



Brain temperament in Iranian medicine

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Abstract:

Background and Purpose: Temperaments are considered the most important difference between Iranian tradition medicine (ITM) and classical medicine which has a pivotal role in researches. So far no accepted integrated model of temperament has been presented. The reason may be Lack of basic insight in to the knowledge of the ancient era. One of the important models for integration between ITM and classic medicine is comparing temperament thesis with basal metabolism concept, but it has a limitation regarding the temperament of brain which is cold in ITM while it has a very high metabolic rate according to classical medicine. It seems that thorough Study of brain temperament in ITM may lead to better understanding of Temperament thesis which can introduce some new treatments.

Materials & Methods: This study is a library research with deductive approach; data are collected from major ITM sources and analyzed in order to clarify below topics: • Basics of description and calculation of organ temperament in ITM; • Factors affecting organ temperament in ITM; • Association between basal metabolism model and hot temperament concept of brain in ITM;

Results: Most ITM sources describe brain temperament as cold, but it has the less cold temperament when compared with other organs, this means brain temperament is near to balanced temperament. Other sources believe brain has hot temperament, which is more adaptive with ITM basics, classic medicine findings and clinical evidences.

Conclusion: In this paper we provide an unconventional concept of brain temperament, which shows the importance of studying early sources of ITM especially those before influence of Islamic society and it presents proof of basal metabolism rate model of temperament.

Keywords: Temperaments, brain temperaments, organ temperaments, basal metabolism rate, traditional medicine, Iranian medicine, Islamic medicine, unani medicine, Arabic medicine.

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