



Traditional Iranian Medicine

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Traditional Iranian medicine, also known as ancient Iranian medicine, is a historical treatment system that is used in Iran and its surrounding areas. This treatment system uses the knowledge and experiences of past generations to diagnose and treat diseases and maintain human health.

The history of Iranian medicine dates back to ancient times, when, as per available evidence spices and medicinal plants were used for treating patients in ancient Iranian civilizations. Iran's traditional medicine has to some extent been influenced by different civilizations and cultures including Assyrians, Babylonians, Greeks, Romans, Arabs, and other Muslim cultures. Also, certain influences from Indian and Chinese medicine can be seen in traditional Iranian medicine.

Prior to the advent of Islam, Iran's traditional medicine was known as one of the main treatment systems in the region. Iranian Muslim physicians, such as Abu Ali Sina (Avicenna, 980-1037 AD) and Mohammad Zakaria Razi (865-925 AD) became world-renowned in the field of medicine. The works of these Iranian physicians as well as other Iranian doctors in this era, including Ibn Sina's book "Al-Qanun fi al-Tibb" and Razi's book "Al-Hawi" continue to be studied and used until today.

With the passage of time and the influence of Western cultures and sciences, Iran's traditional medicine was also challenged and its role in the public health system decreased. However, this traditional medicine is still used in many Iranian societies as an alternative to modern medicine and has preserved its popularity.

Great Personalities of Traditional Iranian Medicine

The history of Iran's traditional medicine is full of great personalities who played an important role in the development and progress of this treatment system. Some of these personalities include:

Abu Ali Sina (commonly known in the West as Avicenna, 980-1037 AD): He is one of the greatest ancient Iranian physicians and philosophers and wrote the book "Al-Qanun Fi-Tibb", which is known as one of the most important medical references in history.

Mohammad Zakaria Razi (865-925 AD): He is one of the greatest ancient Iranian physicians and scientists who, in addition to traditional medicine, was also active in other fields such as chemistry and philosophy and discovered alcohol. He has written many books in the field of medicine and has discussed various methods of diagnosis and treatment of diseases. The book "Al-Hawi" is one of his famous works in which he has discussed the principles and methods of traditional Iranian medicine.

Hakim Aqil Khan: He was one of the great personalities of Iran's traditional medicine during the Safavid era. He has certain theories about the nervous system and traditional medicine and has written the book "Al-Kanouni", which is known as one of the important sources of tra-

ditional Iranian medicine.

Molavi Majlisi: He was also one of the renowned personalities of Iran's traditional medicine during the Safavid era and was also actively engaged in discovering and describing the medicinal values of certain plants. His book 'Kafi', is known as one of the most reliable sources of traditional Iranian medicine.

The Differences between Traditional Iranian Medicine and Modern Medicine?

Traditional medicine and modern medicine are two different treatment systems that work with different approaches, principles, and methods to diagnose and treat diseases. The main differences between the two are:

Historical Approach: Traditional medicine is based on experience and knowledge that has been passed down from generation to generation and has flourished in a special way

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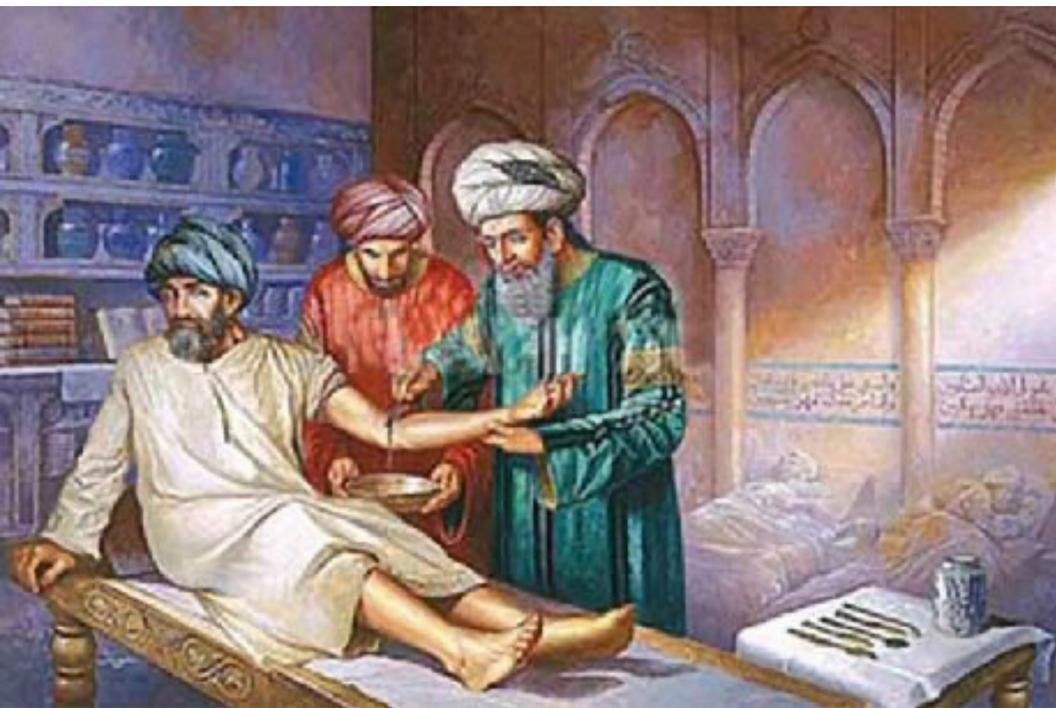
throughout history. On the other hand, modern medicine is organized on the basis of modern science and technology, scientific research, and knowledge.

Source of Knowledge: In traditional medicine, knowledge is obtained through the use of medicinal plants, natural substances, nutrition, massage, and non-interventional methods. In modern medicine, instead of using natural resources, knowledge is obtained through laboratory research, clinical studies, medical technology, and chemical drugs.

Diagnosis Methods: In traditional medicine, the diagnosis of diseases is usually based on the general outlook toward the disease, signs and symptoms, analysis of body language, having a look at the tongue, heart-beat, differences in the heart and blood vessels, and analysis of organs. In modern medicine, however, diagnosis is done using advanced medical tools and equipment, diagnostic tests, and scans and/or MRIs.

Treatment Methods: In traditional medicine, treatment is done by using medicinal plants, nutrition education, lifestyle changes, natural methods such as massage, acupuncture, and complementary treatments. In modern medicine, treatment is usually done by chemical drugs, surgery, etc.

Outlook towards the Disease: In traditional medicine, the dis-



ease is considered a systemic complication and efforts are made to restore balance and health in the body system. In modern medicine, the disease is considered a complication in a specific part of the body, and the focus is on the treatment of this specific part.

In traditional Iranian medicine, proper nutrition is emphasized as the key and primary principle for maintaining health and treating diseases.

The Impact of Nutrition on Health: correct and proper nutrition maintains and improves the general health of the body. Properly selected and balanced foods consist of important nutrients, including vitamins, minerals, antioxidants, fiber, etc. that strengthen the immune system, increase energy, and improve digestion and the way organs and

cells function.

Nutrition and Balance: In traditional Iranian medicine, it is believed that the internal balance of the body, including the balance between hot and cold, dry and wet elements, humid-

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ity and dryness, etc., plays an important role in maintaining health. Proper nutrition helps maintain this balance in the body by providing a proper balance between different foods, and as a result, has a positive effect on the biological processes and body systems.

Food as Medicine: In traditional medicine, food is known as an authentic medicine. Different foods have various medicinal and therapeutic properties and can be effective in curing diseases and maintaining body health. For example, some medicinal plants and foods are usually known as “medicinal foods” in traditional medicine, which are effective in treating certain diseases.

Less Side Effects: Proper nutrition and the use of natural and healthy foods in treating diseases have less side effects than chemical drugs and treatment methods. This can be considered for those patients who are allergic to the side effects of drugs or who want to choose more natural and suitable methods for their recovery.

Therefore, in traditional Iranian medicine, proper nutrition is emphasized as a fundamental principle and has a very important role in maintaining health and treating diseases.

To conclude, it is important to know that both treatment systems have their advantages and limitations, and in some cases, they may be combined to bring the best results for the patients.