Explanation the definition of constipation and compare its different causes in Iranian traditional medicine and modern medicine

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Abstract:

Introduction: Constipation is one of the most common side effects of the new style of life. There is no single definition of constipation.

Metode and Materials: This study, is a library based and literature review that definite constipation, and compare its different causes in view of Iranian traditional medicine (ITM) with modern medicine.

Results: causes of constipation in views of ITM summarized in a table with categories and were matched with the causes of constipation from the perspective of modern medicine.

Discussion: Definition of constipation in ITM is different from modern medicine, so that in traditional medicine, much earlier diagnosis of constipation is defined and number of normal defecation is more than what is suggested in modern medicine. So, there is no complete matching of these two definition. Overview of traditional medicine in health and disease, is a pragmatic and holistic perspective, while Viewpoint of modern medicine to human, health, disease is positivistic and organ-based (not holistic). As a total view, it seems that some of the causes in ITM is matchable with some in modern medicine. But the causes of constipation in ITM, is more pragmatic and more inclusive. While the causes of constipation in modern medicine, despite the greater accuracy in the classification, have less Generality, so that functional constipation with a prevalence of 90% is failed to properly be classified.

Keywords: Defecation, Constipation, Iranian traditional medicine (ITM), Modern medicine

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