

## Lifestyle in Different Seasons: The Perspective of Traditional Persian Medicine

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### Abstract:

**Background and Purpose:** Each of the four seasons of the year like the human body has a certain temperament. The seasons' lifestyle is one of the most important issues for health maintenance in Persian medicine. In this article, the lifestyle of each season is presented to keep healthy and prevent common diseases.

**Methods and Materials:** The topic of lifestyle in each season was studied using reliable sources of traditional Persian medicine and related articles of valid electronic database.

**Results:** The recommended lifestyle in the spring includes: soft foods consumption such as lamb meat, fried eggs, barberry syrup, rhubarb and oxymel (Sekanjabin); and avoiding from excess movement, excess bathing, extreme anger, and happiness; body purgation with enema and phlebotomy. Lifestyle of the summer includes: consumption of fresh fish, chicken, sour pomegranate juice, verruca, rhubarb syrup, cherries, plums, watermelon, lettuce, increasing the amount of rest; avoiding from excess movement, excess intercourse. Lifestyle of the autumn includes: consumption of spicy foods, lamb meat, melon, quince, apples, and pears; bathing once every two days with lukewarm water and body purgation with enema. The recommended lifestyle in the winter includes: consumption of foods such as lamb meat with spicy seasonings; excess movement and activity; avoiding from phlebotomy and cupping.

**Conclusion:** In Traditional Persian Medicine resources, the starting point for health protection and disease treatment is prevention. In this article, some recommendations about lifestyle, especially eating habits and regulation of sleep, wakefulness and physical activity in different seasons are given. Following these rules will improve the health level of community and save health care costs.

**Keywords:** Seasons, Medicine, Persia, Prevention, Lifestyle.

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