The role of sleep in health promotion from the perspective of Iranian Traditional Medicine: a review

M. Setayesh*, M. Keshavarz, M. Salehi, H. Kargar, M. R. Mirzaei

Abstract:

Background and Purpose: The six essentials factors of health, are the strength of Iranian Traditional medicine in health maintaining, and treating diseases. Sleep and wakefulness devise are cost-effective interventions in terms of principles and rules which can lead to improved health of individuals and society. This study was aimed to investigate the role of sleep in health promotion from the perspective of Iranian Traditional Medicine.

Materials and Methods: This study is a review based on library research in main Iranian Traditional Medicine references comparing with current medicine and new articles.

Results: This study explains the sleeping from aspect of the holey Quran, Traditional and conventional medicine, and offers practical recommendations regarding sleep habits and its conditions, including time, location, amount, positions , type of clothing the body during sleep and relationship with food, and exhibit sleep in terms of temperament, ages, seasons and climates.

Conclusions: Sleep measures, proportional to the temperament, age and different climates can influencing health. Iranian traditional Medicine as an experienced health package, explains the rout of effective sleep intervention in health promotion. Then it can be used by health policy mans.

Keywords: Sleep, Iranian traditional medicine, the six essentials, health promotion

Corresponding Author: m-setayesh@razi.tums.ac.ir