



## Oxymels (Sekanjabin) in Persian Medicine: Kinds and Applications

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### Abstract:

**Background and Purpose:** Oxymel (sekanjabin) one of the important forms of traditional medicine, is compound of honey and vinegar as basic materials. In the preparation of various types of oxymel, other additives are used. Oxymels have many applications in keeping the human health and also the treatment of diseases. Because of emphasis on this product in Persian Medicine (PM) and so many various kinds of it, paying attention to oxymel can disclose many new dietary and therapeutic comments and solutions. The aim of this study is surveying different kinds of oxymels and their principle applications, recorded in PM references.

**Material and Methods:** This study is a review article. At first some important references in PM, including “Ferdos al Hekmah”, “Qanon fi Tib”, “Zakhireh Kharazmshahi”, “Majma al Javemeh” from “Aghili Khorasani” (“Makhzan al Advieh”, “Kholaseh al Hekmah”, “Gharabadin Kabir”) and “Gharabadin Salehi” were searched. Chapters and documents about oxymels were studied and the notes were extracted.

**Results:** In our founding besides simple oxymels, different kinds of compound oxymils are presented by adding various kinds of materi medica to the base of honey and vinegar. They are recommended to use as health-keeping and different therapeutic goals. they are usually called by adding the name of added materia medica to oxymel.

**Conclusion:** Because of beneficial effects of oxymel, we suggest that more applicable researches should be done to introduce this safe drinking to the families.

**Keywords:** Oxymel (sekanjabin), Persian Medicine, Iranian Traditional Medicine honey, vinegar.

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