Iranian cuisine of casseroles from the perspective of Persian medicine introducing the book of “Faqid al-Muqalata”

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Abstract

Background and Purpose: The role of nutrition in traditional medicine and medical history shows its special status in preserving and, in case of illness, restoring health. One of the appropriate and healthy meals in traditional Iranian tablecloth is Âbgušt (broth). Âbgušt (Arabic: ﻣﺎﺀﺍﻟﻠﺤﻢ) is also one of the traditional medicines in Persian medicine used for curing the patients. This meal is used in traditional medicine both as food and medicine. Iranian scholars have written about its significance and nutritional value in separate articles and theses. The aim of this study is to investigate and analyze the ideas of various experts regarding the method of cooking different types of chicken meat and its role in preserving and restoring the health of the body. In this regard, as a sample, some parts of the book of Faqid al-Muqalata (Without Fallacy) is introduced and explained.

Methods and Materials: The study was conducted via the library research method. Investigating those medical books of the Islamic period which consider medicinal aspects of Âbgušt, the manuscript of Faqid al-Muqalata (Without Fallacy) was introduced.

Conclusion: The research was conducted via a descriptive-analytical method and with a review of the Persian medicine sources in Islam and Iran, especially the independent book of Faqid al-Muqalata (Without Fallacy). Results of this study showed how many Iranian physicians have emphasized the role of different types of Âbgušt in preserving health and curing illnesses.

Keywords: Persian Medicine, Nutrition, Medical History.

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