

The concept of wetness and its kinds in Persian medicine

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Abstract:

Background and purpose: Wetness and dryness are among the main keywords that have been used to explain all theoretical basics including physiopathology or semiology and practical branches of medicine that are related to the prevention and treatment. Despite the importance of such topic, a separate section which explains its concept does not exist in the Persian medicine textbooks. The purpose of this study is to explain the concept of wetness and dryness, the types of moisture, and the symptoms mentioned for these types mentioning their role in diagnosis and treatment.

Methods and Materials In this review study, the main books of Persian medicine were assessed using wet and wetness or moisture keywords. A search in Google Scholar, PubMed, Magiran, Iran medex and SID was also done to investigate the current researches.

Results: In Persian medicine, wetness sometimes refers to the very quality of wetness and sometimes to humidity or moisture as wet material. Moisture in general is classified into two types of bodily and not bodily moistures. Bodily moisture can be classified into four general categories based on the quality of moisture, the nature of the moisture, the moisture function and its location. Depending on the quality of the moisture, the function of the moisture is different.

Conclusion: Understanding the concept of wetness, its various kinds and related sign or symptoms of the moisture is a step toward promotion of health in all stages of prevention, diagnosis and treatment in Persian medicine

Keywords: Humours, Wetness, Persian Medicine, Temperament

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