

Six essential principles of Iranian traditional medicine for maintaining health from the Quran's point of view.





Six Essential Principles of Iranian Traditional Medicine for Maintaining Health from the Quran's Point Of View

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Conclusions The essential principles of health in Iranian medicine were not only stated in Quran, but also were emphasized. Results Six major classifications such as “life environment”, “food”, spiritual status”, “physical activity”, “sleeping and awaking”, “excretion and retention”, and four minor classifications such as “climates”, “seasons”, “sexual intercourse” and “menstruation” were adopted from data analysis. These classifications in Quran were stated by three manners like “direct”, “indirect” and “integrative”. **Materials and Methods** First, the required issues were adapted from the samples subjected to the aim and selected from the Iranian Traditional medicine book and were studied deeply by qualitative study of phenology. Then the data were analyzed by content analysis. Also, the verses related to the issues were adapted from Quran software and were translated and interpreted. **Objectives** The aim of this study was to find out the viewpoint of Quran about the six essential principles of Iranian Traditional medicine for being healthy. **Background** The Iranian physicians have proposed six principles in traditional medicine for being healthy and preventing from diseases and they called them “The six essential principles”. As the Quran is a comprehensive book for human beings, the essential efforts are certainly specified in it. That’s why the above mentioned principles in Quran approve their validity and persuade human beings to consider them to be healthy.

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