections, hair loss, eczema, allergies, dandruff, and excess sweating.Roman is a robust online health service offering digital visits, contact-free delivery, and ongoing care to people experiencing ED and other health conditions. To receive treatment, you must have visited a physician within the last 3 years.To begin an online visit, you’ll choose from a list of health conditions and then answer a series of specific questions. After setting up an account, you can expect to hear from a licensed healthcare professional within 24 hours for a status update on your request for treatment.Some states require a phone or video chat, and that will be scheduled if it’s necessary. Note that online visits cost $15. This fee is separate from the cost of your medication.If a physician or nurse practitioner has determined that you’re a good candidate for telemedicine after your first online visit, you’ll be able to reach out through messaging, phone calls, or video conferences as you need them.If you’re a Roman member, you can have your prescription prepared and shipped from the platform’s pharmacy network right to your door with free 2-day delivery. You can also choose to use your own pharmacy, as long as it’s part of the Surescripts Network Alliance, and receive electronic prescriptions.As far as medications go, Roman offers sildenafil and tadalafil in pill form. They also offer brand-name Viagra and Cialis. While these products are similar in terms of how they work and the side effects they can cause, dosing and pricing vary.Having lots of options through Roman may be a good thing, as it can take some trial and error to figure out what works best for you. Your healthcare professional at Roman may recommend trying an ED medication a few times in different situations or changing the dosage.SildenafilSildenafil is the generic version of Viagra. Roman sells both sildenafil and Viagra in 25-milligram (mg), 50-mg, and 100-mg doses. Generic Revatio, which also has sildenafil as the active ingredient, is available in 20-, 40-, 60-, 80-, and 100-mg doses.TadalafilCialis and its generic version, tadalafil, can be taken as a single pill when needed or as a daily dose. Roman sells generic and branded Cialis in 2.5-mg, 5-mg, 10-mg, and 20-mg doses. If you intend to take it daily, you’ll be prescribed either the 2.5-mg or 5-mg dose. GET STARTED WITH ROMANBlueChew offers chewable sildenafil and tadalafil tablets. Sildenafil is the active ingredient in Viagra, while tadalafil is the active ingredient in Cialis. Both sildenafil and tadalafil are oral phosphodiesterase type 5 (PDE5) inhibitors. They work by helping relax blood vessels, making it easier to get an erection when you’re sexually aroused.It’s important to understand that BlueChew tablets are compounded treatments that haven’t been independently approved by the FDA. However, they’re made with the same active ingredients as Viagra and Cialis, which are both FDA-approved. As a chewable form of ED medication, BlueChew tablets can be a good option if you have difficulty swallowing capsules. They may also be less expensive, depending on your insurance.SildenafilSildenafil is designed to last between 4 and 6 hours. It’s prescribed for use as needed, which means it can be a good option if you’re planning for a sexual encounter. BlueChew offers sildenafil in 30-mg and 45-mg doses, with monthly subscriptions of 6, 10, 17, and 34 chewable tablets available.TadalafilTadalafil remains in the body for 24 to 36 hours. That can give you more flexibility or spontaneity for sex over a longer period. BlueChew offers this medication in 6-mg and 9-mg doses. Monthly subscriptions are available for doses of 4, 7, 14, and 28 chewable tablets.GET STARTED WITH BLUECHEWRoman sends ED medications with free 2-day shipping. Total costs depend on the ED medications and dosage you’re prescribed, as well as shipping frequency.Branded ED medications — Viagra and Cialis — are more expensive. A single Viagra tablet is $70, while a Cialis tablet is $17 for 2.5 or 5 mg and $69 for 10 or 20 mg. Generic versions of these medications cost less. Roman sells sildenafil tablets between $2 and $10 per tablet, depending on dosing.A full breakdown of pricing is available on the Roman website. Note that services on the Roman platform aren’t covered by insurance.BlueChewBlueChew’s monthly subscription plans are based on which medication you’re prescribed, the dosage, and the quantity. All plans include the digital provider consultation, chewable tablets, and medical support.The cheapest plan starts at $20 per month for 6 tablets of 30-mg sildenafil. At most, you’ll spend $120 per month for 28 tablets of 9-mg tadalafil, plus shipping and tax. The most popular plans are between $50 and $65 per month.BlueChew services aren’t covered by insurance, but the company notes that their tablets retail between 50 and 80 percent less than traditional sildenafil and tadalafil.These prices are inexpensive compared with brand-name ED medications.BlueChew is limited to ED medications, but Roman offers a few products for men’s health. These include products for:Hair loss. Medications include finasteride and minoxidil to treat male pattern baldness.Premature ejaculation. Roman-affiliated physicians may recommend behavioral tips, oral medication, and a topical anesthetic.Cold sores and genital herpes. Valacyclovir is the only medication that Roman physicians prescribe for the treatment of cold sores and genital herpes.Testosterone support. Roman sells a supplement made with six main ingredients, including vitamin D3, zinc, magnesium, copper, ashwagandha, and maca. Note that this isn’t intended to treat low testosterone.Allergies. Roman offers several allergy medications, including azelastine nasal spray and montelukast.Skin care, including eczema. Roman-affiliated physicians may prescribe a cream with active ingredients intended to remedy your specific skin concerns. In the case of eczema, Roman prescribes triamcinolone, a medium potency steroid cream. However, a previous diagnosis of eczema is necessary for treatment through Roman. Dandruff. If it’s appropriate, you may be prescribed a blended shampoo that’s made with ciclopirox.Hyperhidrosis. Roman-affiliated physicians may prescribe a prescription antiperspirant made with 20-percent aluminum chloride to block sweat glands.Both Roman and BlueChew are relatively young companies. We searched online and checked the FDA warning letter database, and couldn’t find any warning letters or pending lawsuits against either company.Roman has been in business since 2017. Roman is Better Business Bureau (BBB) accredited and has an A rating on the website. As of August 2022, there are 16 complaints, and the company has an overall rating of 1.75 out of 5 stars. Common complaints relate to billing and delivery issues and service problems.BlueChew currently has an A+ BBB rating. As of August 2022, there is a 2.33 rating out of 5 stars, and there are 5 customer complaints, related mostly to delivery issues.Customer feedback is largely mixed for both BlueChew and Roman. In addition to third-party review sites like Trustpilot, we also checked customer feedback on Reddit.RomanRoman has just five reviews on Trustpilot as of August 2022. One relates to a hiring incident and the other reviews discuss shipping issues and pricing. Their overall rating is 2.5 out of 5 stars.On Reddit, reviews for Roman mostly focus on the effects of the ED medications. Most reviewers are pleased, though some mention side effects like facial flushing and heart palpitations.BlueChewBlueChew has three reviews on Trustpilot, with a rating of 3.3 out of 5 stars. The reviewerss complains about both the product and the customer service. BlueChew responded to one poor review and invited the unhappy customer to contact their support team for assistance.BlueChew reviews on Reddit are generally positive and mention both the effectiveness of the products and the experience of ordering online. Since both Roman and BlueChew offer telemedicine services and collect personal health information, the companies each state that they comply with standard security and privacy measures used in the healthcare industry.The companies only share your information when it is required to provide care through the service, such as with a healthcare professional or pharmacy.Roman ships their products in single-use packs. Childproof packaging is available on request. Your order will ship in a discreet box with 2-day air shipping. Orders can not be forwarded to other addresses or shipped to post office (PO) boxes.BlueChew products ship through the U.S. Postal Service, but overnight shipping is offered as an option, too. Neither Roman nor BlueChew can accept returns of prescription medications.Roman products can be purchased in all 50 states, although the telemedicine laws in each individual state may limit which products Roman can offer. Erectile dysfunction treatments and medications can’t be purchased in North Dakota or South Carolina.BlueChew is also available in each state except for North Dakota and South Carolina. They cannot ship to U.S. territories or internationally.Both sildenafil and tadalafil are FDA-approved under a physician’s supervision for the treatment of ED. Still, there can be some side effects. These include:If you’re experiencing side effects, speak with your physician.InteractionsED medications can interact with other medications you may be taking, such as blood pressure and heart medications. These interactions can cause some serious side effects. For example, it’s believed that taking nitrates for chest pain or heart disease can cause a sudden and possibly fatal decrease in blood pressure when used with PDE-5 inhibitors. It’s important to tell your doctor about all medications and supplements you’re taking — whether they’re prescription or over the counter — so they can evaluate how new ED medications may interact with your current medications.Both Roman and BlueChew offer convenience, affordability, and professional support for ED. If you’re interested in low cost ED medication only and you prefer to pay less for generic versions, BlueChew offers a simple platform that gives access to a trained medical team for treatment and prescriptions.At Roman, adults can receive treatment from the privacy of their own home for a range of health conditions, not just ED. Depending on your preferences and treatment recommendations, you’ll have the option of branded and generic ED medications.Do you need a prescription to use Roman or BlueChew?You don’t need an existing prescription to use Roman or BlueChew. On both platforms, physicians will write prescriptions if it’s considered safe and appropriate following your digital visits.Are BlueChew treatments FDA-approved?BlueChew’s chewable tablets are compounded treatments that haven’t been approved by the FDA. However, their active ingredients are the same as those in Viagra and Cialis, which are FDA-approved.All tablets prescribed by BlueChew physicians are safely compounded by state-licensed compounding pharmacies.A small 2017 study suggests that chewable sildenafil tablets have similar effectiveness as pills, though the chewable tablets have 40-percent more active ingredient in order to reach these results. Since BlueChew isn’t FDA-approved, and the dosing is less than standard pills, some experts question exactly how much active ingredient is in BlueChew tablets.Are Roman treatments FDA-approved?Roman sells branded and generic ED medications. Viagra and Cialis are FDA-approved, and both sildenafil and tadalafil have been approved by the FDA under a physician’s supervision. Where’s Roman available?Roman is available in all 50 states, but they can’t treat some conditions in certain states because of telemedicine laws. ED treatment and medication aren’t available in North Dakota or South Carolina.Where’s BlueChew available?BlueChew is available in all U.S. states except North Dakota and South Carolina. They do not offer treatments in U.S. territories or internationally.Is there a return policy for BlueChew and Roman?Neither company accepts returns for prescription medications.Are they FDA-accredited?Both companies offer generic versions of the medications sildenafil and tadalafil. Each of these medications is FDA-approved to treat erectile dysfunction.When should you take the tablets?Sildenafil should be taken 30 minutes to 4 hours before sexual activity. Tadalafil works best taken about 30 minutes before sexual activity.Are there any risks (short term and long term) to taking these pills?There are risks to taking any medication, although most of these are short-term side effects that should disappear when you stop taking the medication. Some side effects can include flushing and erections that last more than 4 hours. Talk with your doctor about other medications you are taking to avoid other complications or long-term problems.Both Roman and BlueChew offer digital alternatives to traditional healthcare for ED. They’re designed to be convenient, discreet, and affordable, which may be appealing if you have difficulty going to a doctor’s office or pharmacy. At Roman, you can also get treatment for a few men’s health conditions.Choosing between BlueChew and Roman largely boils down to your health needs and your preference for branded or generic ED medications. In addition, you may also want to consider if you prefer a chewable tablet, clarity around a product’s active ingredients, or an FDA-approved product.Jessica Timmons has been working as a freelance writer since 2007, covering everything from pregnancy and parenting to cannabis, chiropractic, stand-up paddling, fitness, martial arts, home decor, and much more. Her work has appeared in mindbodygreen, Pregnancy & Newborn, Modern Parents Messy Kids, and Coffee + Crumbs. See what she’s up to now at jessicatimmons.com.

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