Explanation of the causes of Dyspepsia from the Viewpoint of Traditional Iranian Medicine

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Abstract:

Food digestion has a key role in good nutrition and its health. High-level digestion disorders lead to various problems to human societies. Iranian Medicine which is one of holistic Medicine Schools with a several thousand years' experience background has special viewpoints in this case and it has discussed the role of nutrition health, and also, it has referred to effective factors to digestion disorder, in detailed.

The purpose of this paper is a qualitative research and its references are about 20 books in the field of Iranian Medicine. Study setting in qualitative research is different to quantitative research, essentially. Also, data has been gathered by libraries equipped with hand written and printed reference books in addition to computer and modern electronic soft wares.

By analyzing this data, we concluded that the most important factors in digestion disorders are as follows: strong movements after meals, eating several kinds of food with each other, eating food when anyone has been fed up, eating food in bad mental and psychological conditions, regardless of the strength of digestive system and anyone nutrition habits, eating food more than stomach volume, and drinking plenty of water.

Findings of this study will help to deep understanding of digestion disorders. As a result, it will be effective in prevention, health, and taking care in the field of good and healthy nutrition.

Keywords: digestion disorder, Iranian Medicine, nutrition, qualitative research

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