

Role of Iranian Traditional Medicine in the Prevention of Respiratory Infectious Diseases

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Abstract

Background: In order to define appropriate plans for respiratory infectious diseases, in accordance with Iranian traditional medicine, one should cover the topic of “havae vabai”. “Havae vabai” is related to the epidemics of respiratory infectious diseases.

Methods: This study is a review of the role of Iranian traditional medicine in the prevention of respiratory infectious diseases. Resources of traditional medicine with the keyword “havae vabai” were reviewed in Noor digital library.

Results: The perspective of traditional medicine for the prevention of disease in “havae vabai” is based on self-recuperation and air modification. Items that are mentioned are; refine the surrounding air, move to a proper space, live in a house with no source of water like fountains and limited flow of air, air-drying, use air freshener, smell fruit sticks, use in-house plants, and place a cloth soaked with vinegar in front of the nose. For self-recuperation, reducing body moisture with proper foods and drugs or with vomiting, diarrhea, phlebotomy, wet-cupping, reduction in food and drink intake, avoiding sexual intercourse, bathing, heavy exercise, inactivity, overeating, hunger, thirst, milk, sweets, fish, fatty foods, fruits especially juicy fruits are recommended. The food that tends to have a sour taste, eating meat cooked with sour taste like vinegar is suggested.

Conclusion: The use of the solutions offered in traditional medicine to control air is helpful as it can reduce epidemics, such as influenza; that yearly kills many patients with a heavy financial burden.

Keywords • Prevention and control • Medicine • Traditional • Respiratory disorders