



A Review on healthy life style in Iranian Medicine

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Abstract:

Introduction: Economical, social , and cultural factors could be affect on life style . The definition of life style is very different in literature. In recent years , healthy life style with traditional approach is considered by health specialists, and numerous research centers were studied the factors that affect on life style and health. In Iranian traditional medicine six factors is necessary on maintenance of health. Our object was study about healthy life style in Iranian traditional medicine.

Materials and Methods: This study was a library research. Iranian traditional medicine books such as "Ghanoon Dar Teb" , " Zakhireye Kharazmshahi" , " Kholasatolhekmah" were studied.

Results: In general , six factors were mentioned toward maintenance of health in Iranian traditional medicine, that are named "Asbabe Seteh" in terminology. These six factors are included: Air , Foods and Fluids, Movement and Tranquility, Sleep and Awaking, Vomiting and Confinement and Sensual presentations.

conclusion: Today health specialists believes that multiple factors affect on life style and incidence of disease. In the other hands, Iranian traditional medicine have many reference about it. In conclusion , this approach of medicine must be considered in many aspects of health and disease and furthered research must be designed about its theories.

KeyWords: life style, healthy life style, Iranian traditional medicine

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