



## Etiology and Semiology of Joint diseases (The viewpoint of Traditional Iranian Medicine)

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### Abstract:

Considering the modern lifestyle (including the diets, lack of physical activity, overweight, so on), joint diseases are among the common disorders. In classical medicine, treatment of joint disease mainly includes "maintenance therapy." The current study addresses joint disorders from the viewpoint of Iranian traditional medicine to provide different approaches for prevention and treatment of these disorders.

In the study, diagnostic and therapeutic methods of joint disorders in different centuries were collected. In Iranian traditional medicine, joint disorders are called "Oja-e Mafasel", and classified into two main categories of simple and material ones, each of which have several subcategories. Depending on the type of the disorder, specific prevention and treatment strategies are presented.

**Keywords:** Oja-e Mafasel; Iranian traditional medicine.

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