



Nausea and Vomiting from the Perspective of Modern and Traditional Medicine

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Abstract:

Among the most common reasons of the patients' referral to gastroenterology clinic and other clinics is nausea and vomiting. It would largely affect the normal life of the patient if it is not treated.

Nausea and vomiting are two words in modern medicine usually used to describe the disease. Extensive studies have been conducted in order to prevent and treat the disease. There are also many recommendations in this area. The four words of Nausea, Gheysan, Taghallob-e-Nafs and Puke were used in the Iranian traditional medicine. A main cause and seven partial reasons called "Causes and Reasons" and other factors were mentioned as the causes of vomit and nausea. The Iranian traditional medicine discussed the role of phlegm mixing, the stomach weakness, food corruption in the stomach and the involvement of other organs in the incidence of this disease. Then, the prevention and treatment is established based on the cause of the disease and pathogen phlegm.

Sometimes it is possible that the main cause of this disease exists in other organs such as the brain, liver, spleen and other organs (the participation of organs). In this case, the main treatment should address the problem of that organ. The color of vomiting material reveals the phlegm type and substance that caused puke. The relationship between the regurgitation and stomach content and weakness is also mentioned in this medicine.

In special cases, voluntarily regurgitation with diagnosis and monitoring by qualified doctor as the prevention and treatment to rid the body of wastes is another issue in the Iranian traditional medicine.

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