

COVID-19 disease management from the perspective of Traditional Persian Medicine

Maryam Monfared^a, Mahdieh Eftekhari^{a,b}, Ayesheh Enayati^c, Maryam Sabeti^d, Mohammad Hasan Amini^{a*}

^aDepartment of Traditional Medicine, School of Persian Medicine, Islamic Azad University of Medical Sciences
Tehran, Tehran, Iran

^bDepartment of Pharmacognosy, Faculty of Pharmacy and Pharmaceutical Sciences, School of Persian Medicine,
Islamic Azad University of Medical Sciences Tehran, Tehran, Iran

^cIschemic Disorders Research Center, School of Medicine, Golestan University of Medical Sciences, Gorgan, Iran

^dDepartment of Sociology, Faculty of Humanities, Islamic Azad University, Tehran, Iran

Abstract:

Background and Purpose: COVID-19 is a virus belonging to the coronavirus (CoV) family. COVID-19 disease primarily attacks to the respiratory system and then causes severe problems in heart, liver, brain, kidney, blood circulation and immune system. This study aimed to define COVID-19 disease according to the perspective of Traditional Persian Medicine (TPM) manuscripts and suggest therapeutic measures based on its evaluation.

Materials and Methods: In this review study, existing articles on proven pathophysiology of the disease were searched using valid databases with the English keywords 'SARS-COV-2' and 'COVID-19', among which articles referenced to clinical manifestations and pathophysiology of the disease were used in this paper.

Also, texts of TPM such as Ibn Sina's *Qanun fi al-Tibb*, *Zakhireye Kharazmshahi* about the causes and symptoms of the disease were extracted and adapted to new medical sources.

Results: The coronavirus causes warm and dry distemperament in the upper and lower respiratory tract and lungs. COVID-19 makes some disorders in the body especially in the heart, brain and liver, which are often its consequences, not the proliferation of the virus in these organs. Based on TPM, COVID-19 can be confronted at five levels including one preventive level and four therapeutic levels.

Conclusion: The definition of COVID-19, preventive and therapeutic strategies based on TPM were obtained and presented in a classified and practical manner. Then, evidence of researches has been mentioned to confirm the Pathophysiology of COVID-19. Finally, scientific documents of antiviral, antioxidant, restorative effects and other biological effects of mentioned plants have been presented.

Keywords: Traditional Medicine, Persian Medicine, Respiratory System, COVID-19

Corresponding Author: h.amini@iautmu.ac.ir