

A review of the recommendations for maintaining gastric health from the perspective of Persian medicine

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Abstract:

Background and Purpose: Stomach problems are prevalent in clinical medicine. In Persian medicine, recommendations are based on the improvement of lifestyle in order to preserve the lifestyle and improve it considering the temperament.

Methods and Materials: This qualitative study was a kind of a library-based review that collected gastric health advices from authentic sources of Persian medicine.

Results: After collecting the data and categorizing them, factors that are considered to protect the health and prevent gastric diseases were expressed. Following points are among the most important recommendations of Persian medicine to preserve the gastric health: eating time, the amount of food, the type of food, enough chewing, proper interval between physical activity and eating a meal, avoiding eating in inappropriate psychological state, and time of drinking water.

Conclusion: Considering that Persian medicine pays a particular attention to stomach and its health, it has had particular recommendations for the gastric health in various sources. Modern medicine has had a lot of recommendations for lifestyle modification in preventing and controlling diseases in recent decades. However, some causes of stomach problems are factors that have been less popular in modern medicine. Considering the importance of nutrition in human health, observing the principles of nutrition can be effective in preventing many diseases.

Keywords: Lifestyle, Stomach, Temperament, Mizaj, Persian Medicine

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