

Creating a healing climate in hospitals, with the attitude to the teachings of Traditional Persian Medicine

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Abstract:

Background and Purpose: Hospital is one of the important buildings that offers health services and with its unique facilities plays a fundamental role in patients' physical and mental health recovery, medical researches, and finally the promotion of community's health. Abundant studies have shown that spending and attending long-hours in health centers is regarded as a stressful experience for patients, visitors, and staffs. Therefore, using traditional Persian medicine's recommendations in designing of health centers can be an effective approach to decreasing environmental stresses and improving its quality.

Methods and Materials: The goal of the current research is to change the attitude in designing of medical centers so that a hospital environment can be considered as a healing environment to create favorable conditions for supporting patients and their families who are in inappropriate physical and mental conditions due to fear and anxiety. Now in the present study, in order to emphasize on the use of the traditional Persian medicine's recommendations for designing health care facilities, Traditional Medicine's recommendations related to environmental factors, including materials, lights, colors and images for treating patients was investigated. A descriptive-analytic method which was compiled by libraries procedure was applied and after examining the criteria that influence patients' health, solutions to create a healing climate have been provided.

Results: According to the research findings, traditional medicine sources have emphasized on the effect of the environment on human's health. This effect may be due to some reasons such as stimulation of human's senses by environment and person's temperament.

Conclusion: Temperament based design is an appropriate way to improve public health that is the pillars of sustainable development.

Keywords: Traditional Persian Medicine, Hospital Building, Temperament, Materials, Light, Color, Images.

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