



Cough from the perspective of modern and traditional Iranian medicine

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Introduction: Cough was one of the most common symptoms in the patient that requires medical attention while heavy expenses were spent on the treatment aims. If the causes and diagnostic criteria wouldn't be revealed, appropriate medications and effective treatment couldn't be applied. Therefore, from the traditional medicine points of view the purpose of this study was to investigate cough disease with modern medicine. It was hoped that the approach of traditional medicine in the diagnosis of cough disease and its treatment were less expensive and easier. **Methods:** This study was a review on cough disease, incidence and causes. The Noor digital library was applied for searching traditional books with cough keyword, and also MD consult E. books database for modern medicine references. **Results:** Cough disease is a necessary act to protect the airways and lungs of humans. Previously, cough reflex was related to the lung or as a result of the participation of the other organs. Coughing causes can be divided into three parts. In traditional Iranian medicine, patients with complaining of cough were asked questions based on humidity or dry cough at first, then about the pain presence and at the end, the time of the intensity of coughing to characterize the cough type. **Discussion:** By regarding the classification of cough disease in traditional Iranian medicine can be helpful to choose the effective drug treatments. Consequently, it seems that the traditional medicine scientist references and also using the modern medicine diagnostic devises can dramatically reduce the costs and complications in the recent treatment procedures.

Keywords: Cough, Traditional Iranian medicine, modern medicine, epidemiology, pathology, aetiology

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