



## Principles of eating and drinking during Ramadan from the perspective of Iranian traditional medicine

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### Abstract:

**Background and Purpose:** God, every year, has a moon-day mandatory. Eating and drinking in Ramadan is limited one of philosophy of the fasting in Ramadan, is healthy. But, the health of some people, is impaired during fasting. They seem to be due to limited time, eating and drinking, its principles are not respected.

**Material and Methods:** This is a qualitative study. Traditional medicine is a reputable research sources that some of the Reliable books. Contents first analyzed, then it is classified.

**Results:** In this study, nine Principles of eating and drinking, are extracted which is:

- 1 - Eat both breakfast and dinner.
- 2 - Drinking fluids one to two hours after dinner.
- 3 - Eat fruit before going to bed at night.
- 4 - Obligation to eat breakfast before dawn.
- 5 - Drinking enough fluids before breakfast, not after.
- 6 - Avoid food variety.
- 7 - Avoid eating certain foods together.
- 8 - Prevention of Constipation.
- 9 - Avoid sleeping on the morning prayer until sunrise.

**Conclusion:** fasting has bodily benefits and positive effects. For bodily benefits, it is necessary to eat and drink, to observing Failure comply with these principles not only take advantage of these benefits will be reduced or not, it can cause disease. Deprive man of the fasting was successful.

**Keywords:** fasting, traditional medicine, nutrition, ramadan.

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