



Correction of sleep and wakefulness in different ages and geographic regions from Traditional Iranian Medicine viewpoint

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Abstract:

In the recent years, the World Health Organization recommends traditional medicine in combination with current medicine for human health improvement. One of the vital elements of traditional Iranian medicine, is the concept of prevention that is health maintenance by assistance of six tools. One of these tools which plays an important role in life style correction, is sleep and wakefulness. Existence of moisture in the brain is the reason of sleeping. From traditional Iranian medicine point of view of, arousal is a consciousness stimulation for all of body organs. Method of research in this study is a kind of library one by which evaluation of references of Traditional Iranian Medicine such as : Hefzoseha naseri, Hefzoseha naserolhokama , zakhire kharazmshah , Jameosharheyn and Canon ,has been conducted. Since change in sleep and wakefulness can change the quality and temperament in human body , a change toward health or illness will also be possible .Therefore, changing the six tools such as sleep and arousal is very important in traditional Iranian medicine .We discuss sleep and wakefulness as a variable in age and various geographic areas as two indices. Regarding the conducted study and the importance of appropriate sleep and wakefulness toward health maintenance, we can conclude that sleep from traditional Iranian medicine point of view, in different individuals and conditions like various geographic regions, is not recommended the same. Interpretation of a proper pattern of sleeping for people in different ages and geographic regions, for prevention from diseases and health maintenance, has a great importance in traditional Iranian Medicine.

Keywords: Sleep, Wakefulness, Traditional Iranian medicine, Geographic regions.

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