

## Investigation of cardiovascular drugs based on the minerals in Persian medicine

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### Abstract:

**Background and purpose:** Cardiovascular diseases (CVDs) are among the most common and prevalent diseases which are responsible for a majority of the morbidity, mortality, and health care costs worldwide. Hence, prevention and treatment of CVDs is essential for maintaining public health as well as economic benefits. In this respect, Persian medicine (PM) has recommended several practical comments based on the minerals for the prevention and treatment of heart diseases which will be discussed in this paper.

**Methods and Materials:** This article describes the role of minerals in the prevention and treatment of CVDs according to the comments recommended in PM. The study is based on the systematic search of PM sources such as *Al Qanun-fi al-Tibb*, *Exir-e-Azam*, *Moalejat-e-Aghili*, *Makhzan-al-Advieh* as well as Pub Med, Google Scholar, Scopus, SID, Iran medex, Magiran, Noor database using keywords: “Heart disease”, “Heart tonic”, “Heart disease”, “Heart recreating”, “Cardiovascular disease”, “Risk factor”, “Prevention”, and “Mineral remedies”. All results were extracted and analyzed comprehensively.

**Results:** Heart is a significant organ known as “chief organ” in PM. In this regard, there are a wide range of useful comments to improve or maintain heart health usually based on the herbal and mineral prescriptions as well as spiritual practice. In the case of minerals, ruby, gold, silver, turquoise and emerald have been found highly effective in the prevention and treatment of CVDs.

**Conclusion:** According to PM, using minerals such as gold, silver, pearl, amber, coral, lapis armenus, ambergris, ruby, azure, turquoise, opal, jade, garnet stone badakhshan, emerald, and iron, alone or in combination with other minerals, leads to the prevention and treatment of cardiovascular diseases. They may be used through different procedures including oral administration, wearing, keeping in mouth, and looking at them.

**Keywords:** Cardiovascular Diseases, Prevention, Treatment, Persian Medicine, Minerals

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