The Principles of Health Care and Sanitation in Traditional Medicine of Iran

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Abstract:

Personal and social hygiene has been a matter of utmost importance in the Iranian traditional medicine and even prioritized to the art of treatment of illnesses. Based on six essential hygienic tenets, regulations were promulgated with the intent of safeguarding the health of individual and society. These six principles comprise the environmental conditions, nutrition, balanced physical exercise, adequate rest, regular elimination of bodily waste and mental balance are discussed in detail in this article.

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