

Original Article

Ancient Roman History and the Emergence of Medicine in Rome

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Abstract:

Ancient Roman civilization is one of the most influential civilizations in world history, particularly in shaping the foundations of modern law, politics, culture, and government. This article aims to comprehensively examine the historical journey of Ancient Rome from its inception, the development of the governmental system from kingdom to empire, the social, economic, political, and cultural life of Roman society, and the legacy of Roman civilization that is still felt today. The method used in this research is a literature study with a historical-descriptive approach through the analysis of various classical and modern historical sources. The results of the study indicate that Rome's glory was determined not only by its military strength, but also by its geographical superiority, adaptive political system, organized social structure, and the Romans' ability to absorb and develop cultural elements from other civilizations. The conclusion of this study confirms that Ancient Rome made significant contributions to the development of Western civilization, particularly in the fields of law, state administration, language, engineering, and architecture. Therefore, understanding Ancient Roman history is essential as a foundation for understanding the development of the modern world.

Keywords: Ancient Rome, civilization, republic, empire, historical legacy.

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INTRODUCTION

The history of Ancient Rome is an important area of study in historical science because this civilization has had a vast and continuing influence on world developments up to the modern era. Rome is not only known as a major military and political power, but also as a civilization that successfully established a well-organized legal, governmental,

social, and cultural system that has endured for a very long time. Roman influence can be found in various aspects of contemporary life, from the legal systems of many countries, the concept of republican government, language, to the architectural and civil engineering heritage that is still in use today. Therefore, studying the history of Ancient Rome means not only understanding the past but also tracing the roots of many systems and values that shape the modern world.

The origins of Roman civilization are inseparable from its advantageous geography. Its location on the Apennine Peninsula, right in the heart of the Mediterranean Sea, placed Rome on a strategic route for international trade and interaction. This position enabled Rome to connect with various major civilizations such as Greece, Egypt, Phoenicia, and the nations of West Asia and North Africa. Furthermore, Italy's relatively fertile natural conditions supported the development of agriculture, thus supporting population growth and economic stability from its earliest days. This geographical advantage was one of the main foundations that propelled Rome's growth from a small community to a major power.

Beyond natural factors, Roman identity and character were also shaped by tradition, mythology, and ancestral values. The story of Aeneas, Romulus, and Remus is not merely a legend, but a symbolic narrative that shaped the collective consciousness of the Roman people about the origins and greatness of their nation. Values such as courage, perseverance, discipline, loyalty to the state, and respect for law and tradition were passed down through generations and became the moral foundation of Roman social and political life. These values were later reflected in the government system, social structure, and attitudes of the Roman people toward the state and power.

The history of Ancient Rome demonstrates a highly complex political dynamic. Rome experienced changing systems of government, from kingdom to republic to empire. Each phase had its own characteristics and reflected the Romans' efforts to adapt to internal and external challenges. The religious monarchy was then replaced by a republic that emphasized the division of power, before finally evolving into an empire with centralized power in the hands of an emperor. These changes demonstrate that Rome was a dynamic civilization capable of adapting to the conditions of its times.

On the other hand, the development of Rome also had a significant impact on the social and economic life of its people. Vast territorial expansion spurred the growth of trade, urbanization, and intensified social differentiation. Roman society was divided into various social classes with varying roles and rights, ranging from nobility to slaves. This created complex social dynamics that often sparked conflict, but also spurred various reforms in state laws and policies.

Ancient Rome also served as a crucial stage for the development of culture and

belief, including the emergence and spread of Christianity. Rome's existence as a major empire with an extensive communication and transportation network indirectly facilitated the spread of Christian teachings to various regions. Despite initial persecution, Christianity eventually flourished and exerted a significant influence on the course of Roman history and the Western world as a whole.

Based on this description, the study of ancient Roman history is highly relevant for understanding how a great civilization formed, developed, declined, and left a lasting legacy. This introduction serves as a foundation for further examining the dynamics of ancient Roman history as a whole, from the origins of civilization, the development of its governmental system, social and economic life, to the legacy that continues to influence human civilization today.

RESEARCH METHODS

This research uses a qualitative approach with library research. A qualitative approach was chosen because the study of Ancient Roman history does not rely on numerical measurements or statistical data, but rather on understanding the meaning, processes, and dynamics of historical events that occurred over a long period of time. Through this approach, the research attempts to reconstruct the development of Ancient Roman civilization as a whole, emphasizing causal relationships, the socio-political context, and its influence on world civilization.

The data sources in this research consist of secondary sources relevant to the study topic. These sources include classical and modern history books discussing Ancient Rome, scientific journal articles, historical encyclopedias, and other academic works examining the political, social, economic, and cultural aspects of Rome. Sources were selected selectively, considering the credibility of the authors and publishers, as well as the relevance of the content to the research focus, ensuring that the data used can be scientifically validated.

Data collection techniques were conducted through documentary studies, namely by reading, taking notes, and in-depth review of various literature related to Ancient Roman history. The data obtained was then classified based on key themes, such as the beginnings of Roman civilization, the development of the government system, social and economic life, and the legacy of Roman civilization. This grouping process aimed to facilitate analysis and maintain a coherent discussion.

Data analysis was conducted using a descriptive-analytical method. The collected data were analyzed by systematically describing historical facts, then interpreting them to gain a deeper understanding of the meaning and implications of these events. During the analysis, the author also compared various historians' perspectives to obtain a more

objective picture and avoid one-sided interpretations.

To maintain data validity, this study employed source triangulation, which involves comparing information obtained from various sources. This method ensures that the data used is not solely based on a single source but is reinforced by other sources that are consistent or complementary. This step is crucial for increasing the validity and reliability of research results, given that historical studies rely heavily on the interpretation of written sources.

Through this research method, it is hoped that the study of Ancient Roman history can be presented in a coherent, in-depth, and objective manner, so that it can provide a comprehensive picture of the development of Roman civilization and its relevance for the understanding of history and human civilization in general.

RESEARCH RESULTS AND DISCUSSION

A. The Beginnings of Ancient Roman Civilization

Research shows that the emergence and early development of Ancient Roman civilization were heavily influenced by geographic factors, the natural environment, and the construction of a cultural identity built through mythology and ancestral values. Rome flourished in the Apennine Peninsula, which enjoyed a strategic position in the Mediterranean Sea. This location placed Rome at the intersection of various major nations and civilizations, facilitating economic, political, and cultural interactions from its earliest days.

The city of Rome itself was founded on the banks of the Tiber River and built on seven hills. This position provided a significant advantage in terms of defense, as the region was relatively difficult to attack, while also supporting trade and transportation activities. The Tiber River served as a distribution route for goods and a link between the interior and the coast. Furthermore, the soil in Italy was relatively fertile, and the climate was conducive to agriculture, particularly the production of wheat, grapes, and olives, which were the primary commodities of the Roman people.

Beyond geographic factors, early Roman identity was also shaped by mythology. The legend of Aeneas, the Trojan hero, and the story of Romulus and Remus, who were raised by a wolf, played a crucial role in shaping the collective consciousness of the Roman people. Although mythological, these stories instilled values of courage, strength, and divine legitimacy in the founding of Rome. These symbols later became part of Roman political propaganda and national pride.

The influence of the Etruscans is also clearly visible in the early development of Rome, particularly in engineering, architecture, and religious systems. The Romans adopted stone building techniques, the use of arches, and drainage systems to drain

swamps. The combination of technical expertise, favorable natural conditions, and strong social values laid a crucial foundation for the early growth of Roman civilization.

B. Development of the Governmental System: From Kingdom to Empire

The development of the Roman governmental system demonstrates a dynamic and changing historical process. In its early phase, Rome adopted a monarchical system, in which the king held supreme power in the political, military, and religious spheres. The king was viewed as a leader with a direct connection to the gods, thus giving him sacred authority. In running the government, the king was assisted by a senate composed of nobles, and a popular assembly, which had a limited role, primarily in religious matters and the ratification of certain decrees. However, the monarchy ended when power was abused by the last king, Tarquinus Superbus.

This authoritarian and arbitrary rule sparked resistance from the people and the nobility, which gave birth to the republican system. During the republic, power was no longer concentrated in one person but was instead divided among several institutions, such as the consuls who held executive power, the senate as an advisory body, and the popular assembly as a representative of the citizens. This division of power was intended to prevent tyranny and create political balance. However, the republican system was not completely free from conflict. Conflicts between the patricians and plebeians, as well as political rivalries among the elite, often fueled instability.

Extensive territorial expansion also brought new challenges, including the rise of military power and the rise of ambitious figures like Julius Caesar. Prolonged political crises ultimately ended the republican system and paved the way for the rise of the imperial system. With the rise of Octavian Augustus as the first emperor, Rome entered the imperial era. Although the formal institutions of the republic remained, real power rested with the emperor. During this period, Rome achieved political stability and prosperity known as the Pax Romana. The administrative system was strengthened, the military was professionally organized, and infrastructure was built massively to support the integration of the empire's territories.

C. Social Life and the Structure of Ancient Roman Society

Research shows that Roman society had a hierarchical and complex social structure. Society was divided into several strata, ranging from the nobility (optimates and patricia), the middle class (equites), the common people (populus), to slaves and the proletariat. Each group had distinct roles, rights, and obligations in social and political life. The nobility controlled land, political office, and economic resources, while the common people generally worked as farmers, small traders, or laborers.

Slaves occupied the lowest position in the social structure and were the primary

labor force in agriculture, mining, and elite households. This social inequality often sparked conflict and demands for reform, which then gave rise to various legal and social policies. The military played a central role in Roman life. Membership in the legions served not only as a tool for territorial expansion but also as a means of social mobility for some citizens. Loyalty to the state and military discipline were highly valued values, thus strengthening Rome's long-term stability and power.

D. The Roman Economic System and Trade Network

Economically, Rome experienced significant development from an agrarian society to an international trading power. Agriculture remained the primary sector, but trade flourished as the empire expanded. The use of metal currency, such as the denarius, facilitated economic transactions and strengthened market integration across the Roman realm. The Roman trade network spanned Europe, North Africa, and Asia. Goods such as wheat, olive oil, wine, metals, silk, and spices were widely traded. Taxes became the primary source of state revenue and were used to finance the military, administration, and infrastructure development. While creating prosperity for the elite, this economic system also widened the social gap between rich and poor.

E. Culture, Beliefs, and the Development of Christianity

Culturally, Rome is known as a pragmatic and adaptive civilization. They adopted many elements of Greek culture, particularly in art, philosophy, and education, but developed them to suit Roman needs. Latin became the primary means of communication and later developed into the basis for various modern European languages. Roman beliefs were initially polytheistic, with the worship of gods adapted from Greek. However, the spread of Christianity brought about major changes in Roman spiritual life.

Despite initial persecution for perceived threats to loyalty to the emperor, Christianity continued to grow and was eventually officially recognized. This development established Rome as a crucial stage for religious transformations that had a profound impact on world history. Overall, these findings and discussion demonstrate that ancient Roman civilization developed through a complex interplay of geographic, political, social, economic, and cultural factors. These dynamics made Rome not only a major empire of its time, but also a civilization that left a profound legacy for the development of the modern world.

Conclusion

Based on the results of the study and discussion outlined, it can be concluded that Ancient Roman civilization was one of the great civilizations that developed through a long, dynamic, and complex historical process. Roman progress did not occur by chance, but was supported by various interrelated factors, such as its strategic geographic location,

favorable natural conditions, high technical capabilities, and strong social and cultural values. These factors enabled Rome to develop from a small community in Italy into a political and military power dominating the Mediterranean and surrounding areas.

Roman history demonstrates significant changes in governmental systems, from kingdom to republic to empire. Each phase of government reflected the Romans' efforts to adapt to the internal and external challenges they faced. The republican system, with its division of power, demonstrated a high level of political awareness, although it ultimately weakened due to social conflict and political ambition. The transition to an imperial system brought stability and prosperity for a period, particularly during the Pax Romana, but also marked the concentration of power in the hands of a single emperor.

In social and economic life, Rome exhibited a hierarchical societal structure with clearly defined roles and positions. Agriculture, trade, and taxation were the main pillars of the economy, while the military served as a tool of expansion and stability. Culturally, Rome successfully developed the Latin language, monumental architecture, and a systematic and rational legal system. Furthermore, Rome served as a crucial platform for the development of Christianity, which subsequently had a significant influence on the course of world history and civilization.

Overall, the legacy of Ancient Rome in law, government, language, engineering, and culture remains palpable today. The principles of Roman law, concepts of state administration, and achievements in architecture and civil engineering form the foundation for many aspects of modern life. Thus, Ancient Roman civilization is not only significant in the context of past history but also relevant for understanding contemporary developments.

Recommendations

Based on these conclusions, it is recommended that the study of Ancient Roman history continue to be developed with a more diverse and in-depth approach. Future research could use a comparative approach to compare the Roman political, legal, and social systems with those of other civilizations, both contemporary and subsequent, to gain a broader understanding of Rome's influence on world history.

Furthermore, the study of Ancient Roman history in educational settings is expected to emphasize not only chronological aspects and major events, but also examine the values that can be drawn from Roman historical experiences, such as the importance of law, good governance, and awareness of the impact of social inequality. Thus, history learning can serve as a means of critical reflection to understand the challenges of contemporary social and state life.

Further research is also recommended to explore historical sources in a more

critical and interdisciplinary manner, for example by combining historical studies with archaeology, legal science, and cultural studies. This approach is expected to produce a more comprehensive and contextual understanding of Ancient Roman civilization and its relevance to the sustainability of human civilization.

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