

## Dr. Abdullah Khan Ahmadih's method in treating and reporting patients: A combination of traditional and conventional medicines

Roshanak Mokaberinejad<sup>a</sup>, Elham Akhtari<sup>b, c\*</sup>

<sup>a</sup>Department of Persian Medicine, School of Persian Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

<sup>b</sup>Department of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

<sup>c</sup>Research Institute for Islamic and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran

### Abstract:

**Background and Purpose:** Abdullah Khan Ahmadih is one of the prominent professors who have been trained in Dar al-Fonun in the field of integrated medicine (modern medicine and traditional medicine). He graduated from the Academy of Arts in 1294 AH. What this eminent contemporary physician has brought to the attention of the schools of traditional medicine today, is his method of history taking and dealing in a step-by-step manner clinically to treat patients. The purpose of this study was to evaluate how Dr. Ahmadih reported and treated disease.

**Materials and Methods:** This study was conducted using the library method, via examining available notes of Dr. Ahmadih. Some of these copies and notes have been collected in a computer file by Professor Esfahani, while some have been published in a book, “The Secret to cure”.

**Results:** Dr. Abdullah Khan Ahmadih paid close attention to the patient's face, tongue and digestion in routine history taking. What is very noticeable in his notes is the accuracy of patient history, daily communication with the patient, good manners, spending considerable time to examine and consult patients, and integrated prescriptions. As needed, he prescribed both conventional medicines and herbs for a patient. Prominent in his valuable method of treatment was aiming to improve the patients’ digestive function and defecation to accelerate the healing process.

**Conclusion:** It seems that reviewing Dr. Ahmadih's prescriptions and treatment methods in the schools of traditional medicine by students and in morning report sessions can be helpful in promoting integrated treatment. His valuable notes are not only a daily diary of the disease process, but also a fundamental thought in the field of integrated therapy, which is an important aspect of the health and treatment system in most developed countries.

**Keywords:** Treatment, Traditional Medicine, Persian Medicine, Integrative Medicine

Corresponding Author: Akhtari.e@iums.ac.ir