

Obesity in Iranian traditional medicine

Z. Abolhasanzadeh, M. Shams, A.A. Mohagheghzadeh*

Abstract:

Background and Purpose: In response to growing concerns about the problem of obesity, healthcare organizations worldwide are seeking ways to control this disease. According to recent studies, existing drugs for obesity had little effect and cause complications leading to limitation of their use. However, people tend to consume medicinal plants has increased. Traditional Persian Medicine (TPM) considers obesity as a serious and fetal disease. This study is trying to investigate this problem by reviewing important traditional medical and medicinal treatises.

Methods and Materials: Three different types of treatises including medical, mono ingredient drugs and multi ingredient compound books from the 900 years of golden area of Islamic Medicine were investigated.

Results: In medical treatises, the cause of obesity, related diseases, consequences, and the method deals with weight loss including diet and changing life style are mentioned. Two classes of drugs are pointed in Materia books: Anti-obesity (Mohazzel) and anti-appetizer (Mosaghet-e eshteha). This investigation results in 16 anti-obesity and 14 anti-appetizer medicines. In addition 8 compound formularies consisting of 30 different materia were found in Qarabadin books. **Discussion and Conclusion:** According to the prevalence of obesity and its complications, as well as the capability of TPM, studying and investigating the solutions and medicines provided by this school can be helpful.

Keywords: Obesity, Pharmacy, Traditional Persian Medicine, Mohazzel.

Corresponding Author: mohaghegh@sums.ac.ir
