

Nasal Polyp in Iranian Traditional Medicine & Conventional Medicine

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Abstract

Background: The prevalence of nasal polyp in the population has been estimated to be 0.5-4%. It is noticed that nasal polyp could have a negative impact on the patient's quality of life and indubitably exert a substantial cost on the society. It is observed that, in some cases, complete cure may not be achieved and relapse can occur. In Iranian traditional medicine (ITM), nasal polyp is called "bawaseer e anff" and ITM offers several treatments for it.

Methods: In this review article the definition, signs, symptoms, and treatments of nasal polyp in conventional and traditional medicine are investigated and compared. The Canon of Medicine of Avicenna, liber Medicinalis Almansor of Rhazes, Tohfe Khani, and Makhazen Alta'lim were studied for ITM. Additionally, Google Scholar and PubMed were searched for conventional medicine.

Results: The current common treatment for nasal polyp is by applying corticosteroids (locally or orally) and surgery. Definition, signs, symptoms, and prognosis (considering color, shape, consistency) of nasal polyp are described in ITM and its treatments (depending on the kind of polyp and the time from its incidence) are oral or local administration of drugs and using physical manipulations such as phlebotomy, leech therapy, and surgery.

Conclusion: According to the same definition of nasal polyp and "bawaseer e anff" in the texts, a combination of traditional and conventional treatments could be helpful in order to reduce relapse, surgery indications, and usage of corticosteroids.

Keywords • Nasal polyps • Medicine • Traditional • Prognosis • Leeching • Phlebotomy