



Nutrition in different life periods: from persian medicine to conventional medicine

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Abstract:

Background and Purpose: Healthy nutrition and preventive food strategies can play an important role in decreasing geriatric complications. According to the Persian medicine point of view, the first step on disease prevention and treatment is a healthy diet.

Methods and Materials: A review on available literature including credible textbooks and scientific papers from both Persian medicine and conventional medicine was performed. Similarities and differences between the two medical viewpoints were evaluated and presented.

Conclusion: in Persian medicine, healthy diet and nutrition for different age groups are described in detail. Some points presented in Persian medicine are in accordance with conventional medicine. On the other hand, the differences may provide valuable ideas for future research projects.

Keywords: Nutrition, Conventional medicine, Traditional Iranian Medicine, Persian medicine, age.

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